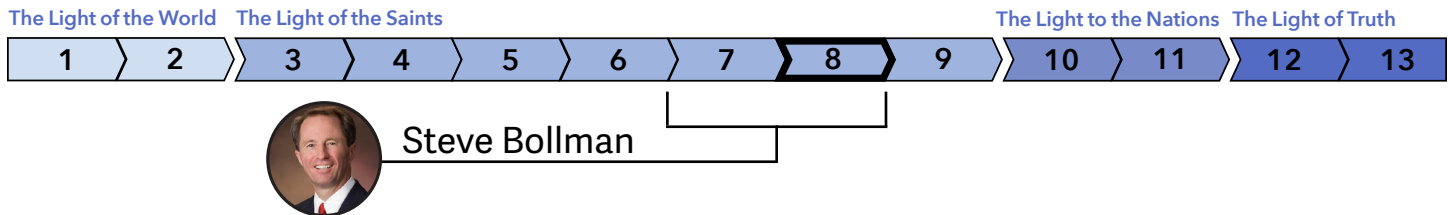


Fall Semester Timeline



Summary

Gluttony is traditionally understood as a distorted consumption of food, but it is more complex than that. Understanding how food and alcohol work with our brain's reward system helps us to understand how food and alcohol abuse and addictions can become so common. In our modern culture, there are several kinds of gluttony and bingeing that are disrupting daily living, such as media and technology overconsumption. As with all other sins, the issue is about our disordered desires and our interior struggle. Though challenging, with God's grace, we can overcome each of the deadly sins. St. Don Bosco shows us how, with God's grace, we can place food, drink and other desires in their proper place.

Small Group Goals

- Have an honest conversation about areas where each individual struggles with gluttony.
- Encourage the men to identify one area in their lives where they can mortify their desires in order to improve self-control and grow closer to the heart of Christ.

Discussion Questions

- When was the last time something about your food or drink was disordered?
- In what ways do you binge on the media or technology?
- Which of the practical steps regarding gluttony do you need to begin today?

Supplemental Questions

- What struck your heart during this presentation?
- What struck you about the life of St. Don Bosco?
- Name one mortification or sacrifice you can make today on behalf of your family.