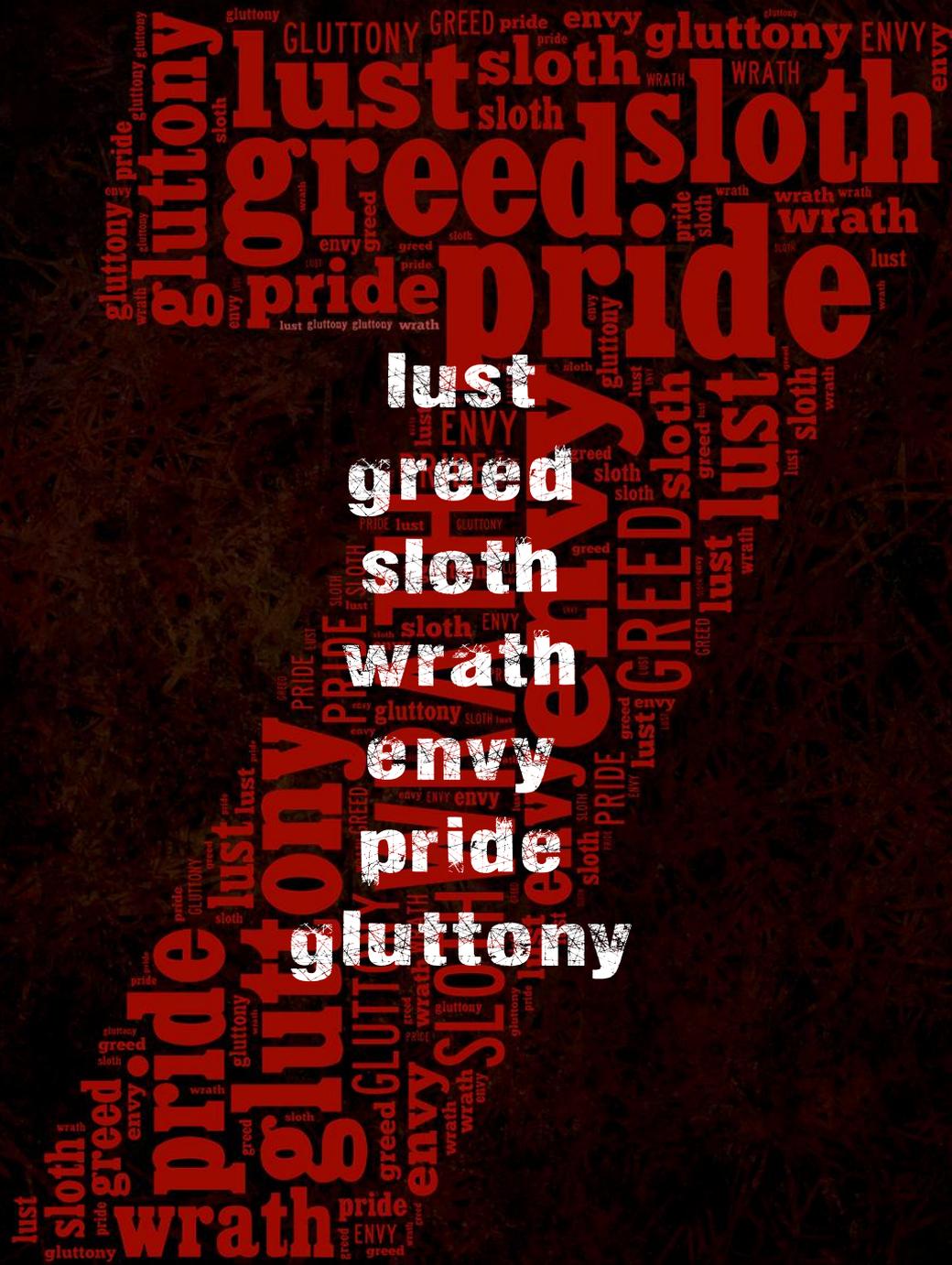


the deadly seven

gluttony

how much is enough?

Galatians 5:13-26 1 Corinthians 9:24-27

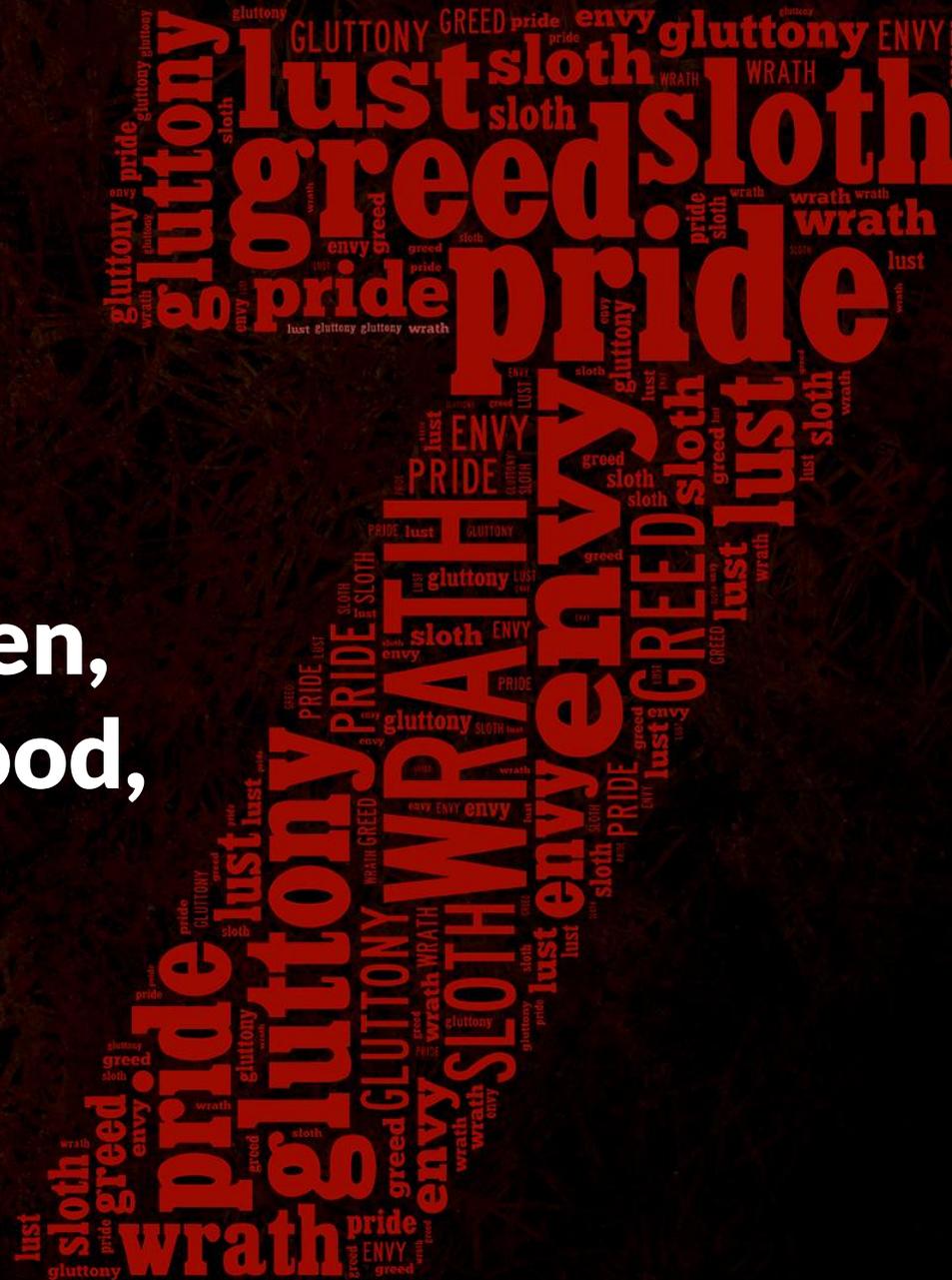


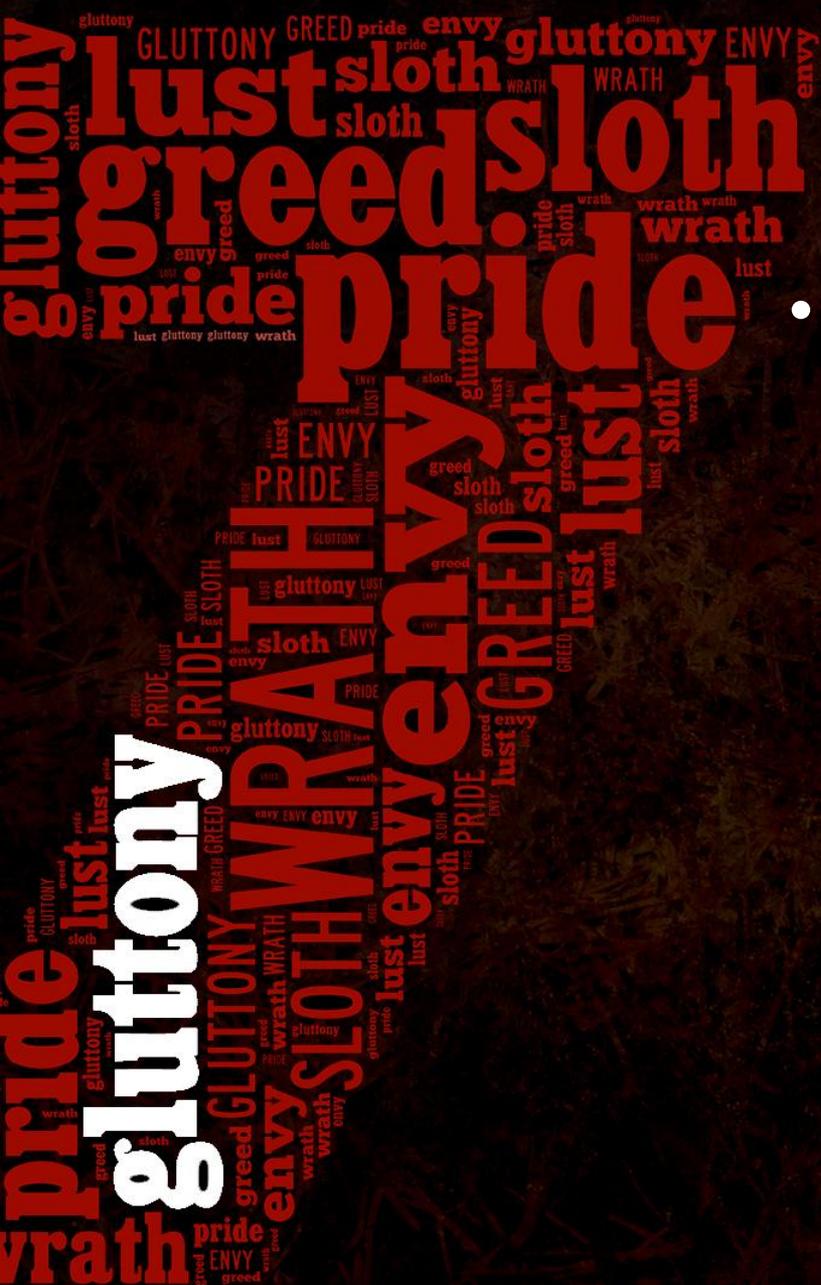


gluttony

“the almost forgotten,
always misunderstood,
all-consuming sin”

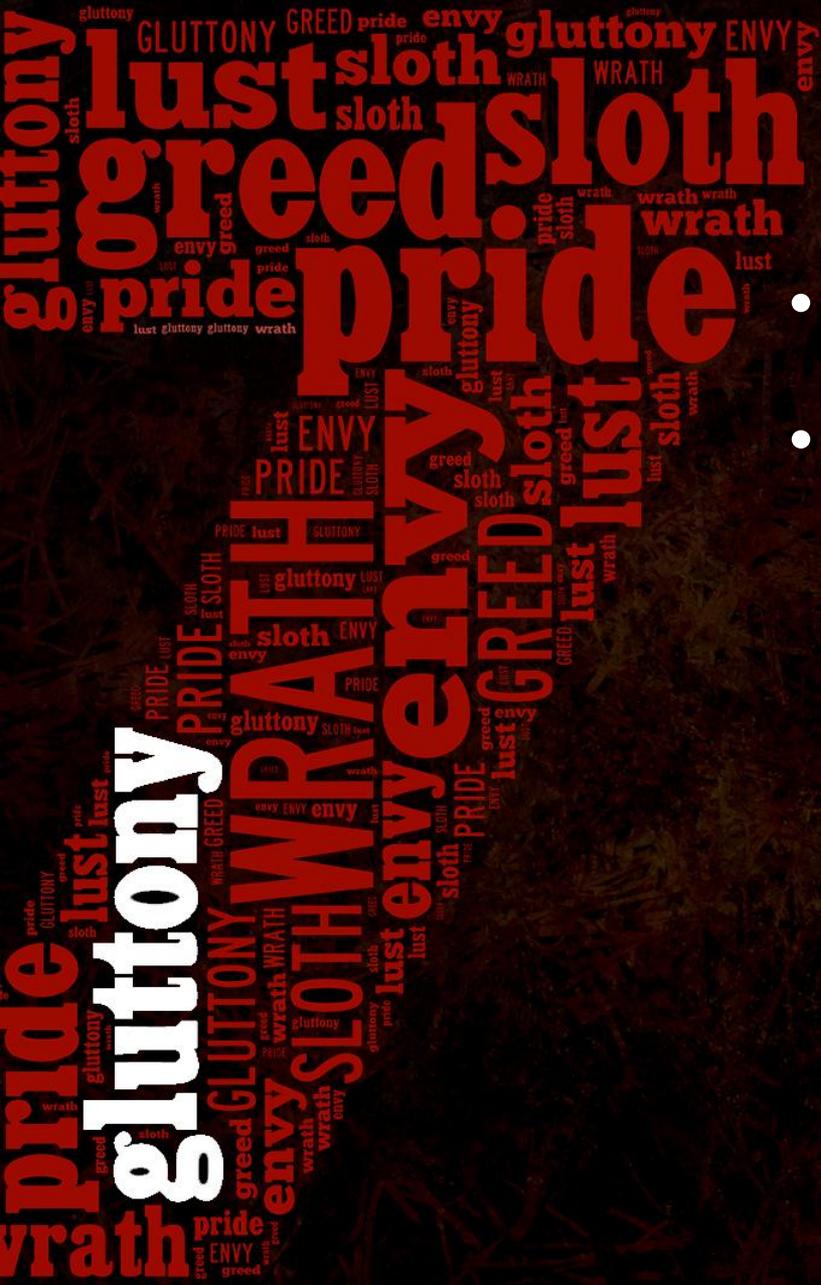
Eric Chambers





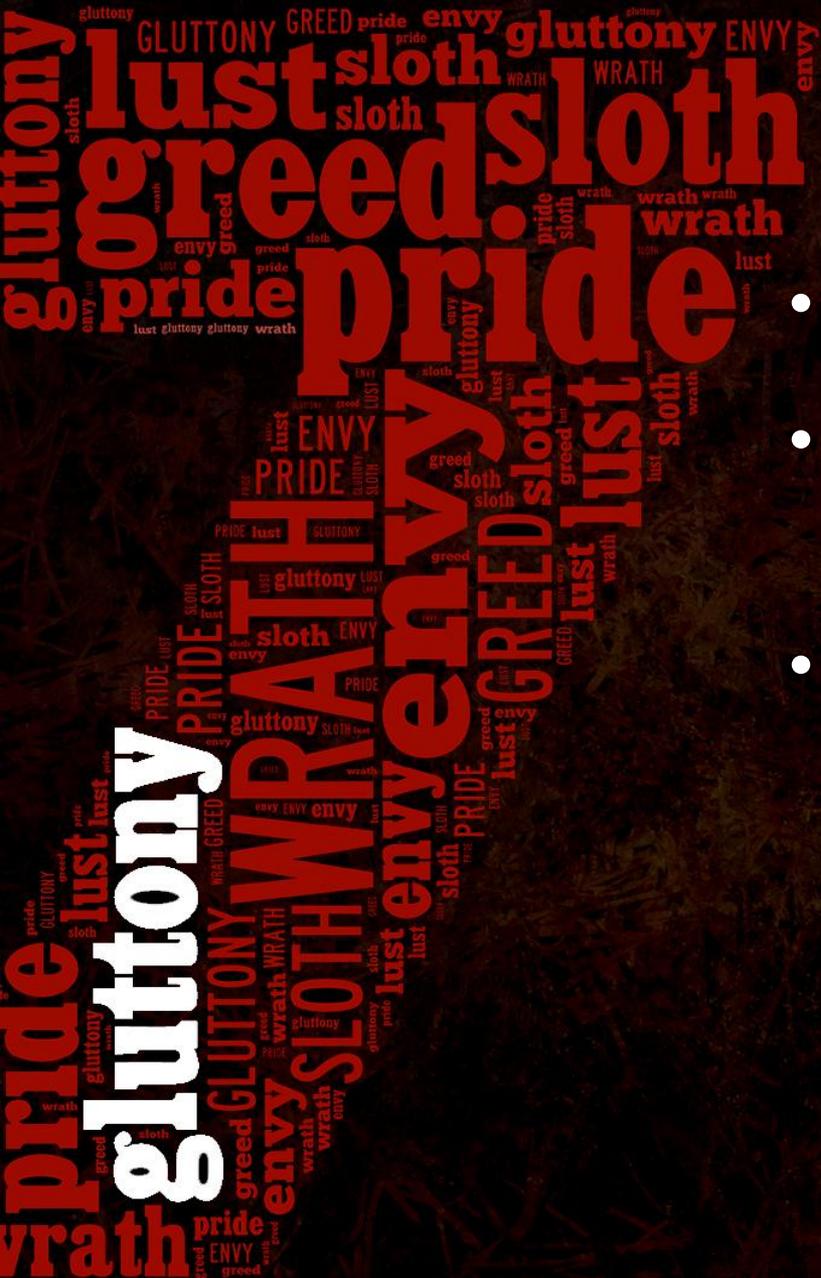
why?

- Food is a basic need for life



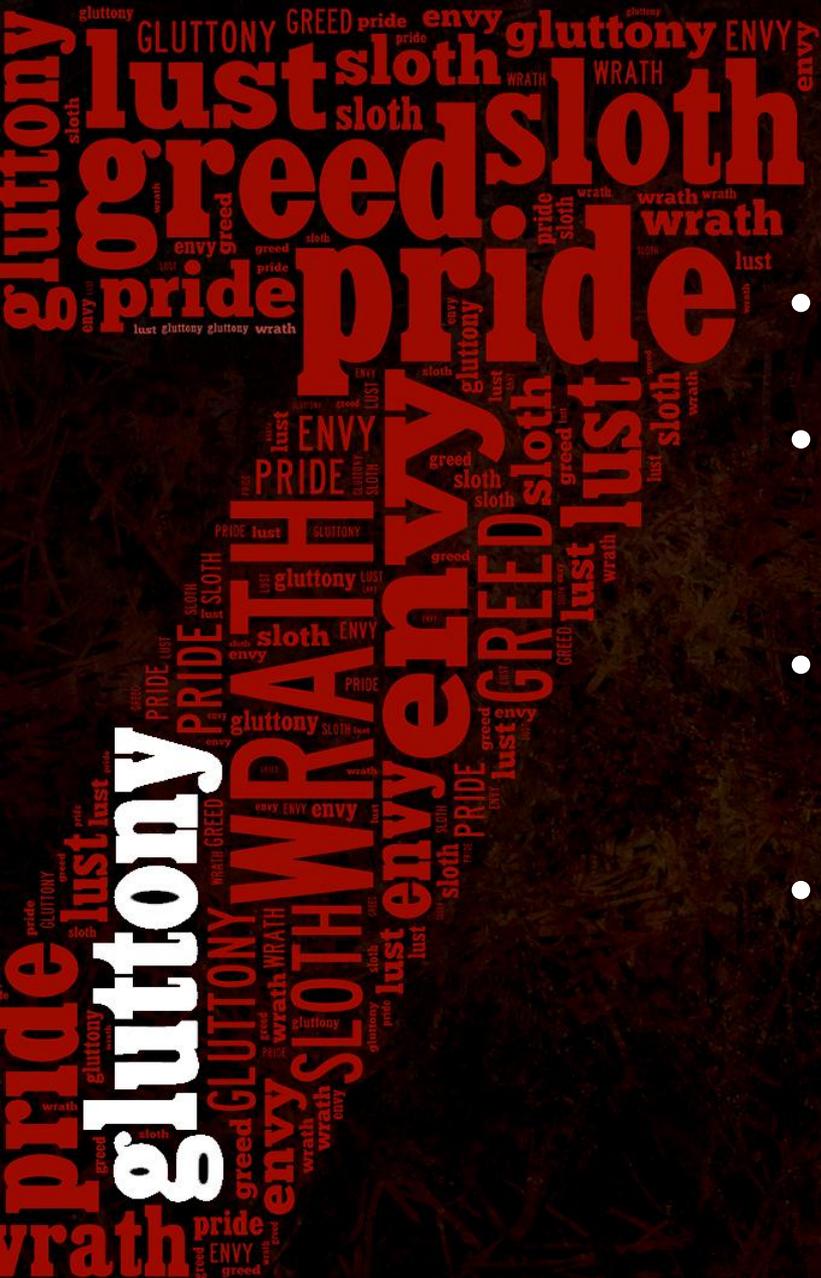
why?

- Food is a basic need for life
- Although food is included, it means anything in excess



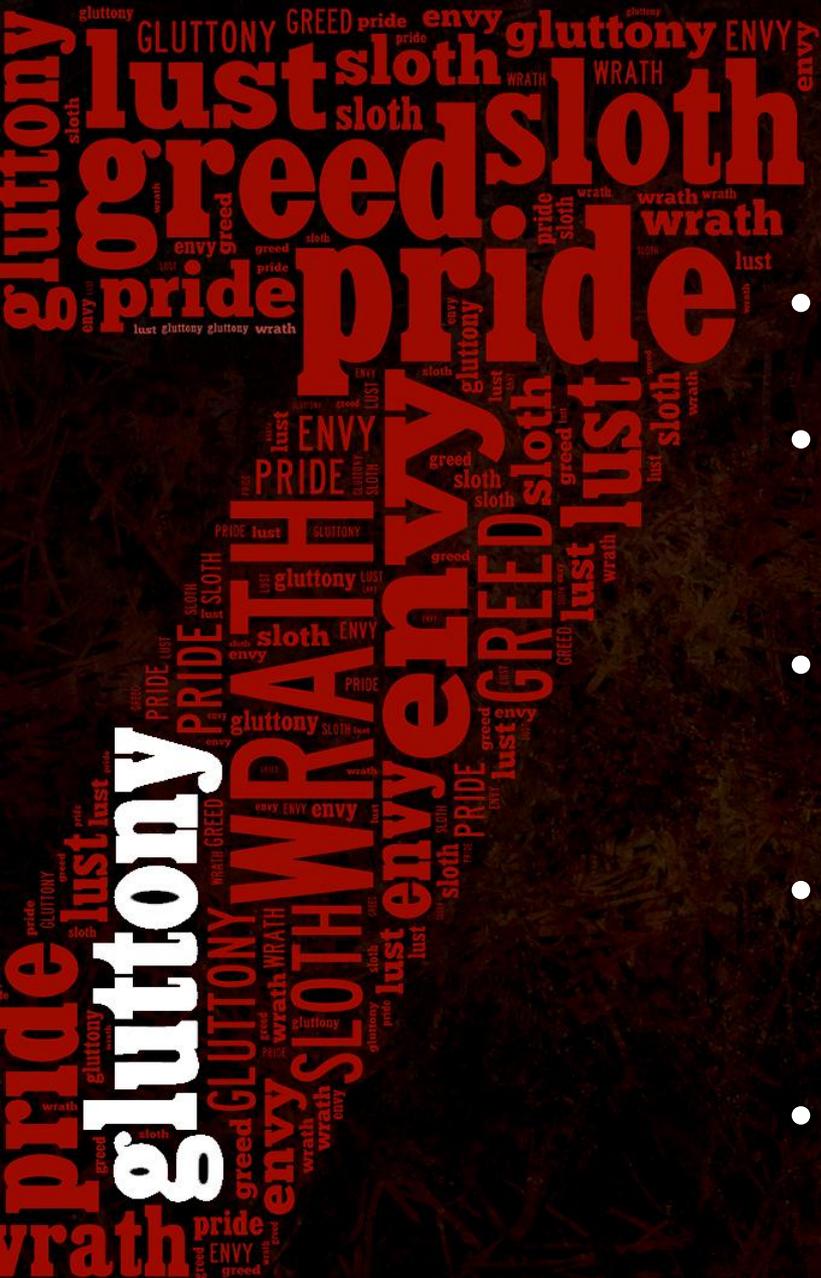
why?

- Food is a basic need for life
- Although food is included, it means anything in excess
- How do we know when we have stepped over the line?



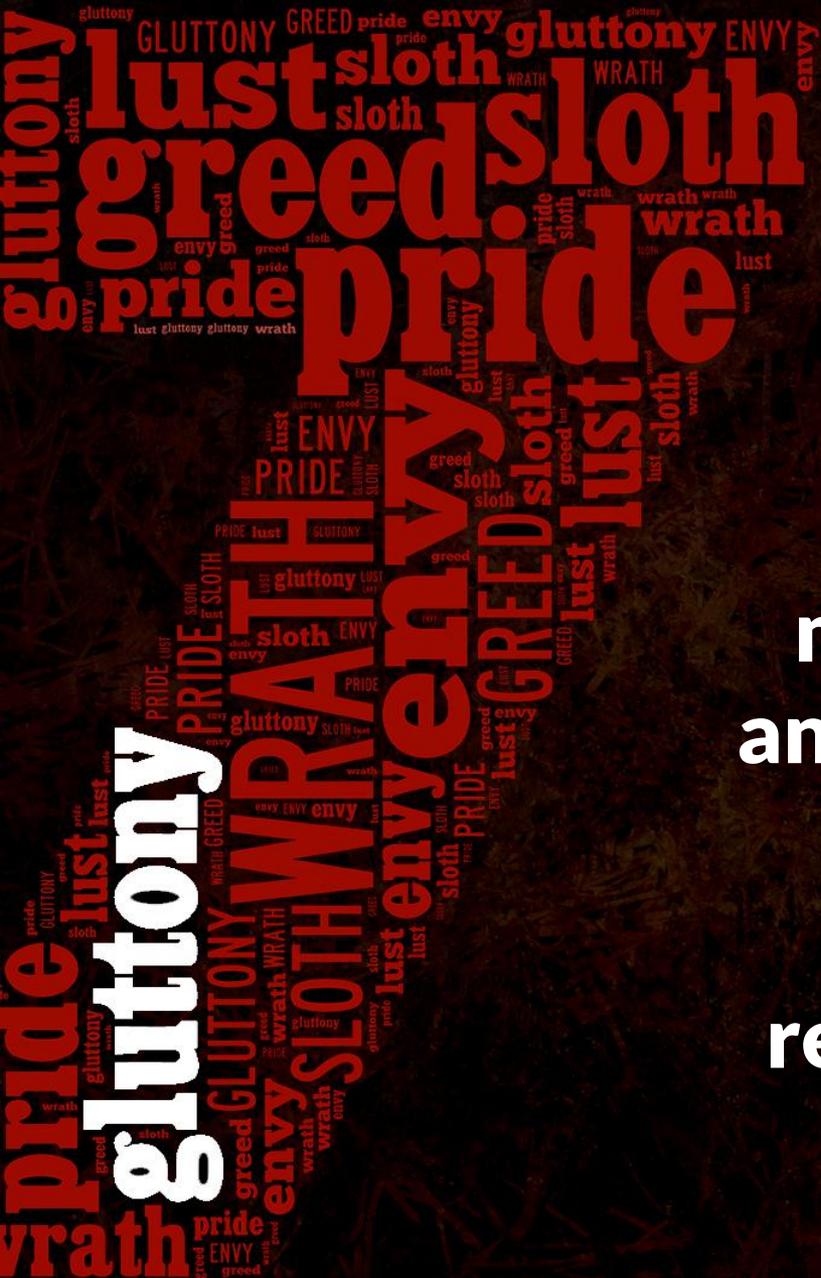
why?

- Food is a basic need for life
- Although food is included, it means anything in excess
- How do we know when we have stepped over the line?
- The hidden nature of it: “everybody does it”



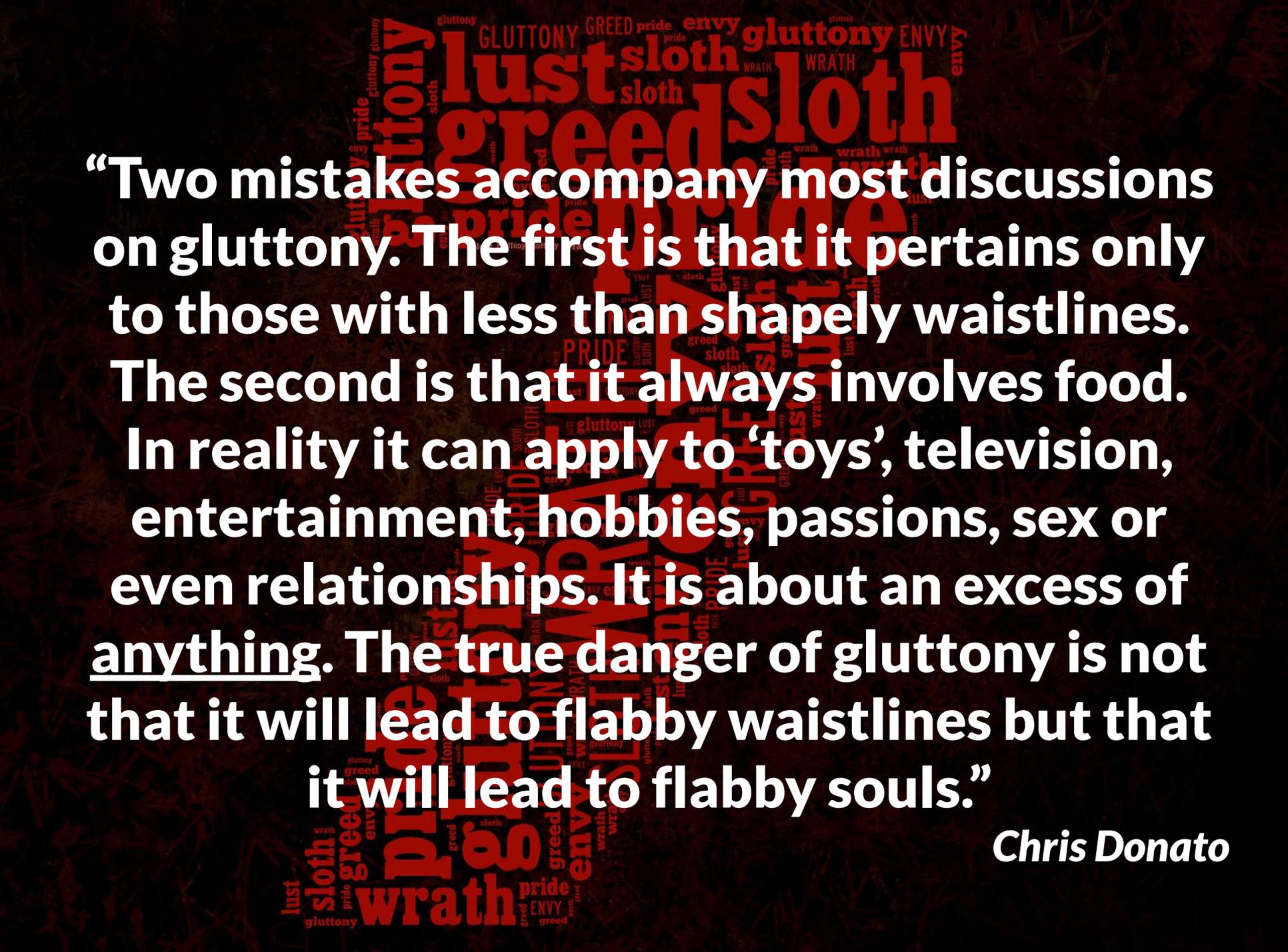
why?

- Food is a basic need for life
- Although food is included, it means anything in excess
- How do we know when we have stepped over the line?
- The hidden nature of it: “everybody does it”
- The emphasis on feasting



“Gluttony denotes not merely any desire of eating and drinking. Rather it is any inordinate desire...causing us to leave the order of reason, wherein the good of moral virtue exists”

Thomas Aquinas



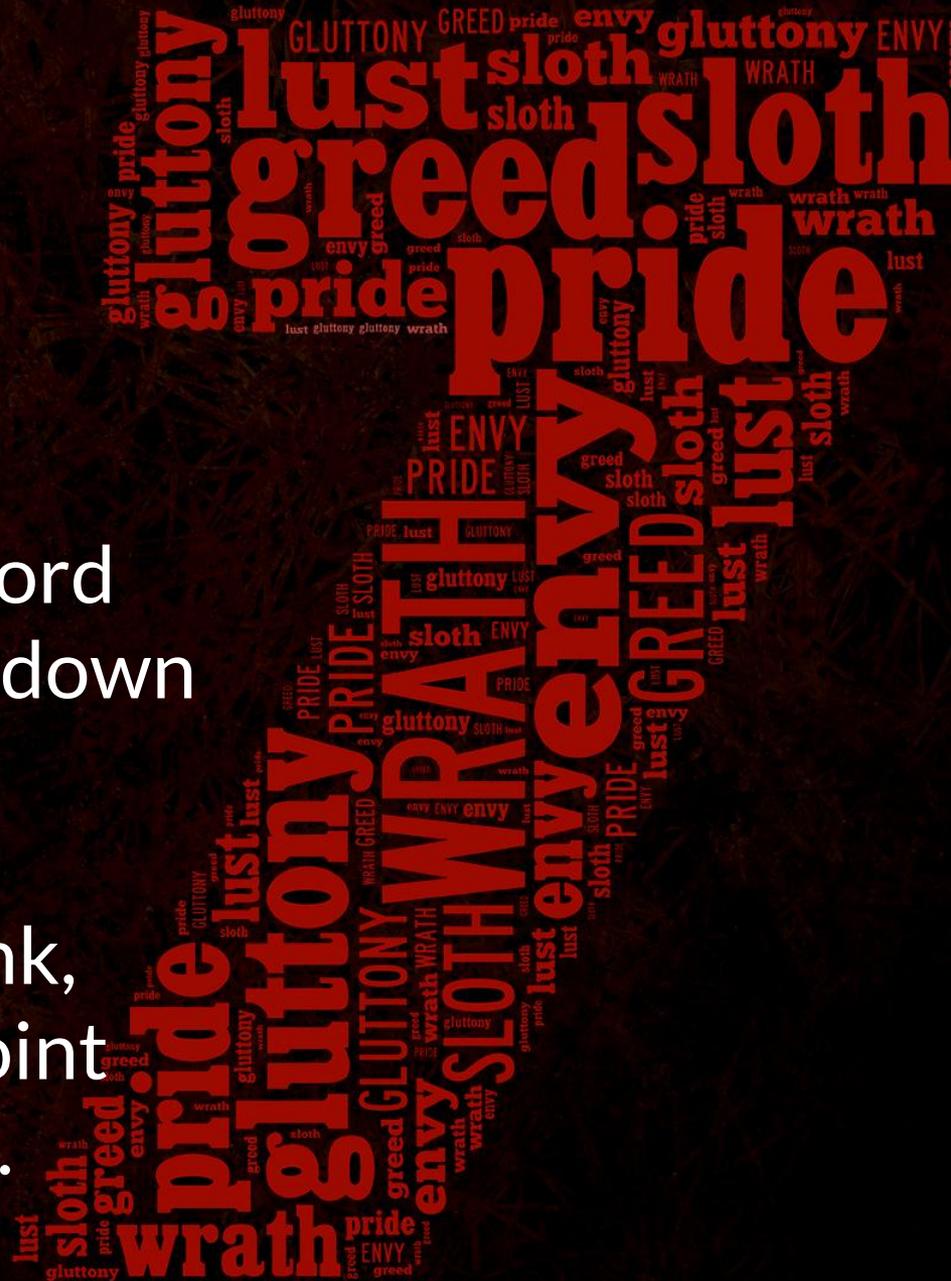
“Two mistakes accompany most discussions on gluttony. The first is that it pertains only to those with less than shapely waistlines. The second is that it always involves food. In reality it can apply to ‘toys’, television, entertainment, hobbies, passions, sex or even relationships. It is about an excess of anything. The true danger of gluttony is not that it will lead to flabby waistlines but that it will lead to flabby souls.”

Chris Donato

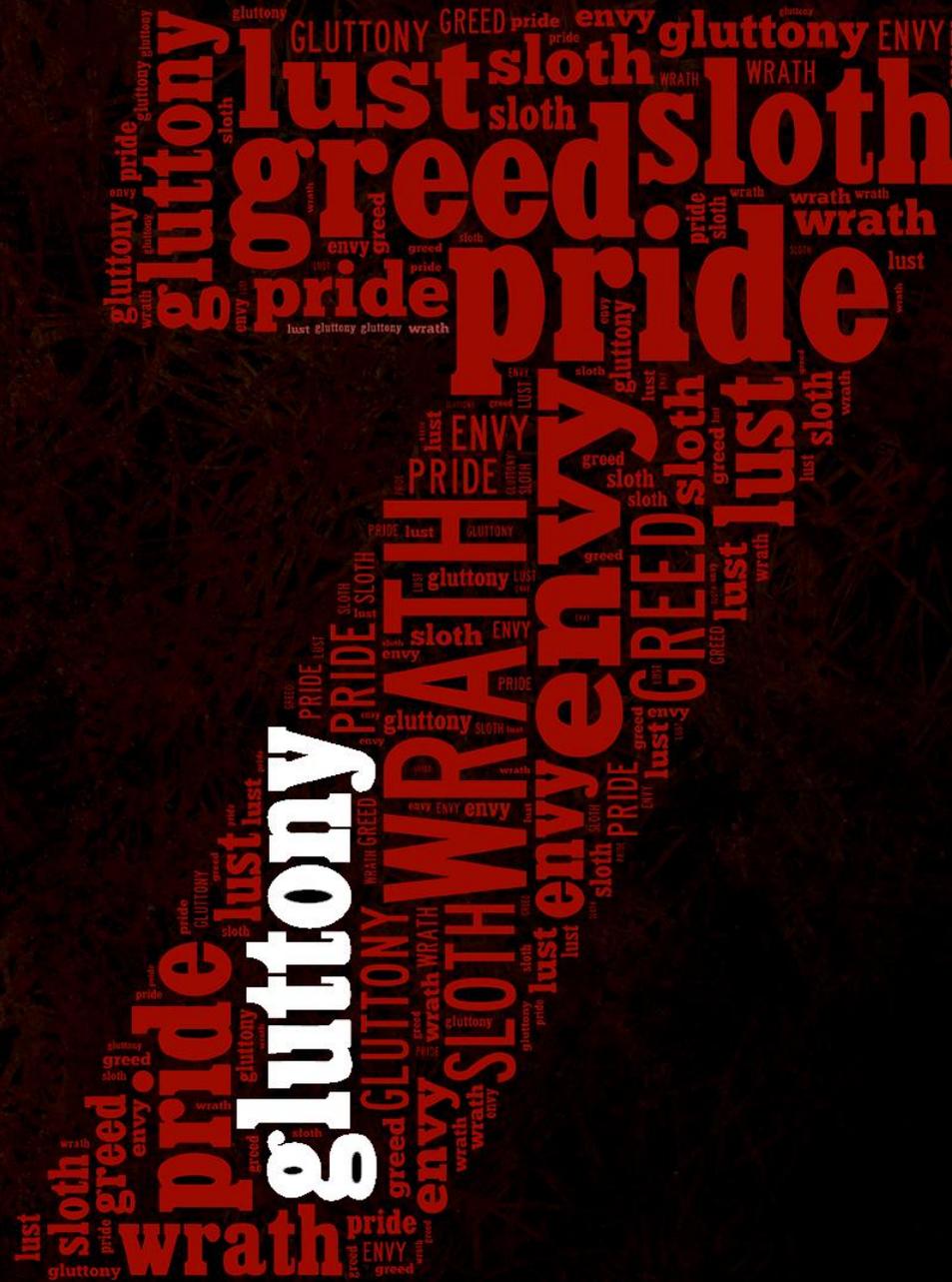
gluttony defined...

DICTIONARY

Derived from the Latin word *gluttire* meaning “to gulp down or swallow”; it means to overindulge and an over-consumption of food, drink, wealth or habits to the point of extravagance or waste.

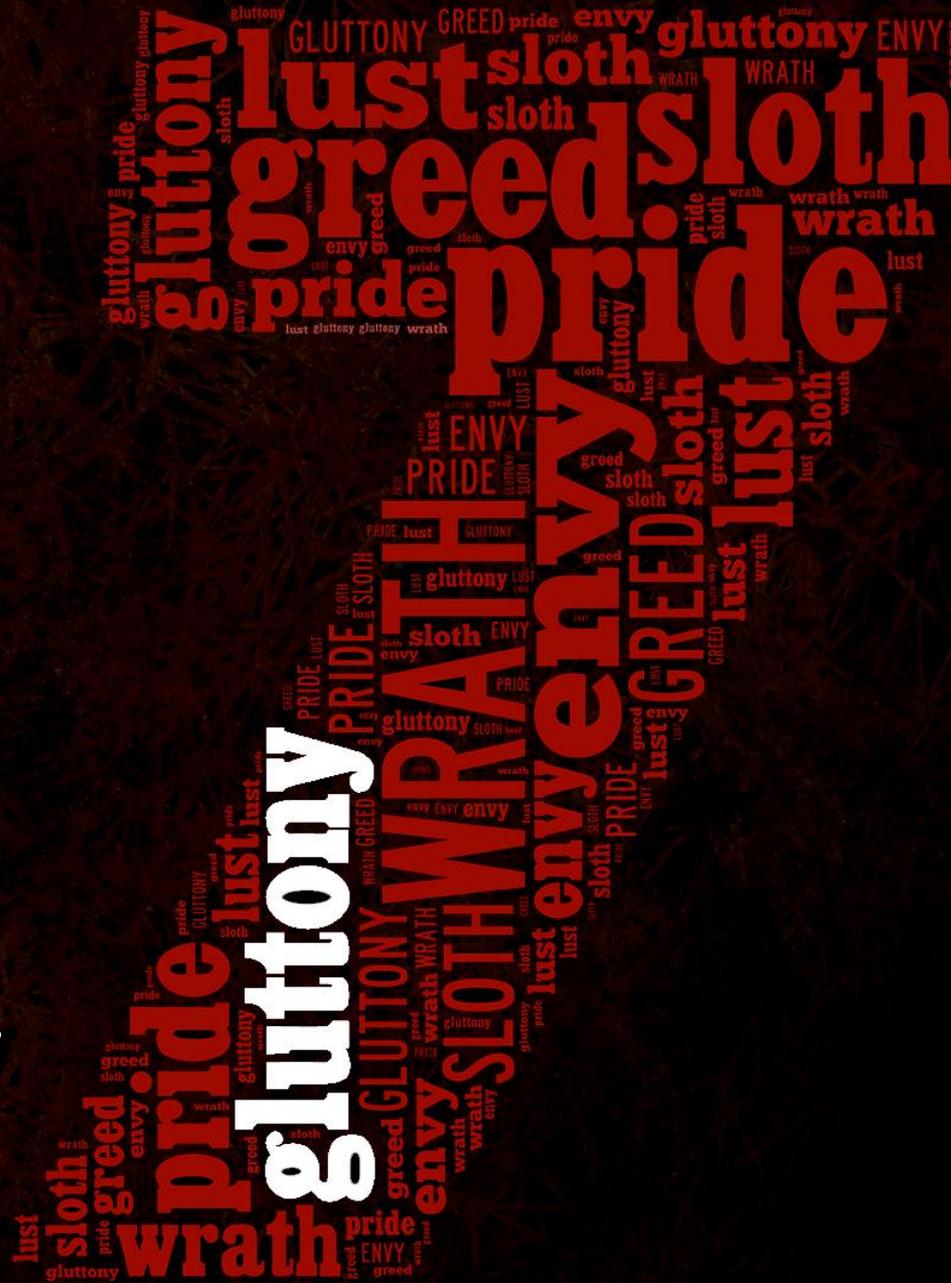


what does
the Bible say?



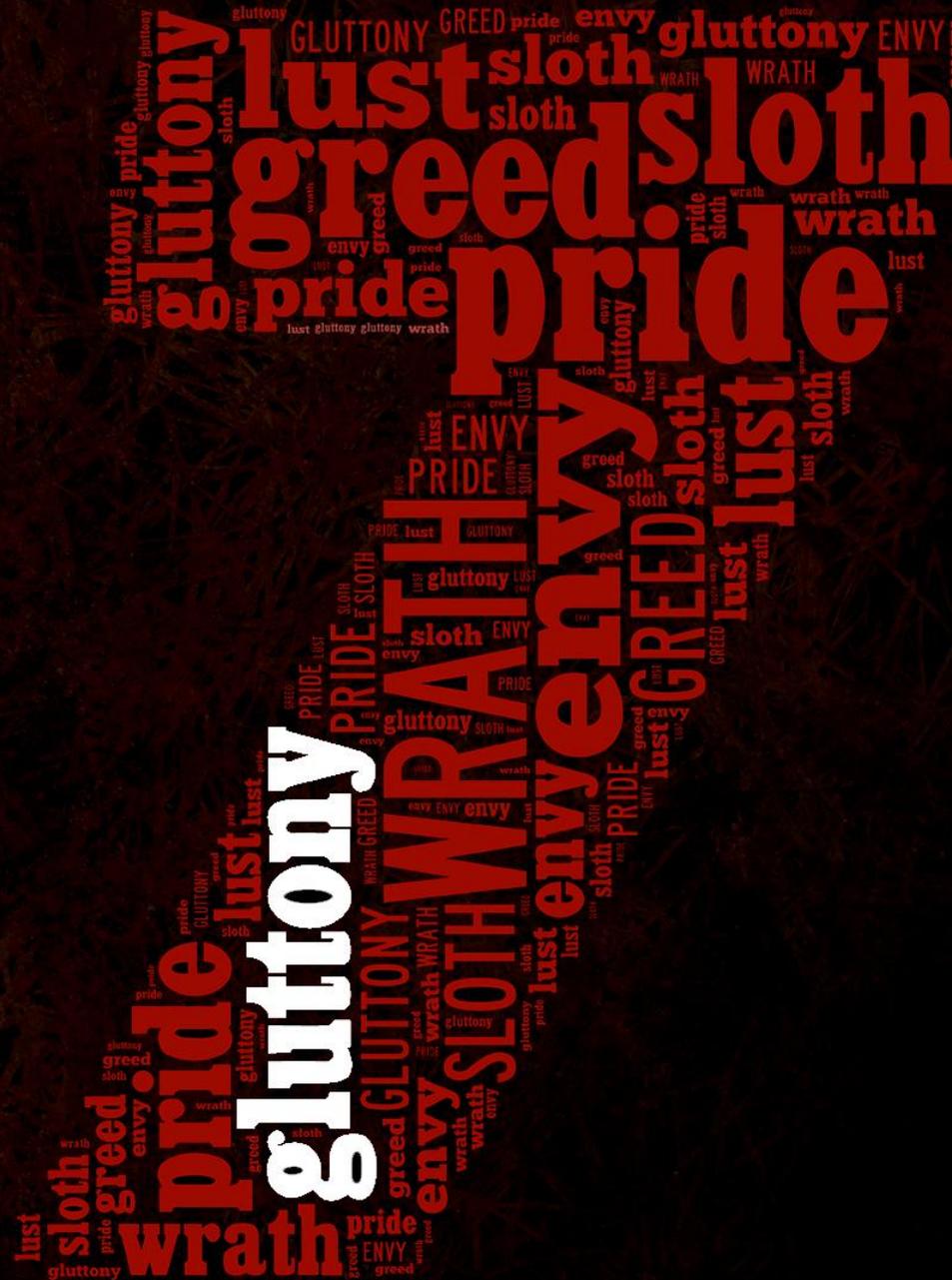
what does
the Bible say?

Short Answer: NOT A LOT.



what does the Bible say?

- Adam & Eve (Genesis 2)



what does the Bible say?

- Adam & Eve (Genesis 2)
- Proverbs speaks to the dangers of gluttony



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- Adam & Eve (Genesis 2)
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- Jesus was tempted with food (Luke 5)



what does the Bible say?

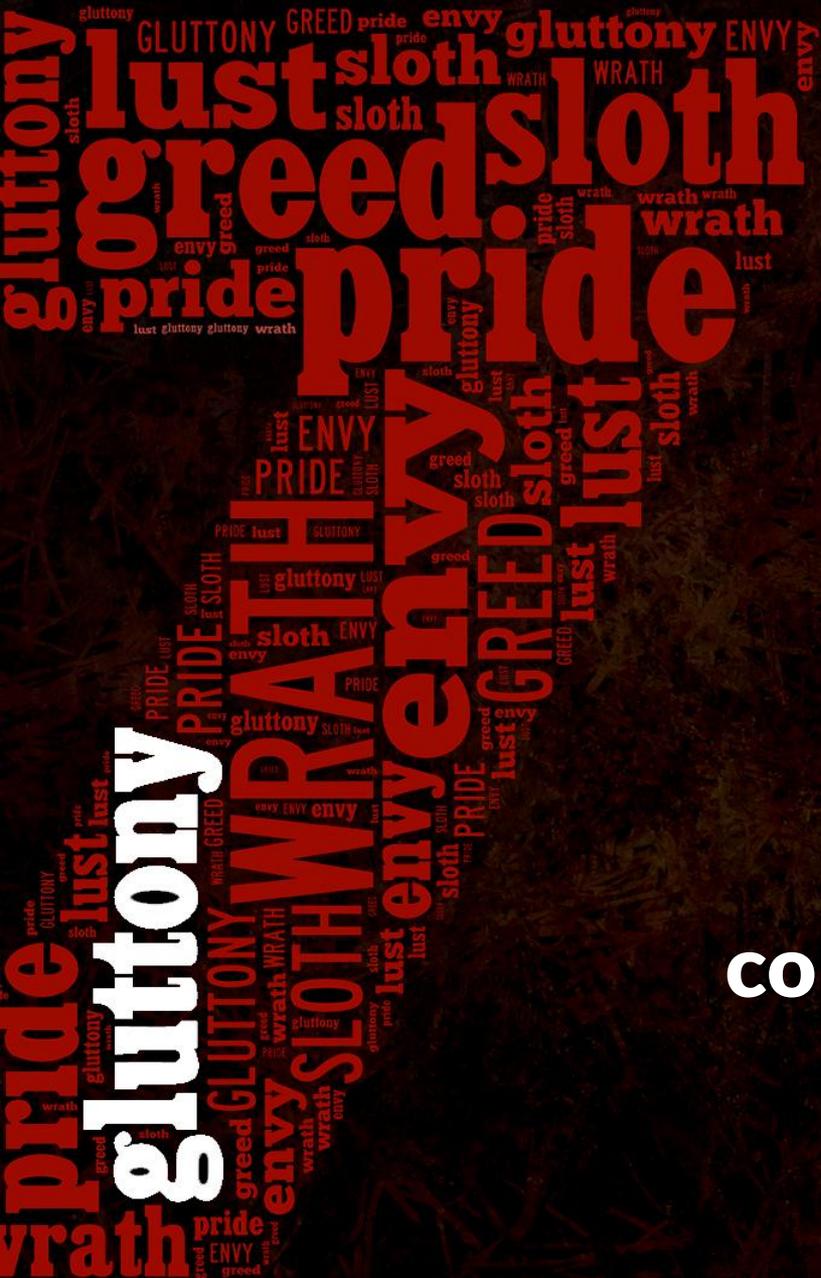
- Adam & Eve (Genesis 2)
- Proverbs speaks to the dangers of gluttony
- Jesus was tempted with food (Luke 5)
- Jesus taught against various forms of excess



what does the Bible say?

- Adam & Eve (Genesis 2)
- Proverbs speaks to the dangers of gluttony
- Jesus was tempted with food (Luke 5)
- Jesus taught against various forms of excess
- Gluttony is a battle for the mind (Romans 12:1,2)





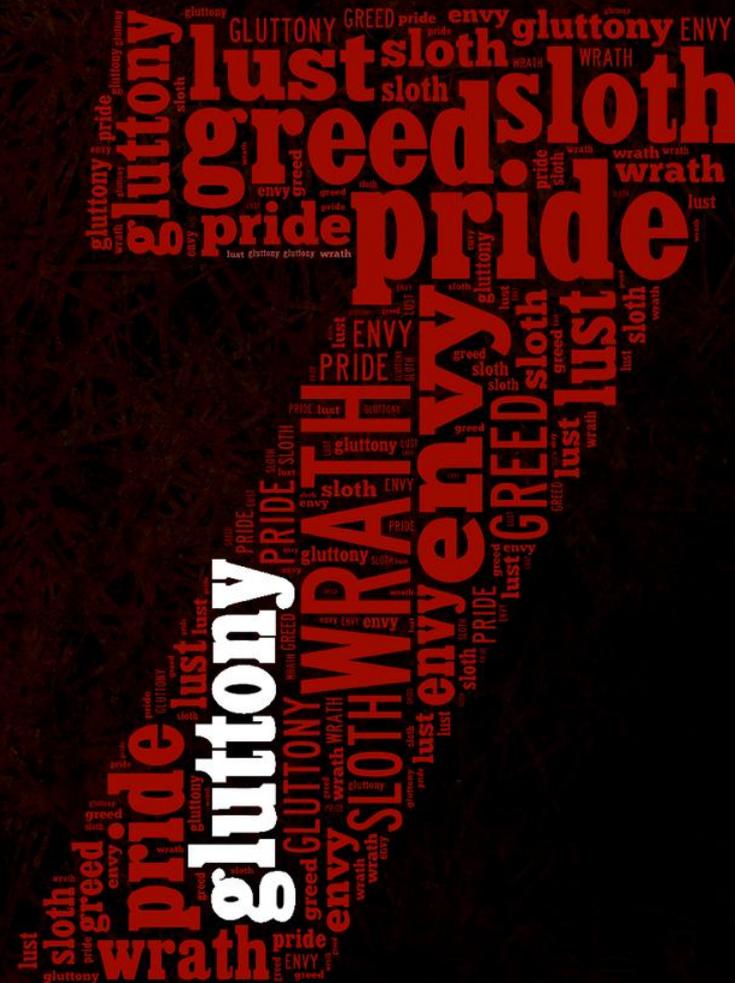
the bottom line

Believers should be
controlled by the Holy Spirit,
not habits or passions.

Galatians 5

take it personally

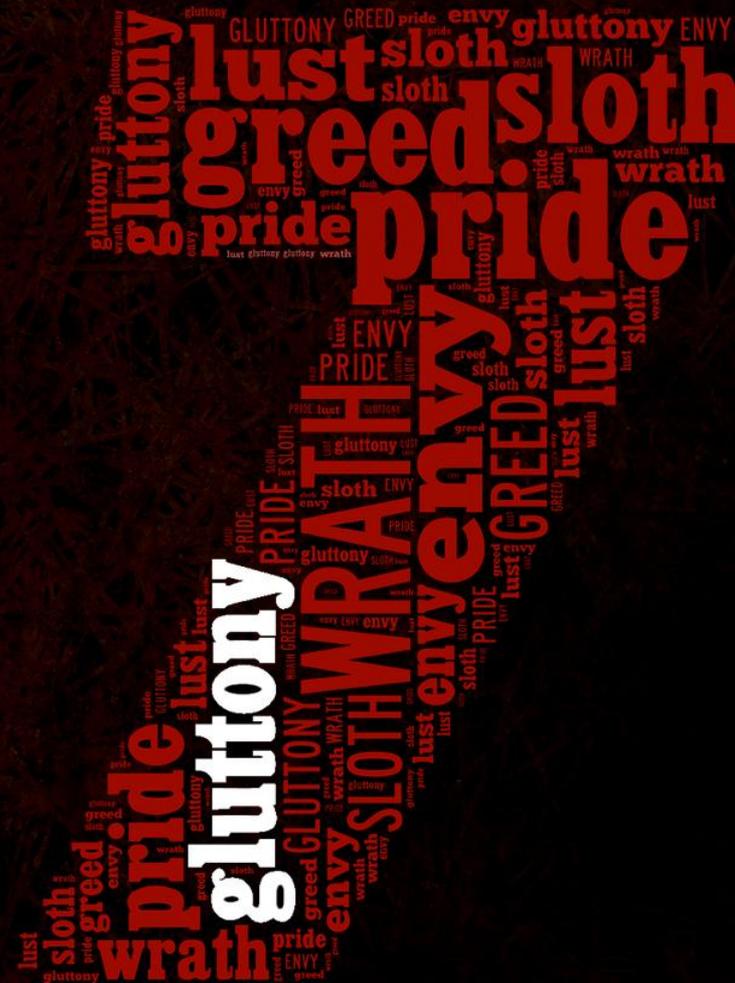
8 Steps to Freedom from Gluttony



take it personally

8 Steps to Freedom from Gluttony

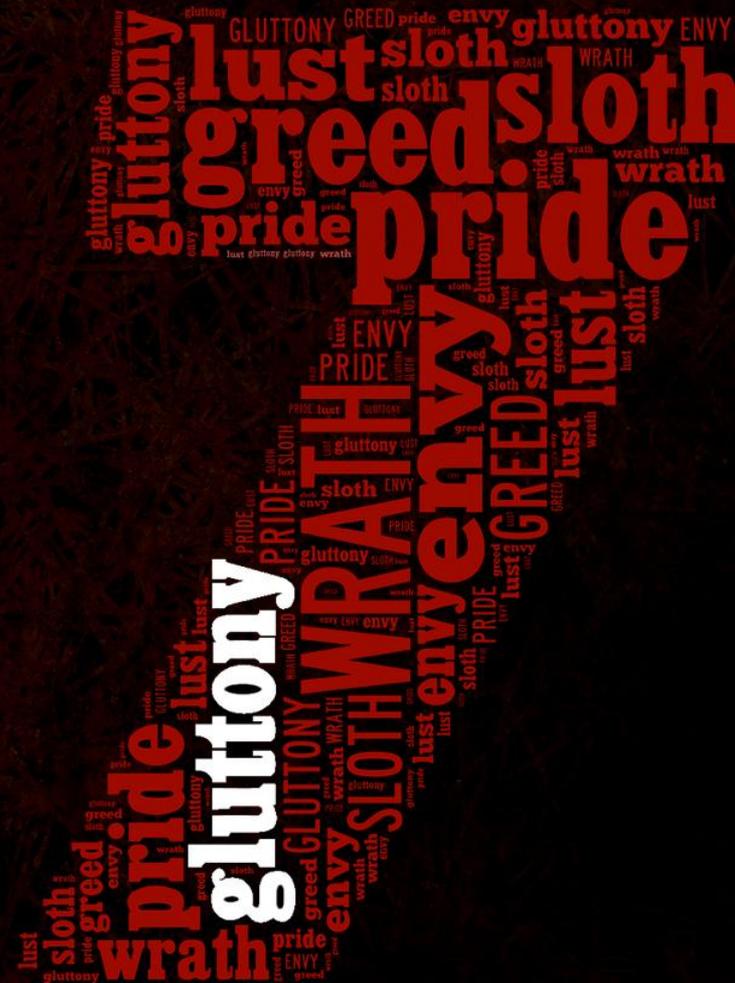
1. Self control is freedom; gluttony is bondage.



take it personally

8 Steps to Freedom from Gluttony

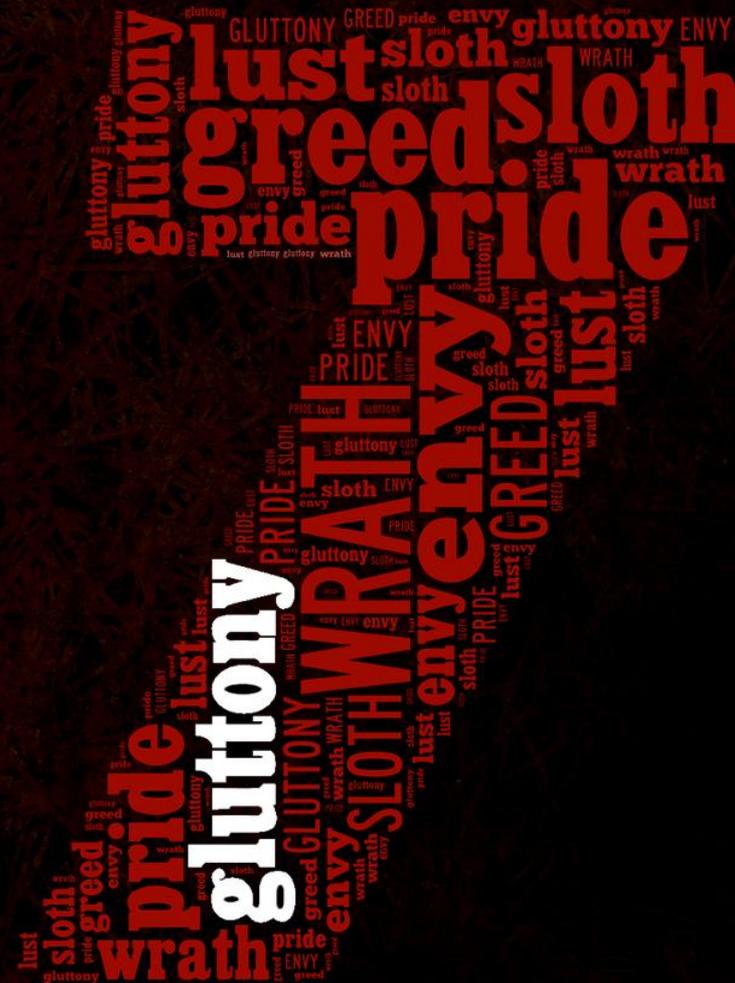
1. Self control is freedom; gluttony is bondage.
2. Self control is a gift from God, not a result of self resilient will power.



take it personally

8 Steps to Freedom from Gluttony

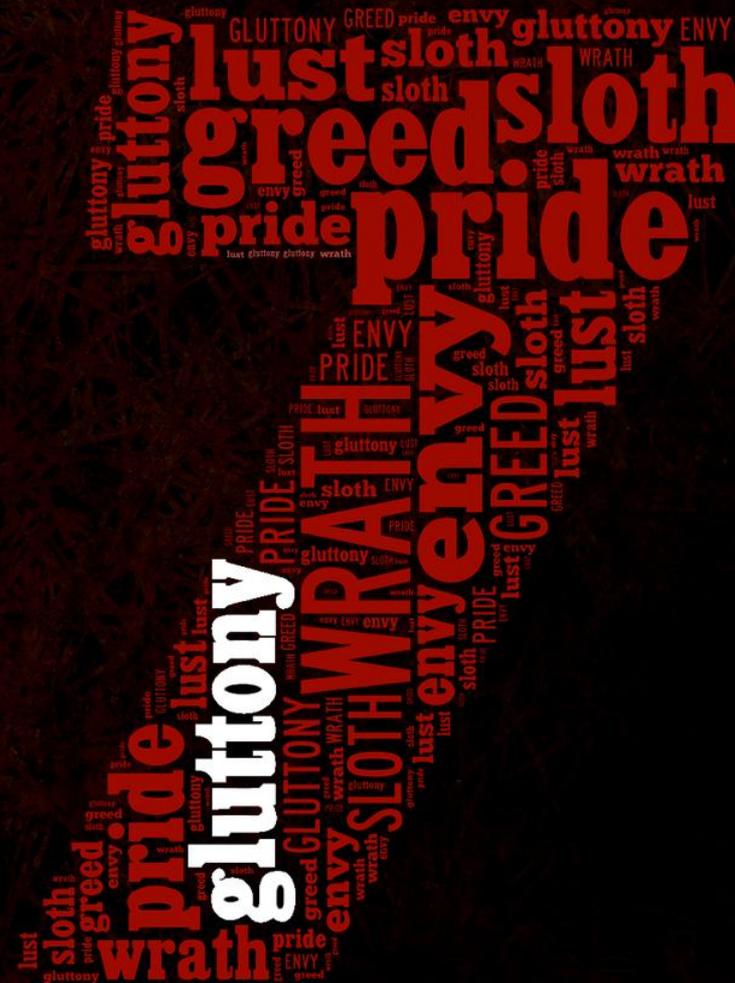
1. Self control is freedom; gluttony is bondage.
2. Self control is a gift from God, not a result of self resilient will power.
3. Christ has attoned for our gluttony and given us a spirit of self control.



take it personally

8 Steps to Freedom from Gluttony

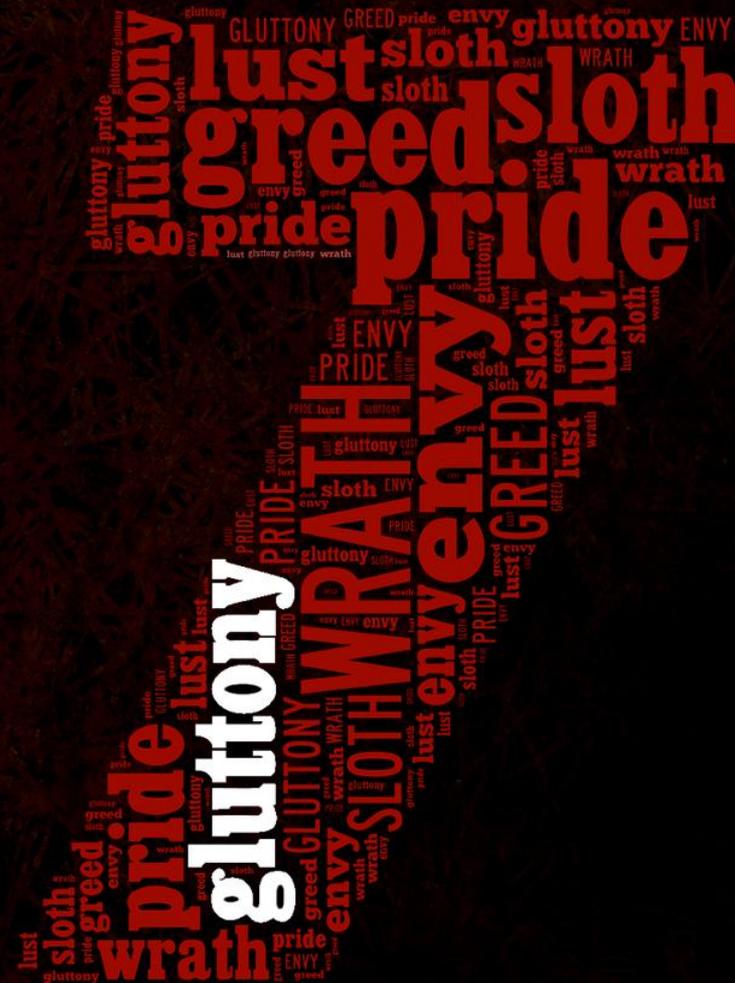
1. Self control is freedom; gluttony is bondage.
2. Self control is a gift from God, not a result of self resilient will power.
3. Christ has attoned for our gluttony and given us a spirit of self control.
4. Glut yourself on Jesus.



take it personally

8 Steps to Freedom from Gluttony

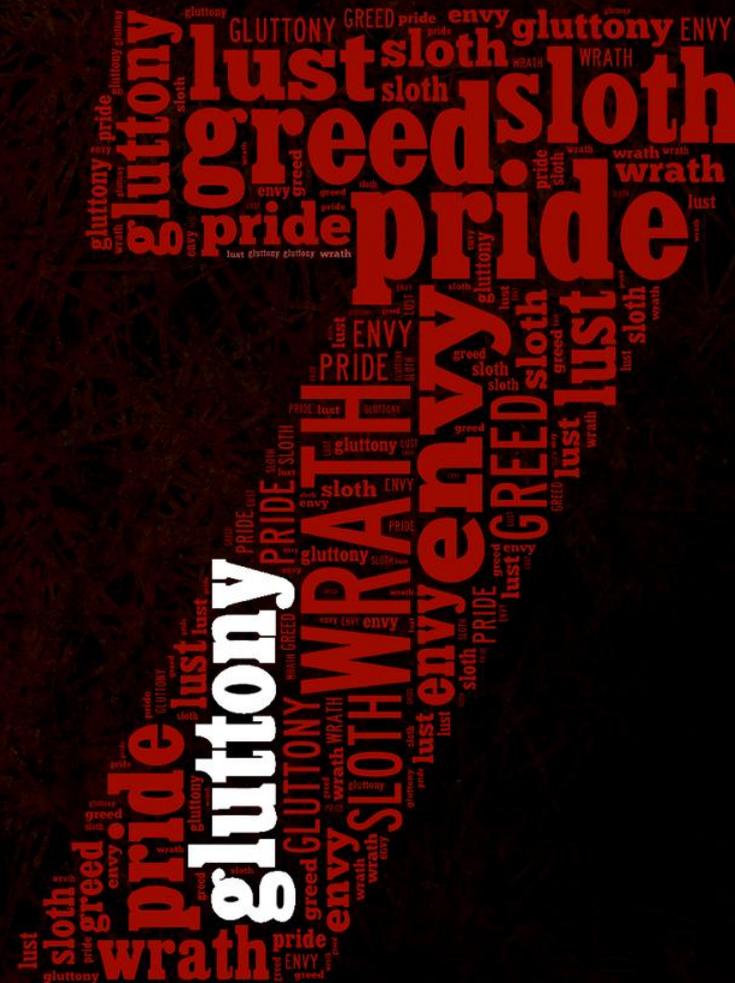
5. View the Lord's Table as a training ground for self control.



take it personally

8 Steps to Freedom from Gluttony

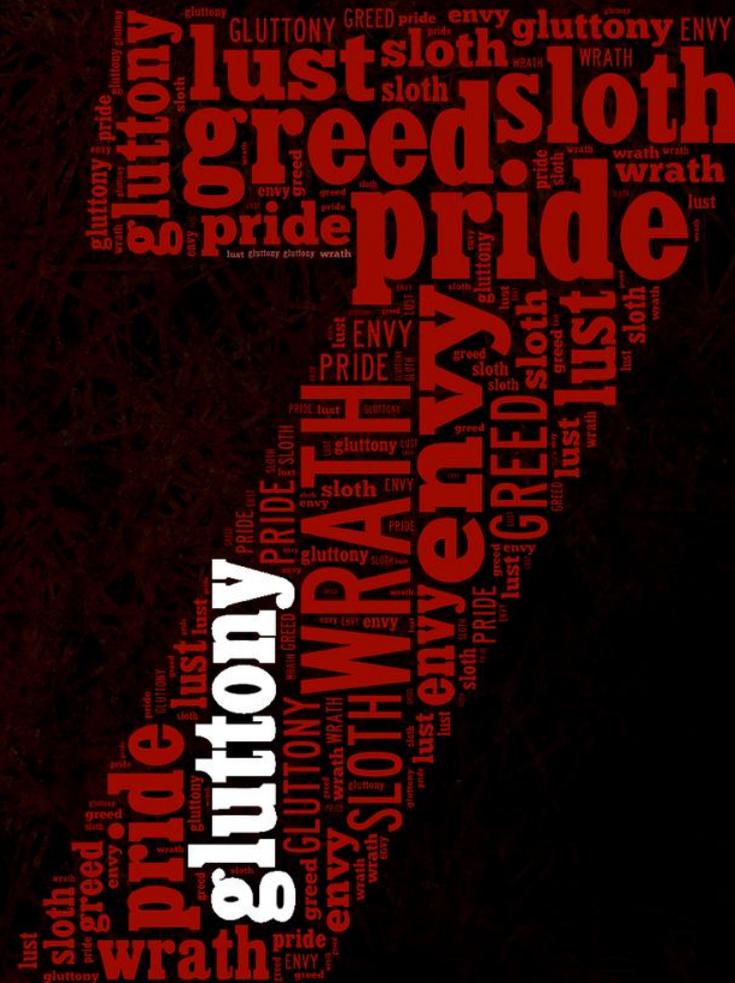
5. View the Lord's Table as a training ground for self control.
6. Practice the disciplines of both fasting and feasting.



take it personally

8 Steps to Freedom from Gluttony

5. View the Lord's Table as a training ground for self control.
6. Practice the disciplines of both fasting and feasting.
7. Use Scripture memorization as a means to change our thought patterns that lead us to self control.



take it personally

8 Steps to Freedom from Gluttony

5. View the Lord's Table as a training ground for self control.
6. Practice the disciplines of both fasting and feasting.
7. Use Scripture memorization as a means to change our thought patterns that lead us to self control.
8. Make a plan and follow through.

