

# Proverbs

## The Stomach – A Healthy Appetite Week 4 of 6

1. Share a personal “over-indulging” story that now makes you laugh.
2. What does God say about “self”?
3. Why is it so difficult to overcome our own “self” desires?
4. How do “self-control” and “Spirit-control” work? Explain.
5. What “appetite” is the hardest for you to control? What helps? What hinders?
6. Why is living by the Spirit better than living by our flesh?



northeast group questions  
March 6-7, 2010

# Proverbs

## The Stomach – A Healthy Appetite Week 4 of 6

1. Share a personal “over-indulging” story that now makes you laugh.
2. What does God say about “self”?
3. Why is it so difficult to overcome our own “self” desires?
4. How do “self-control” and “Spirit-control” work? Explain.
5. What “appetite” is the hardest for you to control? What helps? What hinders?
6. Why is living by the Spirit better than living by our flesh?



northeast group questions  
March 6-7, 2010