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**John 14:30 AMP**

I will not speak with you much longer, for the ruler of the world (Satan) is coming. And he has no claim on Me [no power over Me nor anything that he can use against Me]

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**Types of Sin**

1. Pride (Self-confidence)	Peter
2. Greed (Love of money)	Judas
3. Lust (Romance/Sex)	Amnon
4. Sloth (Unproductive)	1Talent
5. Anger (Injustice)	
6. Gluttony (Over-consumption)	
7. Envy (Consumerism)	

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## Gluttony

1. Excess in eating or drinking
2. Greedy or excessive indulgence
3. Craving for food that dominates you.



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## 1 Corinthians 6:12

12 "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.



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## Numbers 11

4 Now the rabble that was among them had a strong craving. And the people of Israel also wept again and said, "Oh that we had meat to eat!"



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### Numbers 11:4 AMP

The rabble among them [who followed Israel from Egypt] had greedy desires [for familiar and delicious food], and the Israelites wept again and said, "Who will give us meat to eat?"



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### Psalm 78

18 They tested God in their heart by demanding the food they craved. 19 They spoke against God, saying, "Can God spread a table in the wilderness? 20 He struck the rock so that water gushed out and streams overflowed. Can he also give bread or provide meat for his people?"



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### Immunity From Gluttony

1. Cravings are a heart flirting with idolatry



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**Idols Enslave Us with False Promises**

The issue is that food becomes an idol that says trust me to satisfy your needs.



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**Psalm 115**

4 Their idols are silver and gold, the work of human hands. 5 They have mouths, but do not speak; eyes, but do not see. 6 They have ears, but do not hear; noses, but do not smell.



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**Psalm 115**

7 They have hands, but do not feel; feet, but do not walk; and they do not make a sound in their throat. 8 Those who make them become like them; so do all who trust in them.



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### Idols Enslave Us with False Promises

The issue is that food becomes an idol that says trust me to satisfy your needs. An idol has a mouth with an appearance to communicate wisdom and hands with an appearance to satisfy but an idol eventually transform us into its image.



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### Numbers 11

5 We remember the fish we ate in Egypt that cost nothing, the cucumbers, the melons, the leeks, the onions, and the garlic. 6 But now our strength is dried up, and there is nothing at all but this manna to look at.”



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### Numbers 11

7 Now the manna was like coriander seed, and its appearance like that of bdellium.



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### Numbers 11

8 The people went about and gathered it and ground it in handmills or beat it in mortars and boiled it in pots and made cakes of it. And the taste of it was like the taste of cakes baked with oil.  
9 When the dew fell upon the camp in the night, the manna fell with it.



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### Manna – Wilsons Bible Dictionary

Bread that is a type of CHRIST, the living Bread. GOD gave manna to Israel in a miraculous way to feed them in the desert. Christ is the living bread which sustains the lives of GOD's people. It was always pure white. It was sweet. There was enough for all.



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### Deuteronomy 8

3 And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord.



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### Immunity From Gluttony

- 1. Cravings are a heart flirting with idolatry
- 2. God Offers to Spiritually Displace Cravings



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### Food and Taste Analogies

- Psalm 34:8** Taste and see that the Lord is good.
- 1 Peter 2:2** Desire the sincere spiritual milk of the word.
- John 6:35** I am the bread of life. Come to me and you will not hunger.
- Isaiah 55:1** Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat!



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### Spiritual Displaces Physical

The implication in food analogy scriptures is that if we give ourselves to being satisfied with spiritual bread, wine, and milk, then physical cravings will be displaced by spiritual satisfaction.



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### Numbers 11

10 Moses heard the people weeping throughout their clans, everyone at the door of his tent. And the anger of the Lord blazed hotly, and Moses was displeased.



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### Numbers 11

18 And say to the people, 'Consecrate yourselves for tomorrow, and you shall eat meat, for you have wept in the hearing of the Lord, saying, "Who will give us meat to eat? For it was better for us in Egypt." Therefore the Lord will give you meat, and you shall eat.'



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### Numbers 11

19 You shall not eat just one day, or two days, or five days, or ten days, or twenty days, 20 but a whole month, until it comes out at your nostrils and becomes loathsome to you, because you have rejected the Lord who is among you and have wept before him, saying, "Why did we come out of Egypt?"'"



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### Numbers 11

33 While the meat was yet between their teeth, before it was consumed, the anger of the Lord was kindled against the people, and the Lord struck down the people with a very great plague. 34 Therefore the name of that place was called Kibroth-hattaavah, [Graves of Craving] because there they buried the people who had the craving.



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### Idols Enslave

If we give in to our cravings, then the craving continues to grow until we are enslaved by the idol we thought would satisfy us.



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### Philippians 3

17 Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us. 18 For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ.



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### Philippians 3

19 Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. 20 But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ,



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### Philippians 3

21 who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.



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### Immunity From Gluttony

1. Cravings are a heart flirting with idolatry
2. God Fills Craving Hearts With His Word
3. Practice a fasted life to control appetites



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### Learn to Say No To Yourself

"No one who simply eats or drinks when he feels like eating or drinking or smokes whenever he feels the urge to light a cigarette, or gratifies his curiosity and sensuality whenever they are stimulated, can consider himself a free person. He has renounced his spiritual freedom and become the servant of bodily impulse. Therefore his mind and his will are not fully his own. They are under the power of his appetites, and through the medium of his appetites they are under the control of those who gratify his appetites"

-Thomas Merton



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### Deeper Appreciation for Self-Denial

We need a deeper appreciation for the biblical disciplines of self-denial as daily practice of a fasted life. A fasted life makes everything taste better.



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### 1 Corinthians 9:27

27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.



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### Dignity Grows By Saying No to Me

"Self-respect is the fruit of discipline:  
the sense of dignity grows with the  
ability to say no to oneself."

-Abraham J. Heschel



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### Things to Displace Gluttony

1. Cultivate appetites to displace food
2. Good literature
3. Fellowship with friends
4. Reading the Bible
5. Walks in nature
6. Prayer



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