

the deadly seven

gluttony

how much is enough?

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



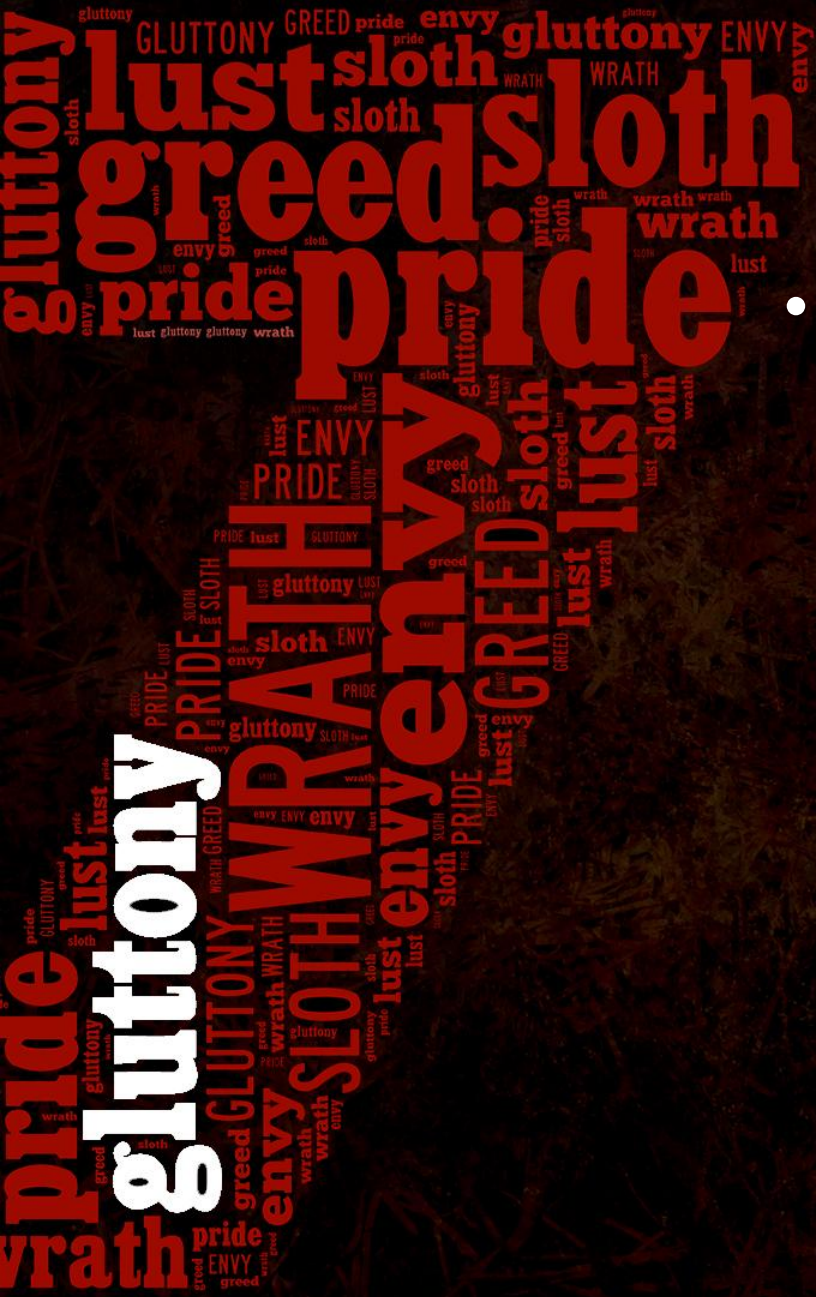


gluttony

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

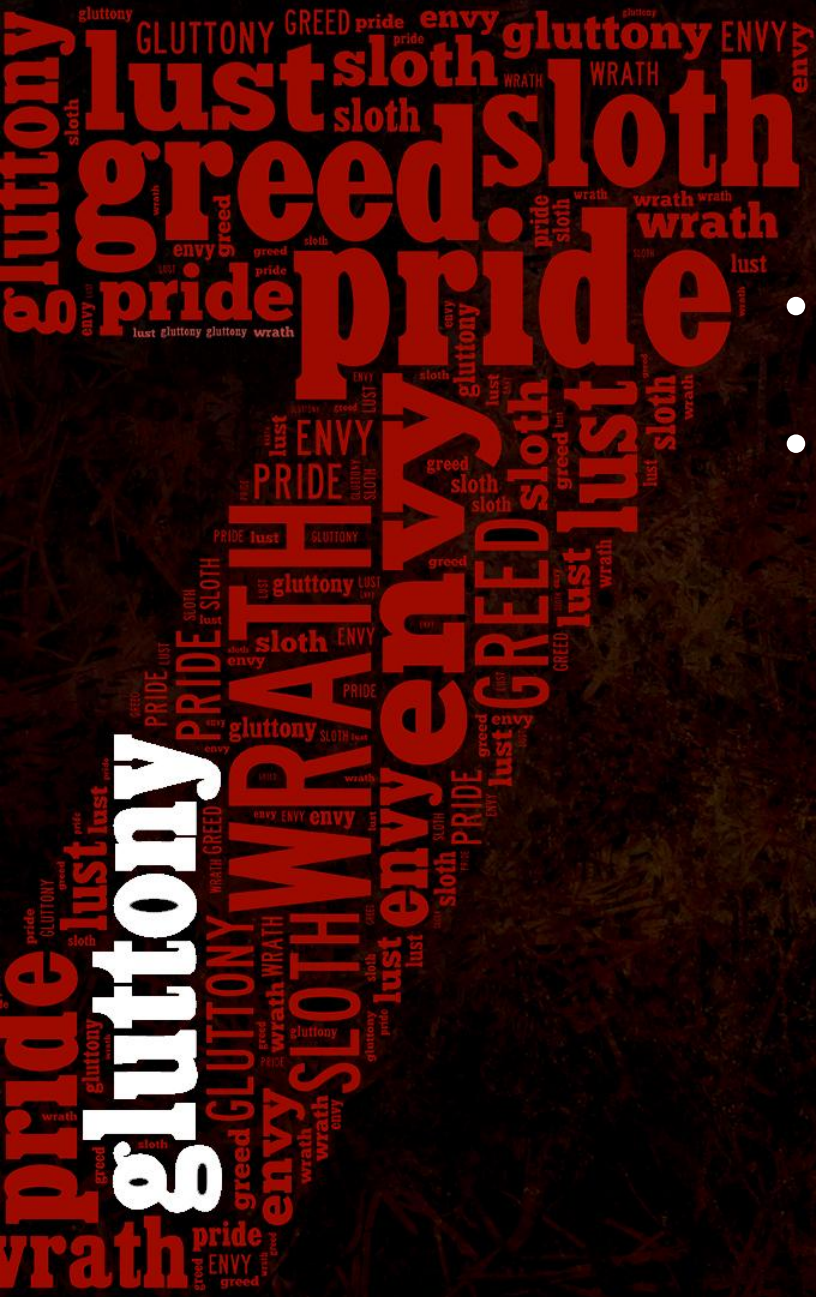
Eric Chambers





why?

- Food is a basic need for life



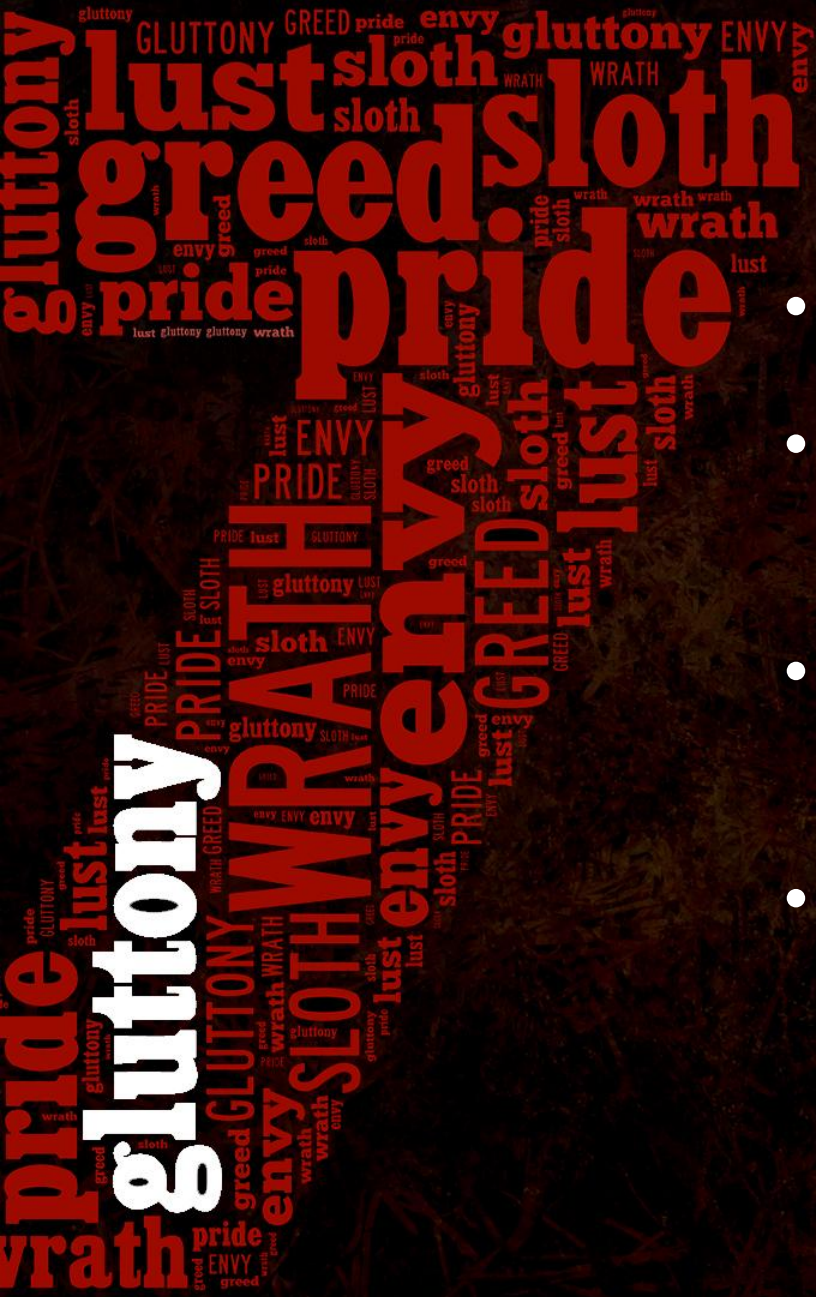
why?

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



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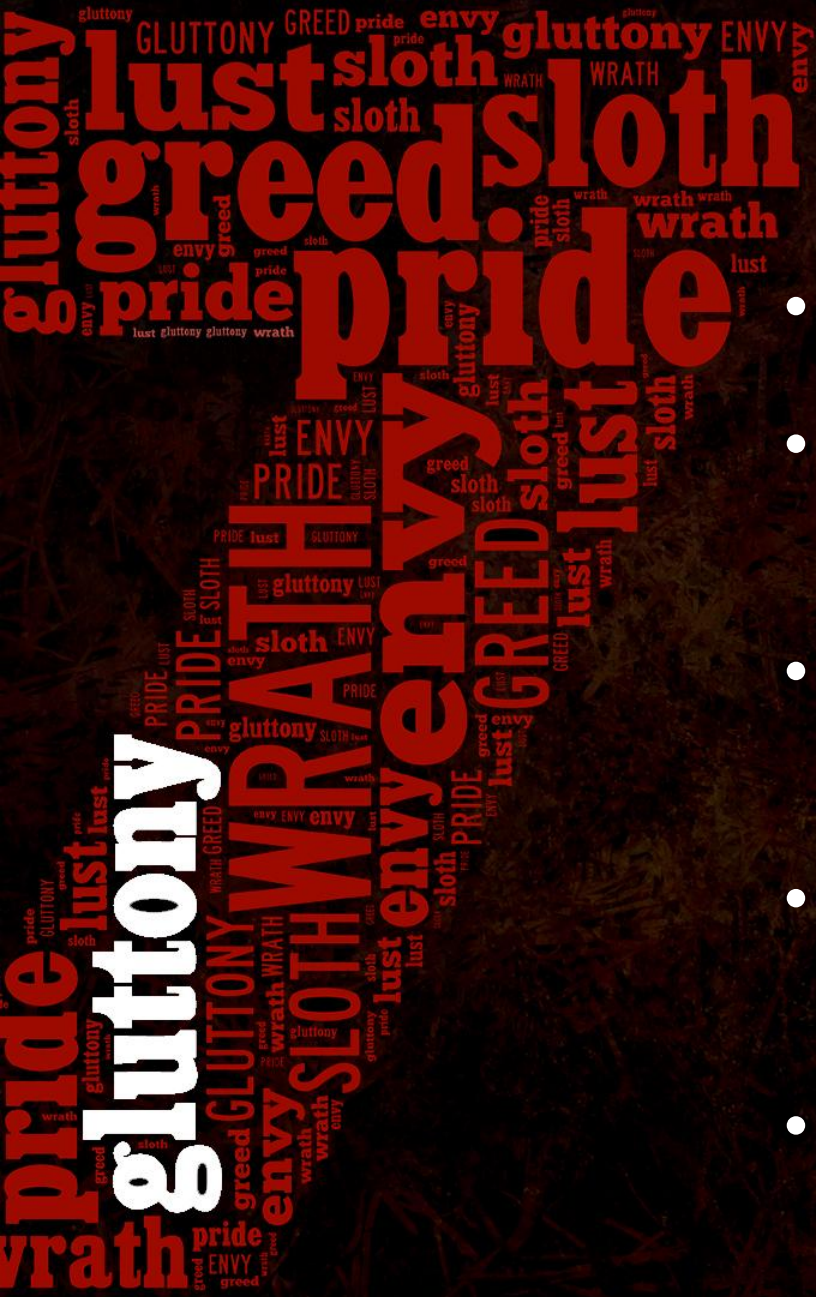
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- The hidden nature of it: “everybody does it”

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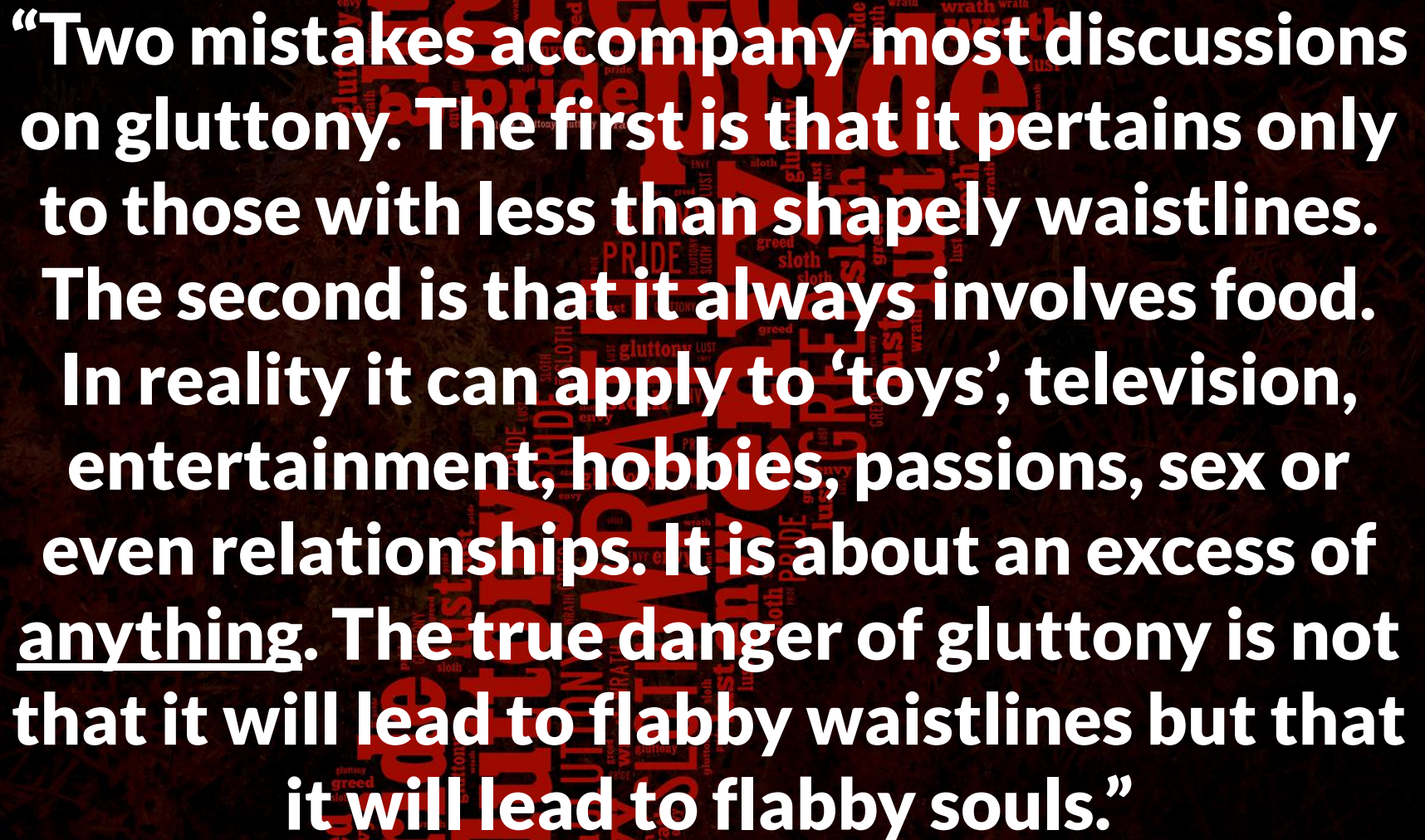


- Food is a basic need for life
- Although food is included, it means anything in excess
- How do we know when we have stepped over the line?
- The hidden nature of it: “everybody does it”
- The emphasis on feasting



“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

A word cloud of the Seven Deadly Sins: Lust, Greed, Sloth, Pride, Envy, Wrath, and Gluttony. The words are arranged in a circular pattern, with 'Pride' and 'Envy' being the largest and most central. The background is a dark, textured surface.

A word cloud of the seven deadly sins: lust, greed, sloth, pride, envy, wrath, and gluttony. The words are arranged in a circular pattern, with 'pride' and 'envy' being the largest and most central. The background is a dark, textured surface.

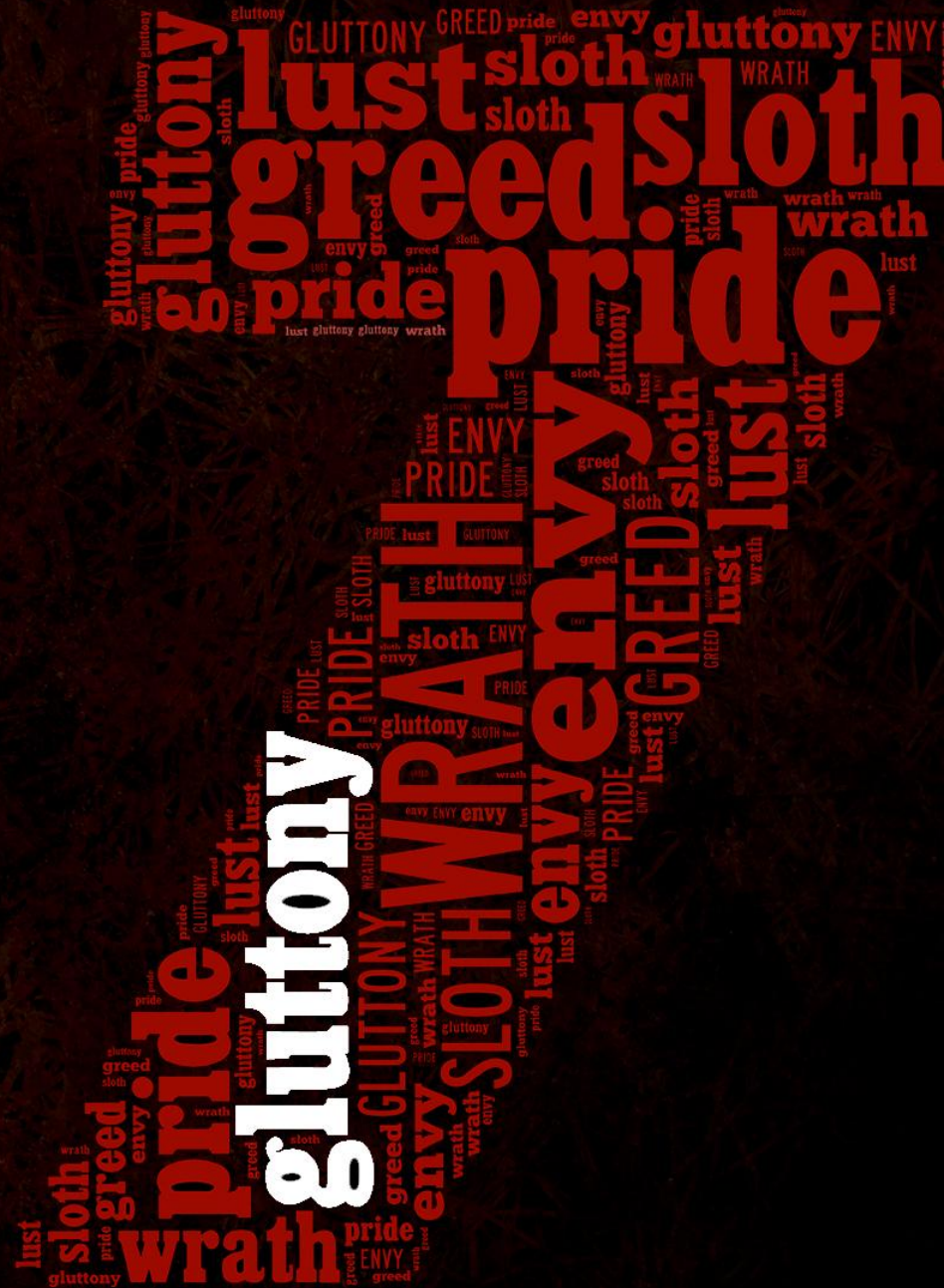
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Succumbing (giving into) any desire or passion which sidetracks us from pursuing God. Giving in to human desires in excess or lack of self control. Any desires that interfere with knowing God deeply.

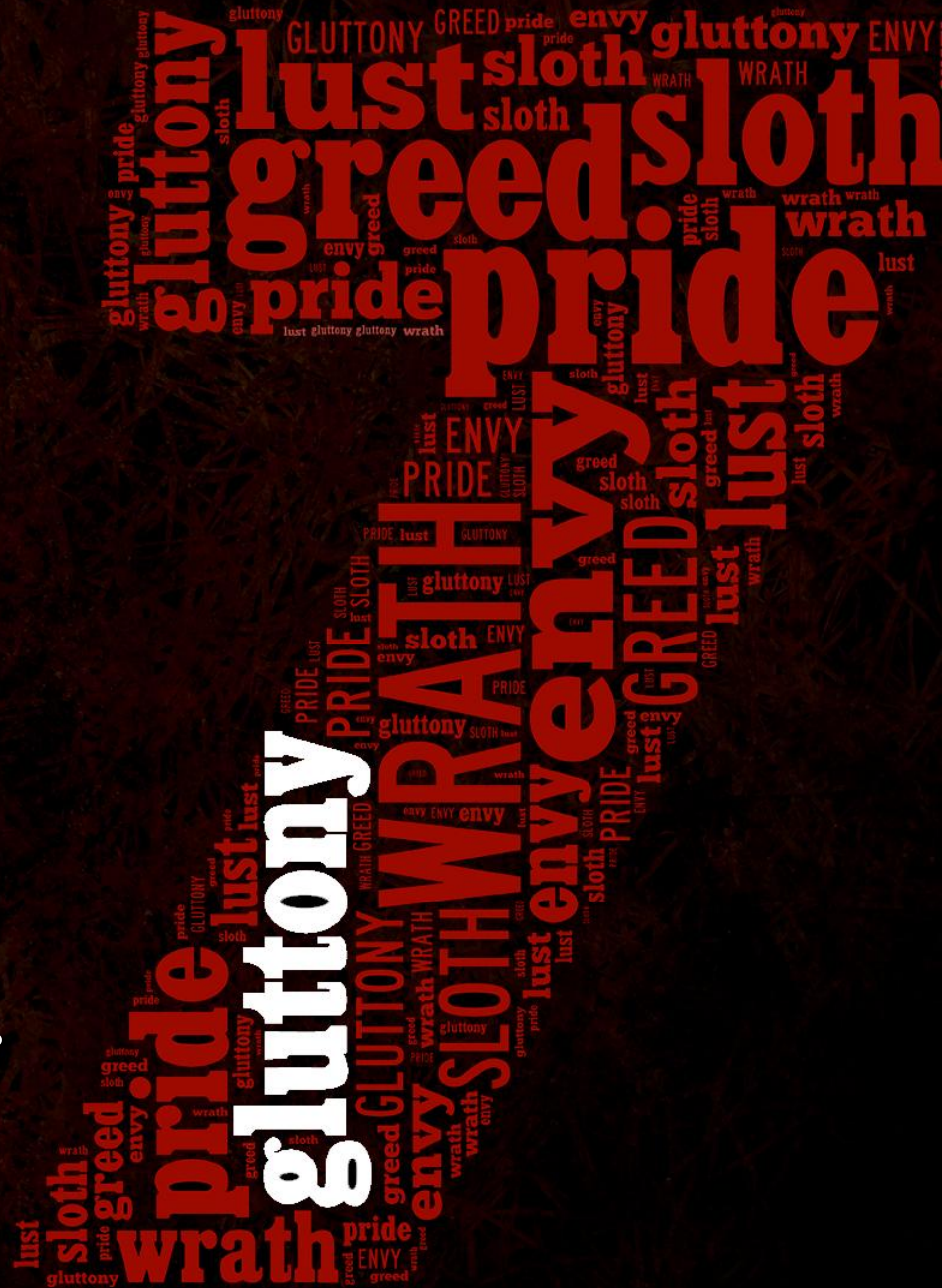
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what does
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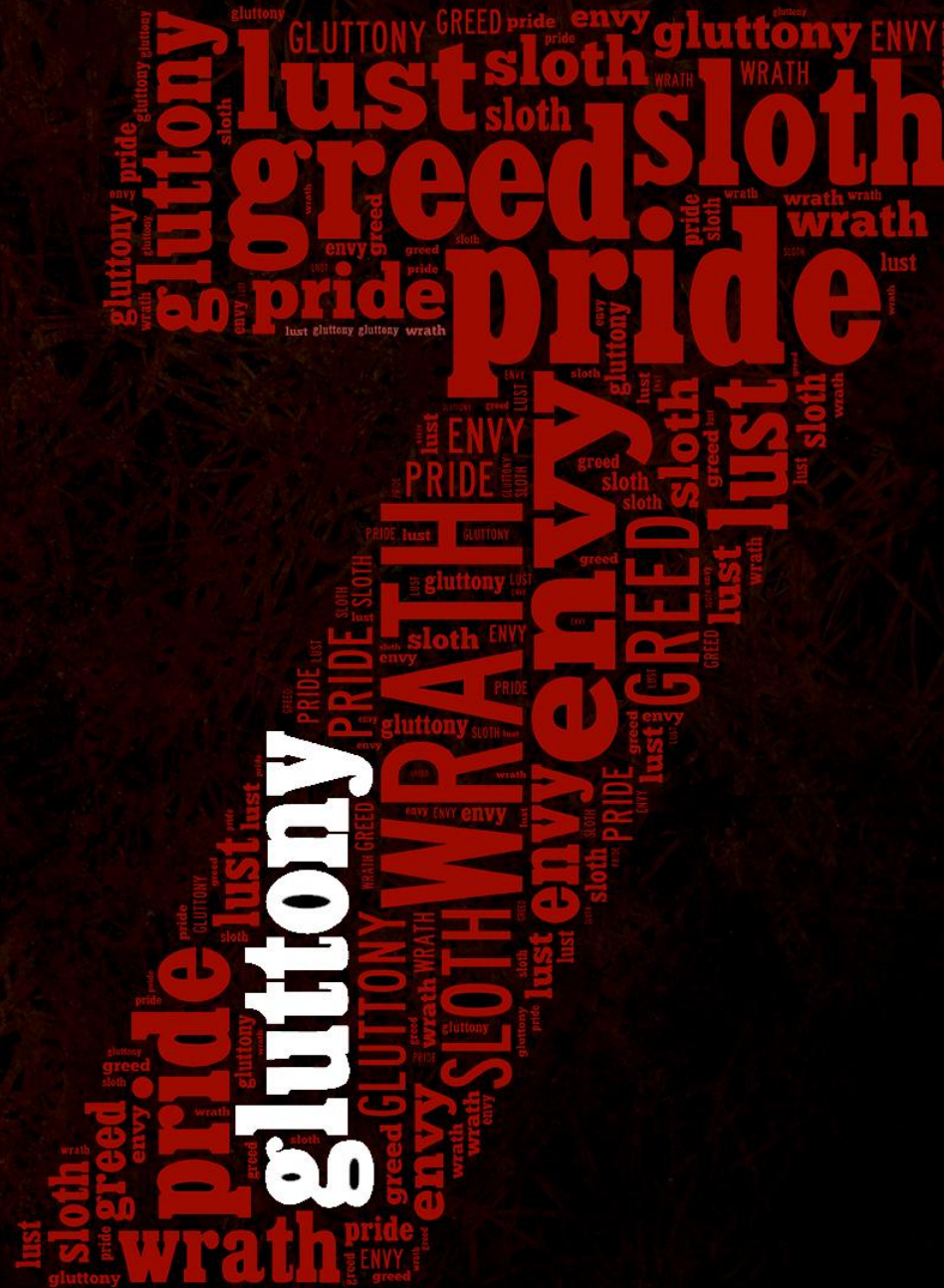
**what does
the Bible say?**

Short Answer: NOT A LOT.



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- Adam & Eve (Genesis 2)



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- Proverbs speaks to the dangers of gluttony



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- Jesus was tempted with food (Luke 5)
- Jesus taught against various forms of excess



A word cloud of the seven deadly sins: lust, greed, pride, envy, sloth, wrath, and gluttony. The words are arranged in a circular pattern, with 'pride' and 'envy' being the largest and most prominent. The background is dark and textured, resembling a close-up of a human face.

- 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)



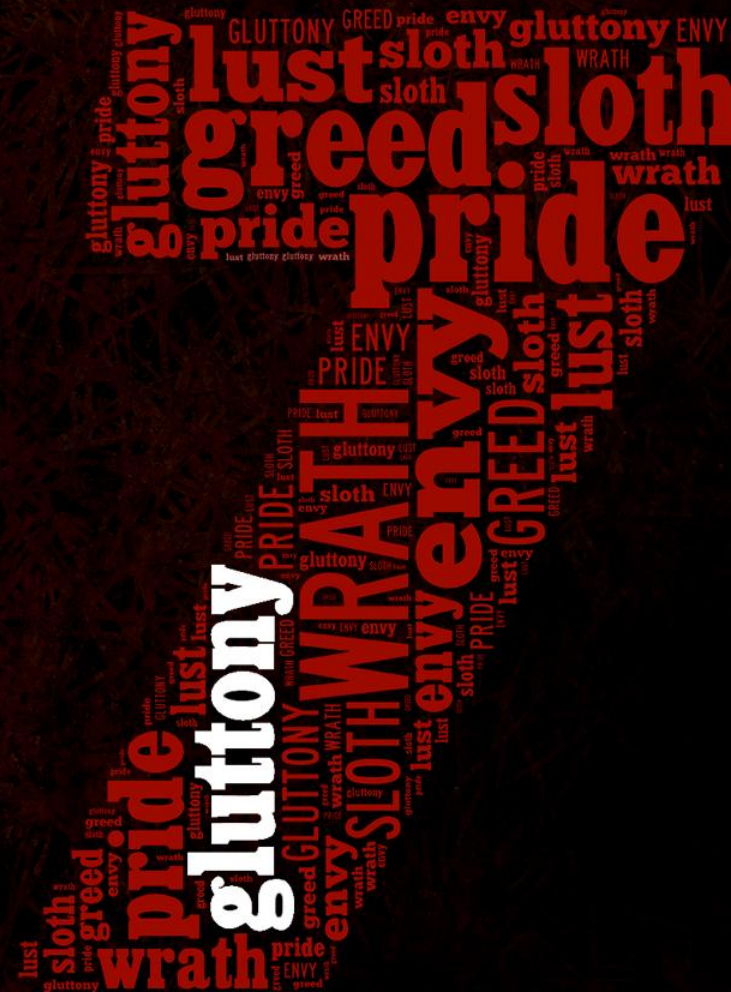
the bottom line

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

Galatians 5

take it personally

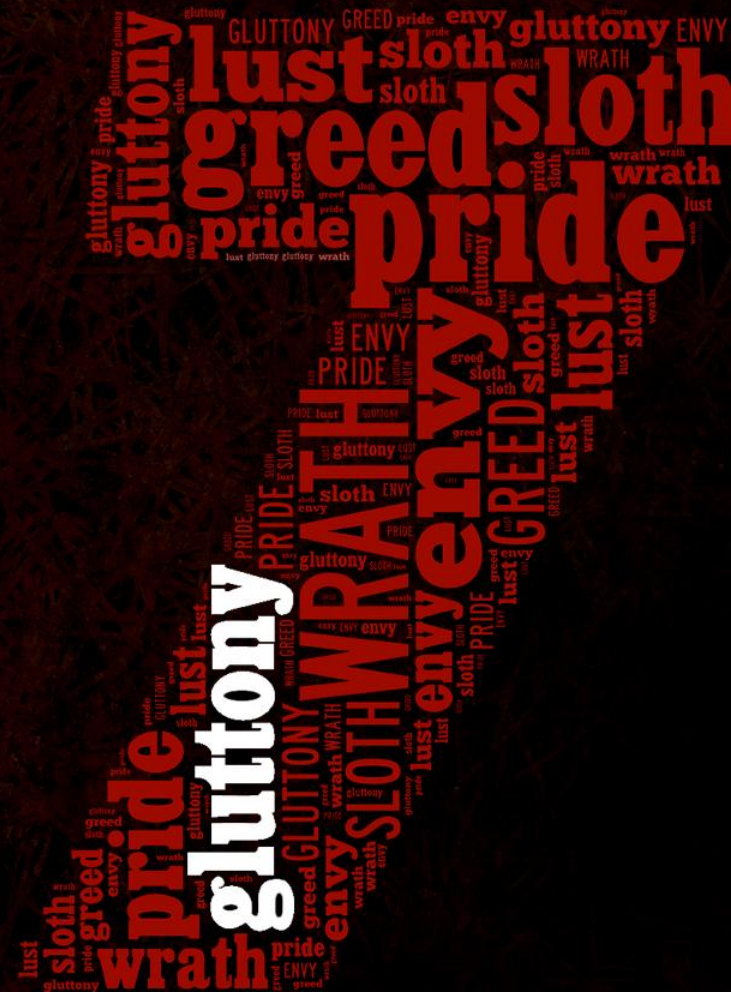
8 Steps to Freedom from Gluttony



take it personally

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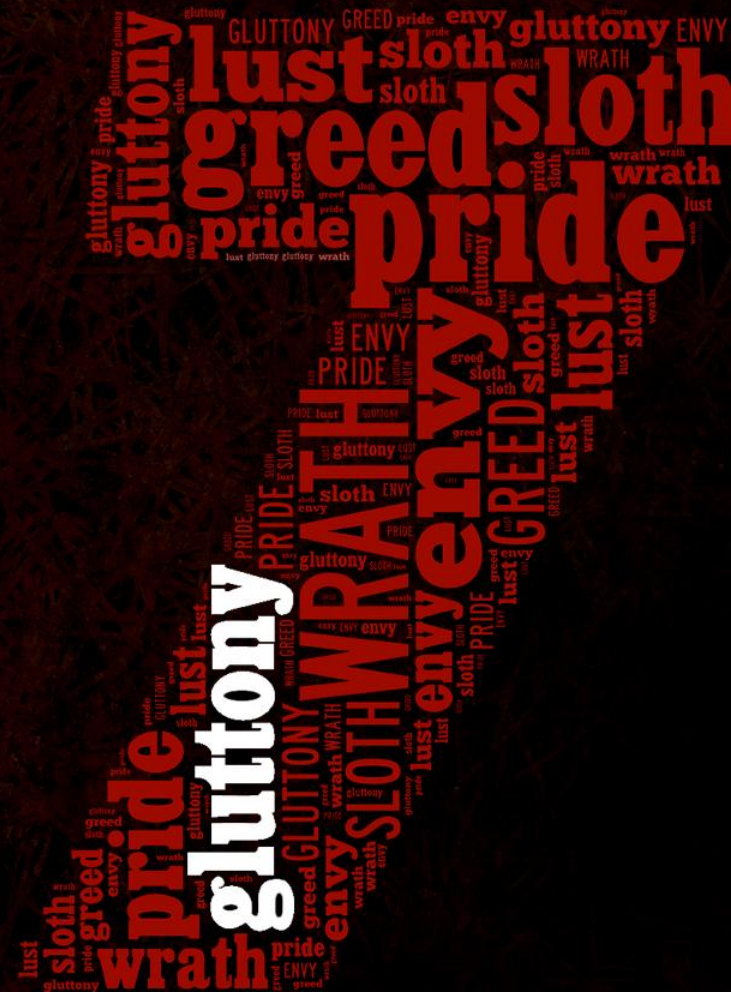
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take it personally

8 Steps to Freedom from Gluttony

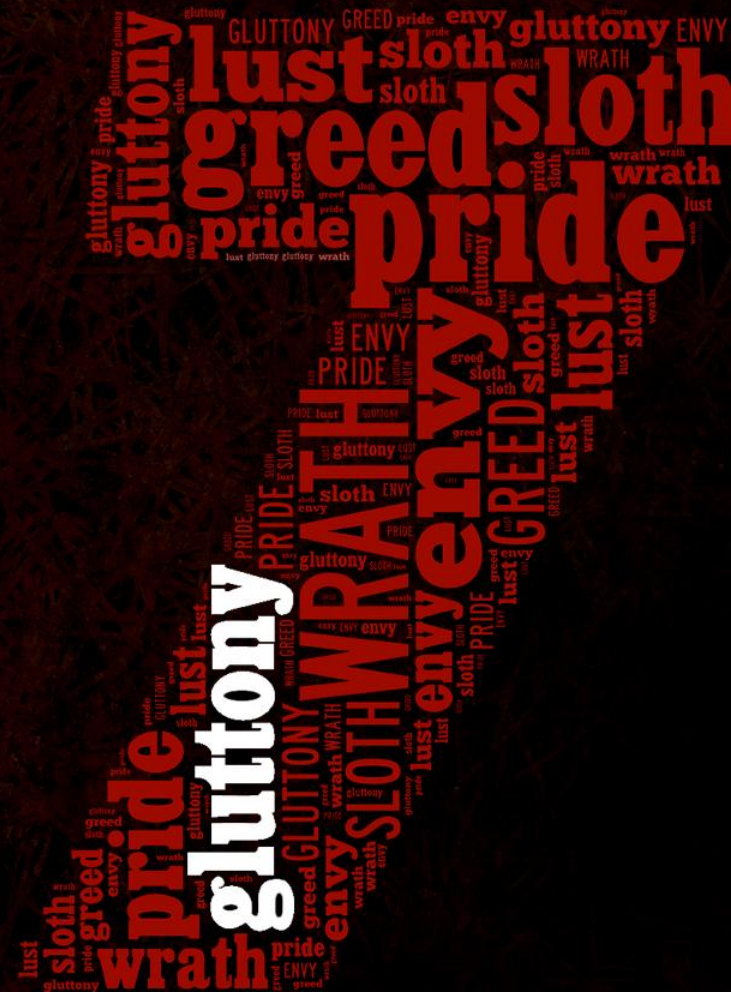
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take it personally

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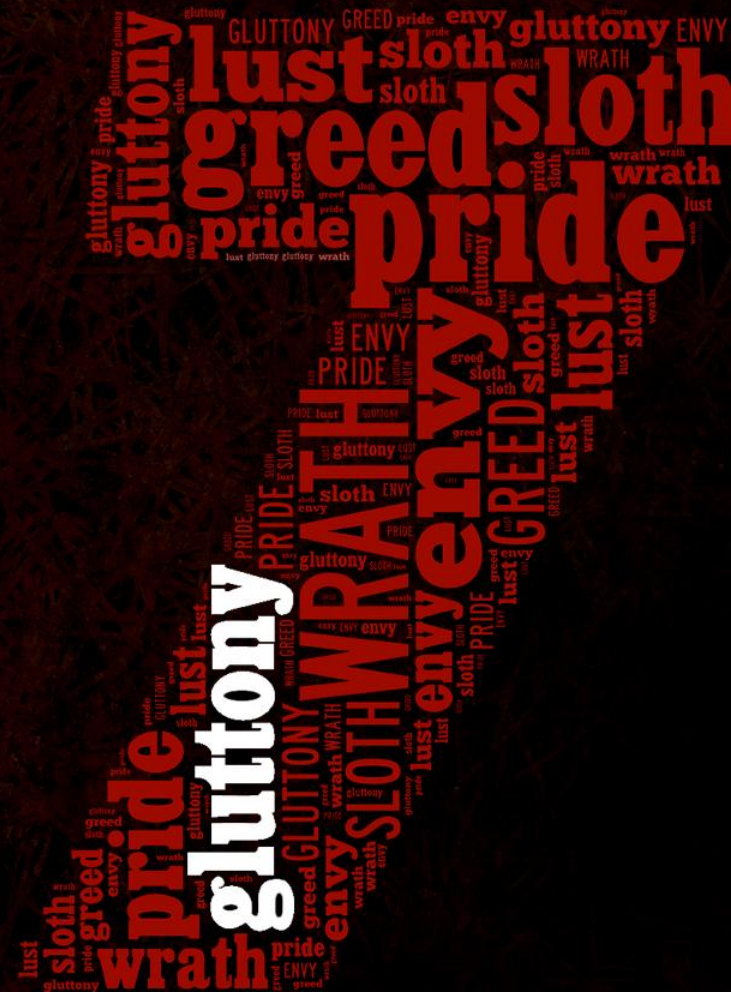
1. Self control is freedom; gluttony is bondage.
2. Self control is a gift from God, not a result of self resilient will power.
3. Christ has attoned for our gluttony and given us a spirit of self control.



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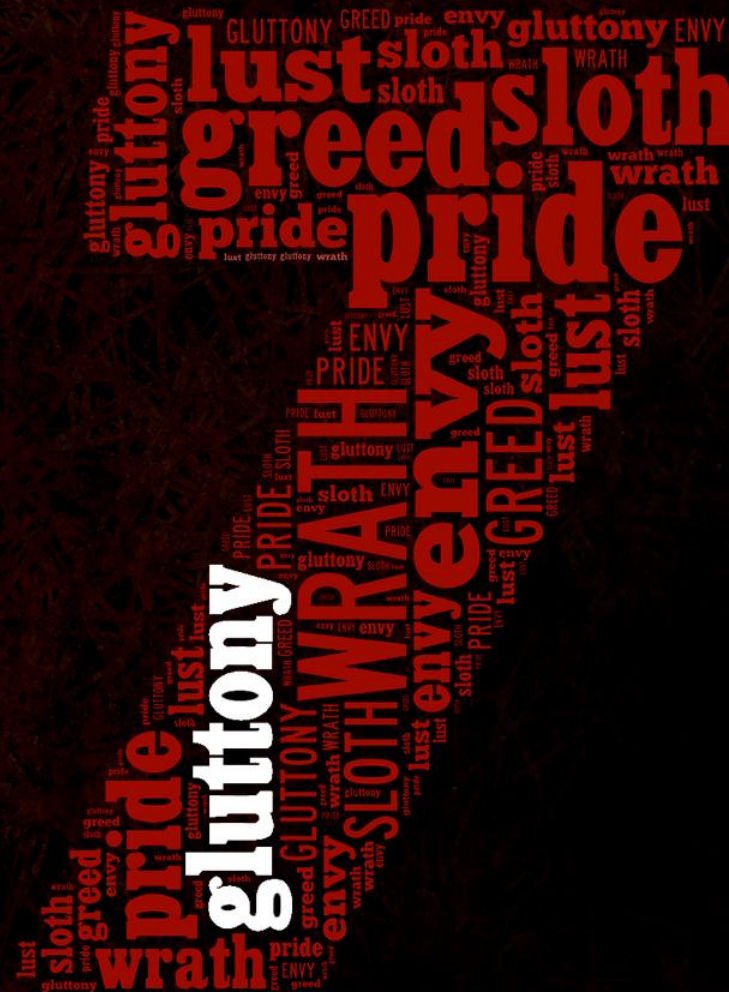
1. Self control is freedom; gluttony is bondage.
2. Self control is a gift from God, not a result of self resilient will power.
3. Christ has attoned for our gluttony and given us a spirit of self control.
4. Glut yourself on Jesus.



take it personally

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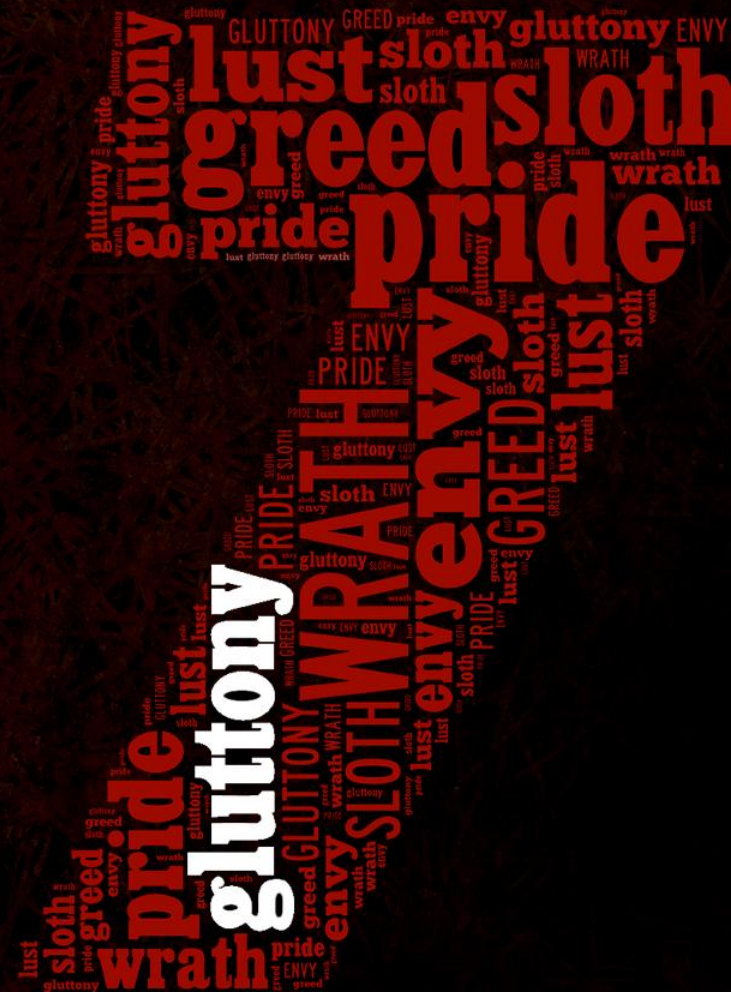
5. View the Lord's Table as a training ground for self control.



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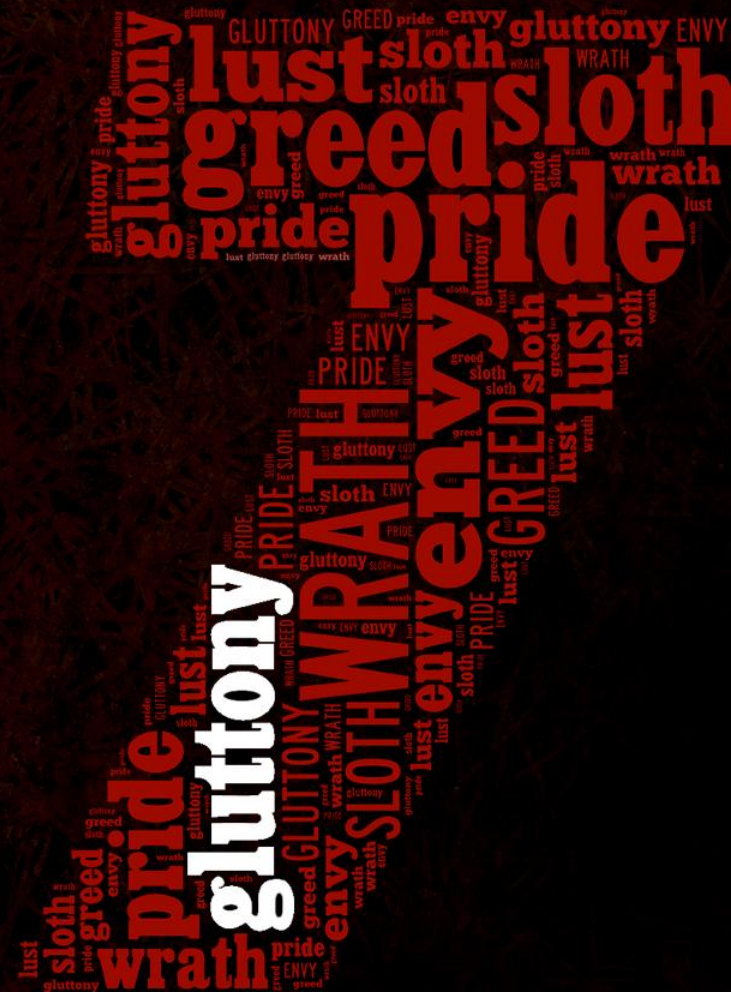
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6. Practice the disciplines of both fasting and feasting.



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.

