**Too Much Of A Good Thing**

VICE GRIP SERIES | Shane Gage

**1. Food is Created for our Good**

***Everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.*** 1 Timothy 4:4-5

**2. Too Much of a Good Thing Can Be a Bad Thing**

**Evaluating Our Relationship with Food**

1. Do I eat more than I need?

2. Should I buy less, or take smaller portions?

3. Do I spend too much money on food?

4. Do I drink alcohol excessively?

5. Am I ungrateful, not thankful for God’s provision?

6. Do I take my abundance of food for granted?

7. Do I eat greedily, and with little consideration for those at the table with me?

8. Am I too picky about what I eat, in a way that is a burden to others?

9. Do I fully share the blessings of food with others - whether for the sake of

fellowship or mission?

10. Should I consider fasting, for the purpose of self-discipline and prayer?

**The Benefits of Fasting . . .**

* Heightens our appreciation for food
* Increases our appetite for spiritual things
* Makes us more aware of our dependence on God

**3. Food Can’t Fill Our Greatest Need**

***18 For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ.***

***19 Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things.***

***20 But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ …*** Philippians 3:18-20

**Celebrate Recovery Info / Website**

**Three Final Questions. . .**

* What **captures** my **heart**?
* What **consumes** my **hours**?
* What **controls** my **happiness**?

***7 But whatever were gains to me I now consider loss for the sake of Christ. 8 What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things.***

***I consider them garbage, that I may gain Christ 9and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ – the righteousness that comes from God on the basis of faith.***

***10 I want to know Christ — yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, 11and so, somehow, attaining to the resurrection from the dead.*** Philippians 3:7-11