

Step 6 Were entirely ready for God to remove all these defects of character

6P Defects of Character – Gluttony

(A sister program is available to focus on this.)

Gluttony is seeking and taking too much when we do not need it. We can see more food; we can seek more possessions; we can seek more relationships; we can seek more power. Gluttony can take many forms. It is based on the feeling of not having enough. It can be tied to a history of neglect.

How has this character aspect helped me?

How have I been hurt by my seeking after more (food, possessions, relationships, power)?

How have I hurt other people in my seeking after more?

How has my life gotten out of balance because of my seeking after more?

What would I need to surrender in order to be totally willing to have a higher power remove this character flaw?

What hurts do I need to face in order to let go of this seeking after more?