

This week Dr. Baucom continues his sermon series, ***In and Out***. Let's look at how we are being challenged as Christ's disciples to live differently in the world while not becoming a part of it through Dr. Baucom's sermon "***In the Kitchen, But Not of It***," dealing with our issues of overeating, the sin of gluttony, or over dieting.

1. As you think about your eating habits ... do you "*eat to live or live to eat*"?
2. Think about your relationship with food. How much time do you spend thinking about food? What you eat? When you will eat? Should you eat? How much you will eat? Do your thoughts about food control more of your thought time than you would like? Share your reflections with your IG.
3. **Read and Reflect on Romans 14:1-23.** While reading, listen for any thoughts or words God might highlight for you. Read the passage again slowly; pause where you find this word or words and rest to listen again.
 - Why do you think Paul might have chosen food to describe our relationships with those who are *weak in faith*? How can food be a struggle for some?
 - **Verses 2 & 3** share an insight on food that might be helpful in the body of Christ. What do you glean from Paul's' teaching here?
 - Why might a discussion on judgment be significant as we reflect on food, overeating and gluttony?
 - How might our eating habits be a stumbling block for another (**verse 13**)? Can another's eating habits be a stumbling block for you? Talk with your IG members about what you might be able to do about that.
 - Read and reflect on **verses 7-9**. To whom do we belong? Who then should have control over our lives and bodies?
 - How might "*the work of God*" be torn down for the sake of food? How might we change those patterns?

4. How does Jesus telling us (read **Matthew 6:25**) not to worry about what we eat or drink resonate with you? **Read Matthew 6:33**. How can this wisdom of Christ speak to you as you set your food priorities?
5. **Read and Reflect on 1 Corinthians 6:12-20.**
 - What do these verses say about our relationships to food, our body, and the Lord?
 - **Reread verse 19** and rest there a bit. What does it mean to you that your body is a temple for God's habitation? How does that make you feel?
 - **Read 1 Corinthians 3:16-17**. What does it say about your body being the temple of God? What is the warning if we destroy God's temple?
 - Reflect on how you are *glorifying God with your body* (**1 Corinthians 10:31**). Are there things you would like to change that you might glorify Him differently with your body? Who might help you?
6. **Read John 6:35**. How does Jesus telling us he is the bread of life who nourishes us speak to our food issues?
7. Read the following Proverbs. How do they speak to the issue of overeating? Note any warnings they provide.
 - ❑ **Proverbs 23:20-21**
 - ❑ **Proverbs 28:7**
 - ❑ **Proverbs 23:1-3**
8. Share with your IG family where you are in working with God in managing your food habits. Ask them to pray for you where you are weak. Invite them to celebrate with you where you are doing well or making progress.