

## Gluttony

### Proverbs 23:19-21

### Romans 8:6-9

For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. 7 For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. 8 Those who are in the flesh cannot please God. 9 You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you.

O God, who for our redemption gave your only-begotten Son to the death of the cross, and by his glorious resurrection delivered us from the power of our enemy: Grant us so to die daily to sin, that we may evermore live with him in the joy of his resurrection; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

### Gluttony is the inordinate desire to consume more than that which one requires

- Latin—gluttire—meaning to gulp down or swallow
- Overindulgence or overconsumption of anything to the point of waste

### You shall have no other gods before me (*First Commandment*)

- In abdication {surrendering the throne} to improper relationship to food, drink or sex is to live as if one's belly is his god—**Philippians 3:19** *Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things.*
- Leads to dullness of intellect
- **2 Timothy 3:1–5** *But understand this, that in the last days there will come times of difficulty. <sup>2</sup> For people will be **lovers of self**, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, <sup>3</sup> heartless, **unappeasable**, slanderous, **without self-control**, brutal, not loving good, <sup>4</sup> treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, <sup>5</sup> having the appearance of godliness, but denying its power. Avoid such people.*

### Consumer Christianity = Spiritual Gluttony

#### Fasting

- Fast from what tempts you the most!
- Fasting puts your flesh in its proper place. Romans 8:6 - *For to be carnally minded (flesh ruled) is death, but to be spiritually minded is life and peace.*
- Becomes opportunity to display the fullness of one's humanity by consciously and deliberately into submission to God
- We steel our minds and hearts to what must be done and declare in this discipline a hope which lies beyond the natural desires of this world
- Unless one loves, desires and enjoys that which is highest he/she will eventually be corrupted and enslaved by lesser goods and loves
- Worship God & serve and minister to others
  - Because abstinence does not really work (the temptation is too great)
  - Replacement does work (eating fruits and vegetables reduces junk food consumption; serving others replaces serving self)