

## Those Ugly Habits (6) – Gluttony

### 1. What is gluttony?

“Eating for eating's sake”; “eating to excess”.

Proverbs 23:20-21 - *Do not mix with winebibbers, or with gluttonous eaters of meat; for the drunkard and the glutton will come to poverty, and drowsiness will clothe a man with rags.*

Proverbs 25:16 - *Have you found honey? Eat only as much as you need, lest you be filled with it, and vomit.*

Ecclesiastes 10:16-17 – *Woe to you, O land, when your king is a child, and your princes feast in the morning! Blessed are you, O land, when your king is the son of nobles, and your princes feast at the proper time – for strength and not for drunkenness! Because of laziness the building decays, and through idleness of hands the house leaks.*

Gluttony is hence one of various sins of excessive self-indulgence, and hence of idolatry because it involves using our God-given energy to please ourselves instead of him.

### 2. Gluttony according to the Bible

Associated with a range of other sins.

Deuteronomy 21:18-21 – *If a man has a stubborn and rebellious son who will not obey the voice of his father or the voice of his mother, and who, when they have chastened him, will not heed them, then his father and his mother shall take hold of him and bring him out to the elders of the city, to the gate of his city. And they shall say to the elders of his city, “This son of ours is stubborn and rebellious; he will not obey our voice; he is a glutton and a drunkard.”*

### 3. Some reasons why gluttony is sinful

It is wasteful.

John 6:12 - *When they were full, he said to his disciples, “Gather up the fragments that remain, that nothing be lost.”*

Leviticus 19:9-10 - *And when you reap the harvest of your land, you shall not wholly reap the corners of your field, neither shall you gather the gleanings of your harvest. And you shall not glean your vineyard, neither shall you gather every grape of your vineyard; you shall leave them for the poor and stranger: I am the LORD your God.*

Leads to spiritual dullness and contempt of God, unready to serve:

Proverbs 30:7-9 – *Two things I request of you (deprive me not before I die): remove falsehood and lies far from me; give me neither poverty nor riches – feed me with the food allotted to me; lest I be full and deny you, and say, “Who is the Lord?” or lest I be poor and steal and profane the name of my God.*

1 Samuel 2:17 - *Therefore the sin of the young men was very great before the LORD: for men abhorred the offering of the LORD.*

Isaiah 22:12-14 – *And in that day the Lord God of hosts called for weeping and for mourning, for baldness and for girding with sackcloth. But instead, joy and gladness, slaying oxen and killing sheep, eating meat and drinking wine: “Let us eat and drink, for tomorrow we die!”*

Amos 6:3-7 – *Woe to you who put far off the day of doom, who cause the seat of violence to come near; who lie on beds of ivory, stretch out on your couches, eat lambs from the flock and calves from the midst of the stall; who sing idly to the sound of stringed instruments, and invent for yourselves musical instruments like David; who drink wine from bowls, and anoint yourselves with the best ointments, but are not grieved for the affliction of Joseph. Therefore they shall now go captive as the first of the captives, and those who recline at banquets shall be removed.*

Luke 21:34-36 – *But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that day come on you unexpectedly. For it will come as a snare on all those who dwell on the face of the whole land.*

A form of idolatry and dishonouring of the image of God which we bear:

Philippians 3:18-19 – *For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: whose end is destruction, whose god is their belly, and whose glory is in their shame – who set their mind on earthly things.*

#### **4. Defeating gluttony**

Because gluttony is sinful – it can be forgiven! Because gluttony is sinful – it can be overcome!

Titus 2:11-12 - *For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world...*

We must fold in our eating into our Christian lives.

1 Corinthians 15:32 – *If, in the manner of men, I have fought with beasts at Ephesus, what does it advantage me, if the dead do not rise? “Let us eat and drink; for tomorrow we die.”*

1 Corinthians 10:31 - *Whether therefore you eat, or drink, or whatsoever you do, do all to the glory of God.*

1 Corinthians 8:8 - *But food does not commend us to God: for neither, if we eat, are we the better; neither, if we do not eat, are we the worse.*

1 Corinthians 9:26-27 - *Therefore I run thus, not with uncertainty; thus I fight, not as one who beats the air: But I discipline my body, and bring it into subjection: lest, when I have preached to others, I myself should become disqualified.*

1 Timothy 4:1-5 – *Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons, speaking lies in hypocrisy, having their own conscience seared with a hot iron, forbidding to marry, and commanding to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth. For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; for it is sanctified by the word of God and prayer.*

Deuteronomy 8:1-3 – *Every commandment which I command you today you must be careful to observe, that you may live and multiply, and go in and possess the land of which the Lord swore to your fathers. And you shall remember that the Lord your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your hearts, whether you would keep his commandments or not. So he humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that he might make you know that man shall not live by bread alone; but man lives by every word which proceeds from the mouth of God.*

John 4:34 - *Jesus said to them, “My food is to do the will of him that sent me, and to finish his work.”*