



## Gluttony & Temperance

### Look Back

#### 10 Minutes

- Last Sunday we concluded the series, All Things New where we explored a new season of salvation history: a new calling to follow Jesus in lifelong discipleship, a new creation within us as we are forgiven and freed by the gospel, a new commandment to love one another, a new community in which to share life and serve together, a new heaven and earth for which to watch, wait, and work toward. Which one of these aspects of a new season challenges you the most? What actions have you taken in response?
- In his sermon on Sunday, February 4 about the new heaven and earth, Doug Meikle said that the new heaven and earth is THIS heaven and earth renewed, redeemed, and brought to fulfillment. How surprising is this to you? What have you heard or read about “end times” and heaven?

### Read Aloud

#### Matthew 4:1-11

This week we begin a sermon series on the Seven Deadly Sins. These vices tempt us, keeping us from drawing closer to Jesus. It is our hope that by examining them, it will be a catalyst for deeper spiritual formation. The hope is that we would flee the vices and pursue the corresponding virtues as we prepare to celebrate Easter. This week we study the vice of gluttony and the virtue of abstinence - the spiritual implications of feasting and fasting.

## Head: Observe the text and the author's main points

15–20 Minutes

1. In what ways was the devil tempting Jesus in verses 1-4? How does Jesus respond? What do you think he means?
2. How is this passage an affirmation of the humanity of Jesus?
3. What happens to Jesus in verse 11? Who else is cared for like this in Scripture?

## Head: Envision how the text—when applied—might transform your inner life in terms of your thoughts, attitudes, and behaviors.

15–20 Minutes

1. Discuss your relationship with food and fasting. Why do you think God created us with a never-ending need for food?
2. What can we learn and apply from Jesus about resisting temptation? When and how have you been successful resisting temptation?
3. Choose a passage of Scripture to memorize and plan to recite it to your small group next week.

## Hands: Apply the text by moving from inward reflection to outward action looking for ways to live the text out in our lives to serve others

10 Minutes

### Reaching Upwards: Growing in Your Relationship with God

- Thank God for food and the enjoyment of it.
- What could you fast from this Lent to renew your dependence on God?
- The Israelites struggled, complained, and resisted God's leadership in the wilderness, while Jesus succeeded. How does your day-to-day life look and sound more like the Israelites? More like Jesus? What steps will you take to move closer to Jesus and further away from the Israelite?

### Reaching Outward: Investing in Your Neighbors

- Lent and Easter are ideal times to invite a neighbor to visit FPC with you. Ask the Holy Spirit to bring someone to mind and begin praying that they might say, “yes” when you invite them. Discuss with your small group who you will invite in the next few weeks.
- Pray for the success of the Tacos and Ted Talk Discussion on Thursday evening, February 15 at FPC. This is a great event for non-Christians friends to enjoy with you in a non-threatening environment. For more information, contact Pastor of Outreach, Emmanuel Paulpeter at [epaulpeter@fpchouston.org](mailto:epaulpeter@fpchouston.org).
- Learn about our neighbors facing criminal charges with inadequate legal representation and minimal social services by joining the Restoring Justice Local Partner Field Trip on February 22 from 12 - 1 pm. For more information or to RSVP, contact Madie Weir, Missions Coordinator at [mweir@fpchouston.org](mailto:mweir@fpchouston.org).

## Reaching Beyond

- Lift up those around the world who suffer because they do not have enough food.
- Go to [fpchouston.org/serve](http://fpchouston.org/serve) to learn about FPC’s global mission partners associated with alleviating hunger such as Plant with a Purpose [plantwithpurpose.org](http://plantwithpurpose.org). Consider how you can support them through prayer, support, and action.
- For those who want to combine gardening with a mission to feed the hungry, alleviate poverty, and help the environment, bring your small group and/or family to Main Street Ministries Community Garden located next to First Presbyterian Church to plant and harvest vegetables, fruits, herbs, and flowers on designated Saturday mornings each month. For more information, contact Madie Weir, Missions Coordinator at [mweir@fpchouston.org](mailto:mweir@fpchouston.org).