

Fire in the Belly

Session 18: The Passion for Pleasure

Ecclesiastes 2:24

A man can do nothing better than to eat and drink and find satisfaction in his work. This too, I see, is from the hand of God, for without him, who can eat or find enjoyment?

Psalm 16:11

***You have made known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.***

I. Created for pleasure

- Created in the image of God
- Created for physical pleasure
- Created for relational pleasure
- Created for spiritual pleasure

II. The rhythm of pleasure and pain

- Both pleasure and pain are necessary

- Pain is often the precursor to pleasure

III. Pleasure requires boundaries

- The spiritual boundaries of God's word
- The relational boundary of marriage
- The physical boundary of health

Discussion Questions:

1. Give an example of an “it doesn’t get any better than this” experience in your life. What about that experience gives you the most pleasure and why?
2. Can you give an example of how you learned that pleasure must be guided by boundaries?
3. Did you grow up thinking of God as a God who created and approves of pleasure? How so or how not so?
4. Is there any way in which you might describe yourself as “pleasure challenged?”