

6/10/18 | One Life to Live: Part Two



"So whether you eat or drink or whatever you do, do it all for the glory of God." —1 Corinthians 10:31 | NIV

DISCUSSION

1. Have you ever overeaten on something that wasn't a dessert? Was the experience different from overeating on desserts? Can it be possible to eat too much of a good thing?
2. Consider this quote. What does it mean to you? Is it true? Why or why not?

"Don't dig your grave with your own
knife and fork."

Eating Habits

3. What stuck out to you from the sermon? Why do you think food is such a difficult topic for some people?
4. Read 1 Corinthians 10:31 (above). How can you eat "for the glory of God"? How can you eat and NOT do it for the glory of God?
5. Read Genesis 9:3. What did God tell Noah in this verse? Does this mean anything on the Earth is good to eat? Why or why not?
6. Read John 6:27. What is the difference between food that spoils and food that endures? How does this verse help take our focus off food and onto God?
7. Read Romans 14:1-3. When you are deciding what to eat, what should your attitude be toward others' eating habits? Why does

Paul (author of Romans) give this advice?

8. Read Daniel 1. What was wrong with the royal food? How did the actions of Daniel (and his friends) show that they cared more about obeying God than eating lavishly? What can you apply to your own life from this story?

9. Is it a sin to eat unhealthy foods? Is it a sin to overeat on unhealthy foods? Is it a sin to overeat on healthy foods? Explain. How can you use this study to choose better eating habits?

TAKE AWAY: Evaluate. Activate. Moderate. Eliminate.