

"The Seven Deadly Sins: Lust & Gluttony" | Rev. Tim Frickenschmidt | April 3, 2022

**Old Testament Reading:** [2 Samuel 11:1-6](#)

In the spring of the year, the time when kings go out to battle, David sent Joab, and his servants with him, and all Israel. And they ravaged the Ammonites and besieged Rabbah. But David remained at Jerusalem.

2 It happened, late one afternoon, when David arose from his couch and was walking on the roof of the king's house, that he saw from the roof a woman bathing; and the woman was very beautiful. 3 And David sent and inquired about the woman. And one said, "Is not this Bathsheba, the daughter of Eliam, the wife of Uriah the Hittite?" 4 So David sent messengers and took her, and she came to him, and he lay with her. (Now she had been purifying herself from her uncleanness.) Then she returned to her house. 5 And the woman conceived, and she sent and told David, "I am pregnant."

6 So David sent word to Joab, "Send me Uriah the Hittite." And Joab sent Uriah to David.

**Epistle Reading:** [1 Corinthians 6:12-20](#)

"All things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be dominated by anything. 13 "Food is meant for the stomach and the stomach for food"—and God will destroy both one and the other. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. 14 And God raised the Lord and will also raise us up by his power. 15 Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never! 16 Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, "The two will become one flesh." 17 But he who is joined to the Lord becomes one spirit with him. 18 Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. 19 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 20 for you were bought with a price. So glorify God in your body.

**Gospel Reading:** [Matthew 4:1-11](#)

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And after fasting forty days and forty nights, he was hungry. 3 And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." 4 But he answered, "It is written,

"Man shall not live by bread alone, but by every word that comes from the mouth of God."

5 Then the devil took him to the holy city and set him on the pinnacle of the temple 6 and said to him, "If

**Introduction**

Lust and gluttony are arguably the most uncomfortable of the vices. They cause us to feel shame: we fear being seen and known for what we've become. Food and pleasures are given by God; lust and gluttony exist when those good gifts become distorted, disordered, and misused. But there is an answer to the lies of lust and gluttony.

**Background**

1. **Lust & Gluttony's Goal**

- Sin aims to disorder and distort the right hierarchy of our hearts.
- When what is good and from God (food/pleasure) becomes more important to us than honoring God, chaos results.
- Lust and gluttony are about seeking our own physical pleasure: an "all I want" state of mind.

2. **Lust & Gluttony's Lies**

- Lie: "Things in this world can be truly yours."
- Lie: "You can do whatever you want because you are forgiven."
- Lie: "What you do with your body is not connected to your soul."
- Lie: "You are more important than other people and can go it alone."

3. **Answer to Lust & Gluttony**

- Nothing in this world can satisfy you or be truly yours. Without God, no desire will be fulfilled.
- Since you are forgiven, you ought not to be dominated by things of this world ([1 Cor. 6:12-13](#)).
- What you do with your body is connected to your soul and shows who owns it. You were bought with a price and therefore ought to glorify God in your body ([1 Cor. 6:20](#)).
- You should count others as more important than yourself ([Phil. 2:3-4](#)). You can't beat the vice of lust alone; the answer to both lust and gluttony is Communion/communion ([Matthew 4:4](#)). Jesus poured out his very self and was broken so you could be filled with him. Instead of taking, he gave of himself. The church should not shame but rather feed.

**Discuss**

- Which of the lies of lust and gluttony do you think is most enticing? Why?
- Compare and contrast the temptations of Eve, David, and Jesus ([Genesis 3:6](#); [2 Sam. 11:2-4](#); [Matthew 4:8-10](#)).
- How do we remember truths in the face of pervasive lies?
- How can you honor God in recognizing the humanity of those around you? In what ways can you love and serve them?

**Conclusion/Application**

The answer to the lies of lust and gluttony is Communion/communion. Jesus loves, fills, and satisfies. We "live by every word that comes from the mouth of God" ([Matthew 4:4](#)).

**Prayer**

Dear Father,  
Please help us honor you with our bodies and delight ourselves in you. Let us appreciate your good gifts appropriately and thank you for them. Please defend us from the lies of the evil one. Nourish us with the Word and fill us with the Spirit that we may glorify you in our bodies and support others that they may glorify you as well. In Jesus' name, Amen.

you are the Son of God, throw yourself down, for it is written,

“He will command his angels concerning you,’

and

“On their hands they will bear you up, lest you strike your foot against a stone.”

7 Jesus said to him, “Again it is written, ‘You shall not put the Lord your God to the test.’”

8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. 9 And he said to him, “All these I will give you, if you will fall down and worship me.” 10 Then Jesus said to him, “Be gone, Satan! For it is written,

“You shall worship the Lord your God and him only shall you serve.”

11 Then the devil left him, and behold, angels came and were ministering to him.