



week five

## subduing the stomach

### bottom line

Subduing the stomach is essential for finding true satisfaction.



### corresponding teaching content

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Invite your group members to watch the corresponding teaching by Pastor Neil on [LivingInhabit.com](http://LivingInhabit.com)'s Media page before you begin this week's discussion guide.

### group icebreaker

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Make your case for what the best candy bar in the world is.

### reading scripture together

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Read Part 1 of *The Words of Agur* in Proverbs 30:1-9.

**play today's group intro video**



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## suggested discussion questions

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### getting connected with scripture:

- *This set of proverbs begins with humility that echos other wisdom literature (Job 38, for example). Brainstorm reasons why wisdom begins with reverent fear of the Lord.*
- *Read verses 7-9, describing Agur's top requests of the Lord, one more time.*
  - How would you describe the danger of poverty?
  - How would you describe the danger of an always-full stomach?
  - Have you ever dealt with either/both of these scenarios?
- Why might fasting prove especially valuable for people who live with plenty?

### getting real with each other:

- *The first line of verse 9 observes the likely/natural outcome of abundant food.*
  - Do our observations of American culture prove this true?
  - Do you think this has proven true at all for you?
  - Should it help us feel less shame to understand this as a normal human reaction or experience?
- Which would you say is harder for you: general portion control or saying no to unhealthy foods? What foods are the hardest for you to refuse?

### getting practical with our faith:

- What differing results would you expect from fasting for physical health vs fasting for spiritual health?
  - And in what ways might spiritual health impact physical health?
- **This Week:** As you fast, pray, "Lord, my stomach is not my god, You are my God."