
LIFE LESSONS FROM PROVERBS THE SEVEN DEADLY SINS: GLUTTONY



The Seven Deadly Sins

You won't find this "list" anywhere in Scripture, although they are all there. This is a list that, through the centuries, the church has agreed are the main areas of opposition or temptation that we face during the journey of discipleship.

1. **PRIDE**
2. **ENVY**
3. **ANGER**
4. **SLOTH**
5. **AVARICE - GREED**
6. **GLUTTONY**
7. **LUST**

GLUTTONY

St. Thomas Aquinas defines the deadly sin of gluttony as an inordinate or immoderate appetite in eating and drinking. Medieval writers considered eating and drinking excessive when they were driven by the hedonistic need to satiate the palate or stomach.

Eating disorders such as Anorexia and Bulimia are very common in our time, causing cycles of starving or binging, and swinging between food-related anxiety, depression and guilt and the pursuit of sensory pleasure in food "addiction".

Professionals in this area have concluded that beneath this symptomatic behavior is an inner sense of alienation from the depths of oneself. This inner brokenness is a sad and destructive reality. Indulging and purging are merely symptoms of this inner ambivalence or endless hatred of and flight from self.

"We ought to eat in order to live, not live in order to eat" Cicero

"Gluttony kills more than the sword." 16th Century Proverb

"In general, mankind, since the improvement of cookery, eats twice as much as nature requires."
Benjamin Franklin

"It's not what you are eating; it's what's eating you!"

1. God gives food to **nourish** our bodies which are the temple of the Holy Spirit.

Acts 14:17—Nevertheless He did not leave Himself without witness, in that He did good, gave us rain from heaven and fruitful seasons, filling our hearts with food and gladness."

I Corinthians 6:19-20—Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own? 20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

2. Food is good and is to be **received** with praise and thanksgiving.

Matthew 6:9-13—In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. 10 Your kingdom come. Your will be done On earth as *it is* in heaven. 11 Give us this day our daily bread. 12 And forgive us our debts, As we forgive our debtors. 13 And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

I Timothy 4:3-5—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. 4 For every creature of God *is* good, and nothing is to be refused if it is received with thanksgiving; 5 for it is sanctified by the word of God and prayer.

3. Gluttony is an indicator that self control is **lacking**.

Proverbs 23:1-2—When you sit down to eat with a ruler, Consider carefully what is before you; 2 And put a knife to your throat If you are a man given to appetite.

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

Proverbs 28:7— Whoever keeps the law *is* a discerning son, But a companion of gluttons shames his father.

4. People oftentimes overeat to fill other types of **hunger** and **voids**.

HANDOUT

"12 Common Reasons for Compulsive Overeating" from Love Hunger Recovery from Food Addiction."

5. Creative ideas to **overcome** the temptation to overeat.

- A. Give your **appetite** to God through prayer.

Romans 12:1-2—I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

- B. Explore the spiritual discipline of **fasting**. Begin with giving up one meal per day. Make it a reachable goal. Use this time to pray and include exercise such as walking.
- C. Talk to a spirit filled believer who can give you **advice** and support.
- D. Attend an Overeaters Anonymous **support** group.
- E. Talk to a Christian **counselor** about your overeating.