



GLUTTONY: CRAVING MORE THAN I NEED

Steve Holdaway, LifeSpring Church, 09.29.19

Definition of Gluttony Called one of the seven deadly sins, *gluttony* is characterized by a limitless appetite for food and drink and overindulgence to the point where one is no longer eating just to live, but rather living to eat. Gluttony is consuming more than one needs. It is refusing to say, "Enough."

The Warning of Scripture

Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things. Phil. 3:19

"The trouble is that, as modern people, we have too much to live with and too little to live for." -Os Guinness

The Biblical Principle: The Glory of God

So whether you eat or drink or whatever you do, do it all for the glory of God. 1 Cor. 10:31

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

1 Cor. 6:19-20

Comfort Food Idolatry

"Essentially, gluttony is making food a drug."

2 Cor. 1:3-4 (Your Heavenly Father is the one who is supposed to bring you comfort, not food.)

Galatians 5:22-23 (NIV)

Self-control is a fruit that the Holy Spirit desires to produce in every believer's life.

Romans 8:12-13 NASU

So then, brethren, we are under obligation, not to the flesh, to live according to the flesh – for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.

gluttony

Craving More than I Need

**Gluttony is consuming more
than one needs.**

It is refusing to say, "Enough."

“All of a person’s labor is for his stomach, yet the appetite is never satisfied.”

Ecclesiastes 6:7

Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things.

Philippians 3:19

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.

Proverbs 23:1-3

Listen, my son, and be wise, and keep
your heart on the right path. Do not
join those who drink too much wine or
gorge themselves on meat, for
drunkards and gluttons become poor,
and drowsiness clothes them in rags.

Proverbs 23:19-21

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1 Corinthians 6:19-20

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

2 Corinthians 1:3-4

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Galatians 5:22-23

So then, brethren, we are under obligation, not to the flesh, to live according to the flesh — for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.

Romans 8:12-13

Self-control is responding to sin in the same way a dead man does.