

## **Gluttony** 8 Deadly Sins

How do we gauge food intake and is this even a matter to discuss in a Sunday school class? Is there any relevance to focusing on food that would provide insight into a more fruitful life as a Christian?

Key Verse: Proverbs 23:21, “For the heavy drinker and the glutton will come to poverty, And drowsiness will clothe one with rags.”

Proverbs References:

Proverbs 28:7, “He who keeps the law is a discerning son, but he who is a companion of gluttons humiliates his father.”

Proverbs 23:1-3, “When you sit to dine with a ruler, note well what is before you, and put a knife to your throat if you are given to gluttony. Do not crave his delicacies, for that food is deceptive.”

Zalal: glutton, riotous eater

Phagos: a voracious man, a glutton

Definition: An unrestrained desire to consume more (food)

How we view others:

- Christ was described as a glutton and drunkard by members of the multitudes when comparing Himself to the John the Baptist in Matthew 11:18-19.
- Judging others by their appearance

How we view ourselves:

- Given over without a battle – No fight
- False sense of the definition
- Guilt
- Abstain from eating almost anything for fear of gluttony/ being viewed as a gluttonous person

God blessed us with taste buds to experience a variety of tastes.

Feasts and celebrations are biblical!

You cannot allow your appetite to be master of your thoughts and actions, to the point where you feel compelled to act in a way that you otherwise would not:

- Food
- Alcohol
- Drugs

Philippians 3:18-19 “For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: whose end is destruction, whose god is their belly, and whose glory is in their shame—who set their mind on earthly things.”

Churches and non-profit organizations are also capable of being gluttonous with projects, resources, and people. – Rooting for Rivals book, Greer & Horst

*Common themes among each “deadly sin”*

1. *Focus is on the self (I ... )*

- *Pride, Lust, Greed, Gluttony*

2. *The heart is the issue. The heart is where the nature dwells.*

- *We cannot weigh anyone’s heart.*
- *The heart is deceitful above all things. We may even fool ourselves. “All a person’s ways seem pure to them, but motives are weighed by the LORD”. Proverbs 16:2*

### Battle Plan for Combating Gluttony

1. Keep yourself in perspective: It is not about you and your strength or willpower. It is about God and who He is.
  - Philippians 3:11-13, “Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.”
2. Use Temperance: Moderation
3. Fasting: Similar to “giving” for greediness. Forces us to focus on the opposite of what we (our flesh) want.

*Prayer: Psalm 139:23-24, “Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me, and lead me in the everlasting way.”*

Conclusion:

God has given us the wisdom and understanding to seek His will for our lives. This includes how we handle food and anything else that is presented to us to use and consume. Our reliance on Him alone will allow us to avoid the pitfalls of gluttony.