



## Overindulging

Luke 21:34 "Watch out! Don't let your hearts be dulled by carousing and drunkenness, and by the worries of this life."

Exodus 20:4 "You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth."

How can we fight the battle against overindulging this Christmas?

1. We've got to deal with what is real.  
Galatians 6:7
2. We've got to roll with self-control.  
1 Peter 1:13; Proverbs 25:28
3. We've got to commit to be legit.  
1 Corinthians 9:24-27
4. We've got to stop before we drop.  
2 Peter 2:19-20

## Going Deeper

### GOING OVERBOARD: Overindulging

#### Questions

1. An "aholic" is one who exhibits an obsessive need for or interest in something...so what kind of "aholic" tendencies do you have?
2. Are there any particular areas of indulging that you especially struggle with during the holiday season?
3. What are the negative outcomes when you succumb to overindulging in your life?
4. Why do you think that you allow this to happen?

#### Scripture

Read Galatians 5:22-23. This is a list of the "fruit of the Spirit" which implies these qualities should be produced in the life of a true follower of Christ. Which of these fruit are missing in your life? Which fruit could help you in relation to overindulging?

Read 1 Corinthians 10:13.

- o What does this verse say about the uniqueness of your temptation?
- o What character quality of God is important to remember when we are facing temptation?
- o What does God always provide during temptation?

#### Application

Memorize 1 Corinthians 10:13. Write the verse out on an index card or post-it note and carry it with you this week. Get it out and read it often until you have it memorized. Then use it during the next few weeks to give you strength against overindulging.

Look for a friend or family member who is struggling with some area of overindulging and become a source of encouragement to them.