

The Under-Taught Sin of Gluttony

Many Christians consider gluttony an _____, particularly in America.

Exodus 16:13-23 New Living Translation

13 That evening vast numbers of quail flew in and covered the camp. And the next morning the area around the camp was wet with dew. **14** When the dew evaporated, a flaky substance as fine as frost blanketed the ground. **15** The Israelites were puzzled when they saw it. “What is it?” they asked each other. They had no idea what it was.

And Moses told them, “It is the food the Lord has given you to eat. **16** These are the Lord’s instructions: Each household should gather as much as it needs. Pick up two quarts^[a] for each person in your tent.”

17 So the people of Israel did as they were told. Some gathered a lot, some only a little. **18** But when they measured it out,^[b] everyone had just enough. Those who gathered a lot had nothing left over, and those who gathered only a little had enough. Each family had just what it needed.

19 Then Moses told them, “Do not keep any of it until morning.” **20** But some of them didn’t listen and kept some of it until morning. But by then it was full of maggots and had a terrible smell. Moses was very angry with them.

21 After this the people gathered the food morning by morning, each family according to its need. And as the sun became hot, the flakes they had not picked up melted and disappeared. **22** On the sixth day, they gathered twice as much as usual—four quarts^[c] for each person instead of two. Then all the leaders of the community came and asked Moses for an explanation. **23** He told them, “This is what the

The Under-Taught Sin of Gluttony

Lord commanded: Tomorrow will be a day of complete rest, a holy Sabbath day set apart for the Lord. So bake or boil as much as you want today, and set aside what is left for tomorrow.”

Gluttony shows us a lack of _____ on the Lord. And it can happen for some of the most innocent reasons too.

We live in a world full of _____ and _____.

In his book on the seven deadly sins, Billy Graham writes of gluttony, “It is a sin that most of us commit, but few of us mention. It is one of the prevalent sins among Christians.

POINT #1 - Gluttony Means "More" Than Enough

At its core, gluttony is about _____.

In this way, gluttony isn't just about food. Just as we can _____ for things other than _____, we can _____ things other than _____.

We have to be careful that we don't automatically connect someone who is _____ with the sin of gluttony.

In the Bible, gluttony refers almost exclusively to _____. It is often paired with _____, since eating and drinking go hand in hand.

The Under-Taught Sin of Gluttony

When Jesus is accused of sin for sharing meals with sinners, he is accused of being a “glutton and a drunkard”.

Luke 7:34 New Living Translation

34 The Son of Man, on the other hand, feasts and drinks, and you say, ‘He’s a glutton and a drunkard, and a friend of tax collectors and other sinners!’

It is probably good at this point to mention what gluttony is NOT:

POINT #2 - Gluttony Feels Full But It Leaves You Empty EXPLANATION

The Bible says much about food and even enjoyment of food. It actually commands the enjoyment of food.

Inside the _____ is a bunch of feasts and festivals the Israelites are commanded to observe every year.

The Under-Taught Sin of Gluttony

Just like all of the things God gives us to enjoy, when we fixate on the _____ and _____ the Giver, we find _____ fleeting and thin.

Matthew 5:29-30 New Living Translation

29 So if your eye—even your good eye^[a]—causes you to lust, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. **30** And if your hand—even your stronger hand^[b]—causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.

Proverbs 23:2 New Living Translation

2 If you are a big eater,
put a knife to your throat;

This is not a literal command, of course! It simply means to get rid of the idol(s) driving our gluttony. But how do we do that?

Make no mistake...gluttony is _____ to our _____.

FASTING

If you suspect that food/drink/indulgence is ruling your life in some realm, giving it up for a designated amount of time can be an excellent exercise in self-discipline.

Try giving up your coping mechanism for a season.

