

I. The Skinny on Gluttony

Gluttony –
Living
an
excessive
life

1 Corinthians 6:12-13a, 19-20
"Everything is permissible for me"—but not everything is beneficial. "Everything is permissible for me"—but I will not be mastered by anything. ¹³"Food for the stomach and the stomach for food"—but God will destroy them both.

¹⁹Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore honor God with your body.

Daniel 1:8-14

But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. ⁹Now God had caused the official to show favor and sympathy to Daniel, ¹⁰but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you." ¹¹Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, ¹²"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. ¹³Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." ¹⁴So he agreed to this and tested them for ten days.

1. Gluttony is the outworking of _____ and a lack of _____.
2. Gluttony - like lust - doesn't ever _____ but creates a greater desire for more.
3. _____ was the first tool used by Satan to tempt man.

II. The Cost of Gluttony

Proverbs 25:27-28

It is not good to eat too much honey, nor is it honorable to seek one's own honor. ²⁸Like a city whose walls are broken down is a man who lacks self-control.

1. _____ you

Proverbs 23:20-21

Do not join those who drink too much wine or gorge themselves on meat, ²¹for drunkards and gluttons become poor, and drowsiness clothes them in rags.

2. _____ you

3. _____ you

4. _____ you

Proverbs 13:25 (Living Bible)

The good man eats to live while the evil man lives to eat.

5. _____ others

III. The Cure for Gluttony

The Physical Cure

1. Eat _____ portions
2. Reduce _____ in your daily caloric intake
3. Stop _____ eating.
4. Increase _____

The Spiritual Cure

1. Change your _____
 - When we see as God _____ we will do as he _____.

Keys to Changing

1. See yourself as _____

Overeating is a _____ problem

2. Realize that you are not an _____.
3. Realize that you are a _____.

Romans 1:1

Paul, a servant of Christ Jesus, called to be an apostle and set apart for the gospel of God—

Until Christ is your _____ you will be mastered by everything else.

4. Treat your body as a _____.

1 Corinthians 3:16-17

Don't you know that you yourselves are God's temple and that God's Spirit lives in you? ¹⁷If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple.

Your body was created _____ God, _____ God, to _____ God.

2. Maintain your _____.

Keys to Maintaining

1. Don't lose sight of the _____.
2. Talk back to the _____ living inside you.

Matthew 16:24

Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me.

3. Realize that moderation is an _____.

John 15:5

"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.

Week 6: Gluttony: Super Size Me