

# Gluttony

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## INTRODUCTION:

- i. The Catholics have listed seven sins as mortal, or deadly. While our aim is not to speak about the right and wrong of this listing, we do want to acknowledge an often unacknowledged evil among us—the sin of GLUTTONY!
- ii. **Prov. 23:1-3, 19-21** – What appetites are you given to? What is robbing you of your spiritual prosperity?
- iii. “But for the cravings of the belly not a bird would have fallen into the snare; nay, nay, the fowler would not have spread his net. The belly is chains to the hands and fetters to the feet. He who is a slave to his belly seldom worships God.” (Moslih Eddin Saadi, Persian Poet)

## DISCUSSION:

### I. DEFINING GLUTTONY

- A. Webster’s says: “excess in eating or drinking; greedy or excessive indulgence”
  1. Closely associated with winebibbing and laziness in Scripture – **cf. Matt. 11:19; Tit. 1:12**
  2. Simply defined: given to excess – **cf. Prov. 25:16, 27**
- B. Commonly associated with overeating—being overweight – **cf. Ezek. 16:48-50**
  1. Not so much about the stomach as it is the heart and mind
  2. The concept is not limited to food: Shopping, video games, watching television, sexual sin, money, et al
  3. Given to the lusts of the flesh – **cf. 1 John 2:15-17 (Rom. 13:13-14)**
- C. Fruit: irresponsibility, selfishness and slothfulness, idolatry – **cf. Phil. 3:18-19; Prov. 28:7**
- D. Easy to define, not as easy to identify...
  1. What is that you are undisciplined with?
  2. What is it that you refuse to deny yourself? – note **Heb. 12:16** (Esau)
  3. What is it to which you have given control over yourself?
  4. What are we giving up when we give in to our appetites?

### II. DEFEATING GLUTTONY

- A. Self-discipline – **1 Cor. 9:24-27**
  1. Training yourself to moderation, temperance, godliness, contentment – **cf. 1 Tim. 4:6-11; 1 Tim. 6:6-11**
  2. Discipline is the training that leads to self-control – **Prov. 30:7-9**
- B. Self-denial – **Matt. 16:24-26**
  1. If you think of fasting as denying your physical appetite to cultivate your spiritual appetite, then gluttony denies your spirit to feed the flesh! We need to spend more time denying our flesh and more time feeding our souls! – **cf. Gal. 6:7-8; 1 Pet. 2:11**
  2. Emotional struggles keep us from living Christ-centered lives! Gluttony is me-centered and me-harmful!
  3. Charity is denying oneself to give to others. Gluttony indulges and gathers for self. – **cf. Prov. 16:26**
- C. Self-control – **Gal. 5:22-23**
  1. In gluttony, you surrender control of yourself to whatever you are gluttonous with! – **1 Cor. 6:13-14**
  2. There is no greater “appetite suppressant” than simple self-control! – **Acts 24:25; 2 Pet. 1:5-7**

## CONCLUSION:

- i. Overcoming gluttony starts and ends with you...
  - You must put God first in your life!
  - You must then put others before yourself!
- ii. As you do, you will come to appreciate how gluttony invariably defrauds us of so many truly good things in this life – **cf. Gal. 5:13**

