

## *The Message Notes*

**Series:** The Seven Deadly Sins

**Message:** *Overcoming the Sin of Gluttony – Part 2*

**Sunday:** September 6, 2020

**Scripture:** Proverbs 23:2 NKJV



**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 - Part 2.*

### **Introduction:**

**Appetite** – cravings of the body – Our appetite comes from the type of foods we eat that become the cravings of our body.

**Gluttony** means **food** is your **master** – overeating/drinking

### **Gluttony is a twofold sin:**

1. You have **lost control** of your body's **appetite** for **food**
2. You eat and neglect the need of others

### **1. Why we eat?** Refueling or Overeating

- a) **Refueling:** to feed the body food for nutrients to live
- b) **Overeating:** 1) binge eating, 2) emotional eating, 3) addictive eating, 4) pleasure eating

### **2. What we eat?** nutritional foods or junk foods

**Junk Food** – sugar, sodium, and fat

### **Health:**

- a. Sugar – diabetes
- b. Sodium – high blood pressure
- c. Fat – heart disease

**Nutritional Food:** Nutrisystem that feeds the **foods** made for the body to **preserve** health and **prevent** diet-related illnesses.

### **3. What does God say about eating and food?**

**Biblical Diets:** a course of foods to which one restricts oneself:

1. **Garden Diet** – vegetarian (plant/fruit/nuts-bloodless)

**Genesis 1:29 NKJV.** 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**.

2. **Law Diet** – kosher (animals/fish-blood)

**Leviticus 11:2 NKJV.** “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**. Reference: Exodus 23:25

3. **Grace Diet** – (all things are lawful)

**I Corinthians 6:12 NKJV.** All things are **lawful** for me, but all things are **not helpful**. All things are lawful for me, but I will not be brought **under** the **power** of any. Reference: Proverbs 25:28

- Why we eat: to refuel
- What we eat: nutrition over junk
- How we eat: appetite-diet-portion (discipline)

### Overcome Gluttony

1. \_\_\_\_\_ – We *worship* God with our bodies - **I Corinthians 6:19 NKJV.** 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 you are 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.

2. \_\_\_\_\_ – We *master* our appetites - **I Corinthians 9:27 NKJV.** But I **discipline** my body (appetites) and bring it into **subjection**, lest, when I have preached to others, I myself should become **disqualified**.

3. \_\_\_\_\_ - We have a *fitness* diet - **3 John 1:2 NLT.** Dear friend, I hope all is well with you and that you are as **healthy** in body as you are strong in spirit.

### Fitness lifestyle:

- a) **Eating** – fueling (diet, portions, and fasting)
- b) **Exercising** – using (**burn** fuel, **build** muscles, and **work** organs)
- c) **Examining** – checking (care for our body)