**The Message Notes**

**Series:** Seven Deadly Sins  
**Message:** Overcoming the Sin of Gluttony  
**Sunday:** August 30, 2020  
**Scripture:** Proverbs 23:2

**Proverbs 23:2.** And put a knife to your throat if you are a man given to appetite (gluttony). (NKJV)

**Introduction:** We’re still in our series entitled the “Seven Deadly Sins.” The seven deadly sins are those sins which are fatal to our spiritual growth in Christ and our relationships with each other. This morning, we will discuss Overcoming the Sin of Gluttony.

**Review:**

1. Overcoming the Sin of **Pride** – I Peter 5:5-8

**Satan** is the Father of sin and the root of sin is **pride** (egoism) and **lust** (strong willed) – I John 2:16

**Promise:** God opposes the proud, but gives grace to the humble.

**Solution:**

A. **Humility** – selflessness – consider others before self  
B. **Submit** – obedience – bow your will to authority

All our sins are birthed through our **pride** and **lust**.

2. Overcoming the Sin of **Envy** – Genesis 4:1-9

**Envy** comes from comparing and competing with others.

**Solution:**

1. Self-Actualization: Do not compare yourself to others (2 Corinthians 10:12)  
2. Self-Awareness: Be aware of envy in your heart (Psalms 139:23-24)  
3. Self-Arrest: Be content (1 Timothy 6:6-7)

**Message:** Overcoming Sin of Gluttony

**Gluttony is a twofold sin:**
1. Gluttony that overeats  
2. Gluttony that withholds from those in need
Biblical Diets: foods to which one restricts oneself

1. **Garden** Diet – vegetarian (bloodless life) *Genesis 1:29*. And God said, “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.” (NKJV) Reference: *Genesis 9:3*

2. **Law** Diet – kosher (blood-life) *Leviticus 11:2*. “Speak to the children of Israel, saying, “These are the animals which you may eat among all the animals that are on the earth: 3. Among the animals, whatever divides the hoof, having cloven hooves and chewing the cud-that you may eat.” (NKJV)

3. **Grace** Diet – (self-control) *I Corinthians 10:31*. Therefore, whether you eat or drink, or whatever you do, do all to the glory of God. (NKJV)

Reference: *1 Timothy 4:4*

Points to our Message:

1. _______________ – Offer our bodies to God

*I Corinthians 6:19*. Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and are you not your own? 20. For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s. (NKJV)

2. _______________ – Discipline our appetites – *I Corinthians 6:12, 9:25-27*

*Proverbs 25:16*. Have you found honey? Eat only as much as you need, lest you be filled with it and vomit. (NKJV)
   - I can do all things
   - I will not be brought under the control of any
   - I will discipline my body

*Proverbs 25:28*. Whoever has no rule over his own spirit is like a city broken down, without walls. (NKJV)

3. _______________: 3 *John 1:2*. Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit. (NLT)

**Self-control lifestyle:**
- a) **Diet** – restriction of foods
- b) **Portions** – the right amount of foods
- c) **Burning** – using up your food fuel
- d) **Fasting** – intermittent restraint from foods

**Fitness lifestyle:**
- a) **Eating** – fuelling
- b) **Exercising** – using
- c) **Examining** - checking