

MessageNotes

22 October 2017

Refuge Church

Walking into the Day - *Gluttony*

Key Passage: Isaiah 55:1-2; Matthew 5:6; John 6:35

Big Idea: Gluttony reveals the deeper longing of our soul and not just our stomach

Isaiah 55:1-2

1. Food is not the _____
2. Gluttony is using food to satisfy some deeper longing for _____ or _____

Philippians 3:18-19

Comfort:

Control:

- Question your _____
- Eat _____
- Remember _____ you eat _____ you eat

“Take and eat”

