



# upside down

04.16  
over-consume

It's so easy to binge-watch shows, accumulate debt, and overfill schedules to the point where we throw our lives totally out of balance. Many of us are stuck living "upside down" as a result. Join us and find insight to overcome your impulse in this three-week sermon series.

## introduction

Welcome to the *Upside Down* series! To kick us off, Pastor Jesse helped us grow in the awareness and impact of our over-consumption. Whether you find yourself wrestling with too much time on social media or searching online for the next (likely larger) house on the market, we have the opportunity for God to speak into our wiring and desire to help us know when enough is enough.

## discussion

1. **Revisit and read Proverbs 25:16.** In what area(s) do you find yourself consuming to a point where you feel you may (metaphorically) vomit? Pastor Jesse highlighted our calories, finances, and screen time as a few examples. Putting some ill-feeling emotions to your habits may help reveal where you're upside down in your consumption.
2. In the area(s) you identified above, do you feel in control of them? Why or why not? In what ways might it feel like they rule you?
3. **Revisit and read 1 Kings 11:1-4.** Solomon started with a humble heart and desire to lead God's people well. But, he drifted away over time with unchecked over-consumption. Are there any areas of your life that started humbly that now feel corrupted somehow? For example, the same life-changing abilities and features of a phone open us up to the pitfalls of screen time and social media. Take some time to think and talk about how good things change when over-consumption leads the way.
4. Pastor Jesse shared we have a tendency to hide or hide from our over-consumption because there isn't any easy fix – we have to face the reality of what we're running to or running from. Can you identify what's hiding under the surface and driving your over-consumption? If so, what is it? If not, why do you think that might be?
5. How could inviting God into your areas of over-consumption help meet the needs you feel in these areas?

## application

If you're feeling discouraged by finding yourself upside down in your consumption, remember you're not alone. It's pretty common, and unfortunately, there's no easy fix. Rather than hiding it or hiding from it, Pastor Jesse encouraged us to take a few steps forward from here to start finding a way through and a way out:

1. **Confront the brutal facts.** Without losing faith or giving up hope, take the time to be confronted with the reality of your consumption. Start tracking how what you're consuming is making you upside down. It may be brutal, but it's worth it.
2. **Practice telling yourself, "That's enough."** Wherever you're overconsuming, work to define what "enough" is and start saying it to yourself (even out loud) when you feel the pull to keep going.
3. **Spend on others first before spending on you.** Consider how your heart and habits may shift by reordering your priorities. Remember Proverbs 3:9-10; by starting with generosity first, you open yourself up to experiencing a really generous life.

As with most areas in our lives, fighting over-consumption takes practice, especially in a world that's been designed around and for it. Don't give up if you find the process difficult or hard to stick with at first. If you find yourself back in your defaults, take a deep breath, bring yourself back to the basics, ask God for help, and begin again.