



Sermon Series: 5 Truths for Today
Sermon Title: Food, Faith, Freedom
Date: 10/12/2025

Big Idea: True freedom comes when God, not cravings, rules our hearts and bodies.

This message addressed a common but often overlooked issue in our culture: gluttony. Many people see overeating or indulgence as harmless, small, or private habits, but over time, these behaviors can grow into controlling patterns that affect our spiritual, emotional, and physical lives. Like ignoring a tiny leak or a small paint bubble that eventually causes significant damage, what seems minor in our habits can spiral into bigger problems. Scripture warns about this, particularly in **Proverbs 23:20–21**, which highlights the dangers of excessive indulgence.

Step 1: Accept what we know

Gluttony is not merely about enjoying food or having a larger body; it is ultimately a heart issue. It occurs when food, a good gift from God, becomes an idol—when cravings or emotional eating replace God as the focus of our hearts. **Philippians 3:19** warns that those who oppose God may make their stomach their god, seeking comfort, relief, or emotional satisfaction in created things rather than in the Creator.

Recognizing gluttony as misplaced worship helps us see its full impact. It can steal focus, energy, and time, limit our ability to serve God, and even harm our bodies physically. At its core, gluttony is about who sits on the throne of our hearts. When we rely on food instead of God for comfort, we have replaced our rightful devotion with a temporary substitute.

Step 2: Discover the alternative

Once we acknowledge the problem, we must turn our hearts toward the true source of satisfaction: Jesus. **John 6:35** declares, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in

me will never be thirsty.” Only Christ can fill the deep longings of our hearts in a lasting way.

When we desire God above all else, cravings lose their control. This involves evaluating our habits and our hearts, asking honest questions: What do we turn to when stressed, anxious, or lonely? Are we seeking comfort in temporary pleasures or in the Lord? By realigning our desires toward God, we replace fleeting satisfaction with lasting peace, self-control, and spiritual fulfillment.

Step 3: Live in freedom

Practical action is the final step toward freedom. **1 Corinthians 6:19–20** reminds us that our bodies are temples of the Holy Spirit, purchased by God, and to be honored. Freedom from gluttony requires intentional choices:

- **Turn cravings toward God:** Pause, pray, or read Scripture instead of yielding to food as comfort.
- **Practice small acts of self-control:** Skipping a snack or denying a small indulgence trains the body and mind, strengthening discipline.
- **Fill life with God-honoring activities:** Replace boredom, stress, or emotional eating with purposeful actions like exercise, work, or connecting with others.
- **Ask for help and extend grace:** Confess struggles to trusted friends and allow accountability and prayer to guide you (James 5:16).

Overlooking small cravings or indulgences can allow them to grow into habits that control our lives. By addressing them intentionally - mentally, emotionally, and practically - we prevent these patterns from gaining power. True freedom comes not from strict rules but from delighting in the One who satisfies, aligning our hearts, minds, and hands with God’s will.

Gluttony may seem small or harmless, but it impacts worship, health, and overall freedom. God invites us to place Him first, trusting Him to satisfy our deepest needs. When we do, food remains a gift, not a master, and we experience the lasting freedom Jesus offers.

Discussion Questions:

- How does the idea of gluttony as a heart issue (idolatry) change the way you think about overeating or cravings?
- In what ways have you noticed culture or personal habits encouraging you to “seek comfort” outside of God?
- How can focusing on Jesus as the “Bread of Life” transform your approach to physical cravings and emotional needs?
- What practical steps can you take this week to exercise self-control and honor God with your body?
- How can you support or encourage others who struggle with gluttony or other forms of misplaced worship?