



Episode VII – Gluttony and Asceticism

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Matthew 6:16-21**

After the Reading Conclude with this prayer:

Heavenly Father, we can fool ourselves and try to fill up on finite goods when only Your infinite heart will suffice. Keep us free from addiction and attachment to the good things You have created. May we deeply know that only YOU will fill us and content us. Amen.

Video: Seven Deadly Sins, Seven Lively Virtues Video: Episode VII – Gluttony & Asceticism

Reflection or Discussion Questions:

1. Did anything said in this video on Gluttony & Asceticism resonate with you or truly strike you? Why?
2. Bishop Barron expresses that Gluttony and Lust are less deadly than the other deadly sins. Why do you think that is? What do you think this means for our own lives and our mercy towards others who struggle with these sins?
3. “At bottom, all psychological problems are spiritual problems.” – Carl Jung. What do you think of this quote?
4. Gluttony is seeking to fill our infinite desire with something finite. This doesn't always mean food and drink. What finite things do you feel most tempted to use in filling your infinite desire?
5. Bishop Barron compares asceticism to using a Stairmaster so that you can become healthier. In the spiritual life, we are likewise called to asceticism to discipline our appetites and become spiritually healthier by opening our lives to God. Have you ever tried an ascetic practice such as fasting? What were the benefits you gained?
6. What asceticism actions do you think would be helpful for your spiritual life now? Were there any suggestions that Bishop Barron mentions that you think would be good to adopt?

Session Challenge:

- Choose a serious fast from a food or drink you love dearly this week. Don't fast simply as self-punishment. As you fast, feel that hunger, and then treat it as a kind of sacrament of your higher-order hunger for the Divine. Make the connection in your prayer, such as saying “Lord, I know this is symbolic of my hunger and thirst for you.”

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Help me I pray, to have the resolve to eat and drink wisely and in a manner that is honoring to You, for the Bible tells us that whether we eat or drink, we are to do everything for Your honor and glory. Help me to honor You in all I do and especially in my eating. This I ask in Jesus' name. Amen.

{Optional additional Readings} Isaiah 58