“There is no love sincerer than the love of food.”
— George Bernard Shaw, *Man and Superman*

“Sometimes I had difficulty remembering that "all you can eat" is not a personal challenge.”
— Marika Christian
http://www.goodreads.com/quotes/tag/gluttony

*Gluttony is not a secret vice.*
- *Orson Welles*
http://www.funny-quotes-life.com/quotes/gluttony/

The “G Force” in the Christian life we are looking at today is **GLUTTONY**

**THE “GIVE ME” OF GLUTTONY**

You are probably thinking now, “I seen some dumb preachers in my life, but anyone who preaches on gluttony is really dumb.”

**JOKE:** The other day I heard a man tell his wife, “I was really dumb when I married you.” She said, “Yes, but I didn’t know it then.”

Note: Gluttony is everywhere. It’s an international sport – the **International Federation of Competitive Eating**. Where gorging on food is celebrated.
Fastest Time To Eat Five Dozen Krispy Kreme Doughnuts
9’17”
Jamie McDonald

Fastest Time To Eat A 72-Ounce Steak 2’44”

MOLLY SCHUYLER
Sayler’s Old Country Kitchen, Portland, Oregon


Joey Chestnut

- Brats: 70 Hillshire Farm brats/Oktoberfest Zinzinnati / 10 Minutes/ Sep. 22, 2013
- Chicken Wings, Long form: 182 chicken wings / 30 minutes
- Jalapeno Poppers: 118 Jalapeno Poppers/University of Arizona / 10 minutes/April 8, 2006
- Philly CheeseSteaks: 23 6" sandwiches / Dorney Park / 10 minutes / May 14, 2011
- Pork Ribs: 13.76 pounds pork rib meat/ John Ascuaga's Nugget / 12 minutes/August 28, 2013
- Pork, Pulled: 9 Pounds, 6 Ounces Smoked, Pulled Pork/ Horseshoe Casino Council Bluffs / 10 Minutes/ Sept. 16, 2006
- Pork, Pulled Sandwiches: 45 pulled pork sandwiches / 10 minutes/ Sept. 2007
HOT DOGS

This year, Joey Chestnut IN 2013 win, Chesnut set a new world record once again as he consumed 69 hot dogs and buns in a 10-minute span.


Note: When we think of gluttony we think of overeating, but there’s more to gluttony than just overeating and over-drinking. Gluttony is an appetite out of control.

Word: given to gluttony literally means, “to be mastered by your appetites.” Gluttony is a lack of control towards our appetites. From a biblical perspective, gluttony has to do w/ over-indulgence. Yet for most, it’s a matter of over-indulging and being lethargic. If this is the category you fit into, then I hope you’ll be motivated to do something about it.

But gluttony can also be an appetite out of control starving the body, taking the form of anoxia or bulimia.

Funny: A hiker was charged w/ eating an endangered species while tracking the woods of California. After hearing the man had eaten a condor, the judge quickly passed a harsh sentence of 10 years
behind bars. The man pleaded w/ the judge to hear his side of the story b/c he felt circumstances justified his actions. The judge was interested to hear how anyone could rationalize killing a protected bird so he allowed the man to speak. The hiker explained how he had been lost in the wilderness for (3) days and nights w/out any food or water. He then spotted the bird sitting on a rock. W/ the little strength he had left, he threw a rock and killed the bird. After eating the condor he walked another (3) days w/out food or water before being rescued. He said, "Your honor, had I not eaten that bird, I wouldn’t be here today." The judge was moved by the story and suspended the hiker’s sentence. As they left the courtroom the judge asked the man what a condor tastes like. The man thought for a moment and said, "It’s kind of a cross b/w a bald eagle and a spotted owl." (Exec. Speechwriter, V. 8.4)

One statistic I came across said that 60% of all professing Christians are overweight and out of shape because they are mastered by their appetites. Apparently the path to the potluck supper table and the path to sanctification lie in opposite directions.

There are over 20 references in Scripture on “gluttony” – 2 of those verses are a quote by Jesus, and He quotes the Pharisees who are making false accusations about Him:

Matthew 11:19; Luke 7:34

Luke 7:34

34 The Son of Man has come eating and drinking, and you say, 'Look, a glutton and a winebibber, a friend of tax collectors and sinners!'

HOW MUCH IS ENOUGH? N

ECESSITY
Though this is a touchy subject, I do not want to offend anyone. We need to let the Spirit of God do the convicting. We need to ask, “What does the Word of God have to say about gluttony?”

**FOOD IS GOOD**

1. **THE BEGINNING OF LIFE.**
2. **THE GARDEN -**
   
   Now, don’t get mislead regarding all this talk about food. The Bible is very positive about food.
   
   Right in the first book of the Bible we’re told that Eden was planted with “every tree that is pleasant to sight and good for food.”
   
   Early on the Law was given and told what was and was not permissible to eat.
   
   And Jesus Himself taught us to pray for our “daily bread.”
   
   After Jesus’ crucifixion and resurrection, Peter had a vision in which the former “unclean” foods were declared CLEAN and they were now permitted to eat.
   
   In the final book of the Bible we are told there is “the tree of life, with its twelve kinds of fruit, producing its fruit each month.”
   
   We begin eternity with “marriage supper of the lamb.”

There is nothing wrong with eating, after all it is a necessity to stay alive.

Know that your body is the temple of God, who is in you, and you have been bought with a price, therefore glorify God with your mortal body. 1 Corinthians. 6:19
Eating is really the first pleasure that we experience in life. All we had to do was cry, kick and scream loud enough and we were rewarded with sweet, warm milk. Almost all of our attention was focused upon that one pleasure.

The idea behind gluttony in Scripture is not just eating, it is **PLEASURES** – EATING BEYOND WHAT IS HEALTHY.

Some say, “You’ve never had my spouses’ cooking, there is nothing pleasurable about that!”

Gluttony is going beyond what is normal and necessary to keep the body alive and healthy.

This is best seen in the O.T. in **ECCLESIASTES 2**

Ecclesiastes 2:1, 3

I said in my heart, "Come now, I will test you with mirth; therefore enjoy pleasure".

3 I searched in my heart how to gratify my flesh with wine. . . and how to lay hold on folly, till I might see what was good for the sons of men to do under heaven all the days of their lives.

We see the abuse in the New Testament in this story told by Jesus.

**Luke 15:11-13**

Then He said: "A certain man had two sons.

12 And the younger of them said to his father, 'Father, give me the portion of goods that falls to me.' So he divided to them his livelihood.

13 And not many days after, the younger son gathered all together, journeyed to a far country, and there wasted his possessions with prodigal living.
GLUTTON
"Glutton" (from glut, to swallow greedily) - "to be lavish, a squanderer."

Proverbs 23:20-21
20 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.

What is the REAL ISSUE of gluttony?  
Turn to Deuteronomy 21

Gluttony is a lack of control over eating and drinking.

In essence, the control of one’s appetites has not been brought into the subjection to the will or to the obedience to the Holy Spirit.

Gluttony is a sin against God.  
A gluttonous person does not know when to stop.  Does not care to stop.  Eating no longer has a real meaning or purpose.  
*The purpose is to satisfy one’s desires.*  
Eating no longer has meaning or manners.  
Does not know when to stop.

JOKE: Three couples went out to dinner at this nice restaurant. 
First man said, “Please pass the honey, honey.”

Gluttony does not know when to stop.

Deuteronomy 21:18-21
18 "If a man has a stubborn and rebellious son who will not obey the voice of his father or the voice of his mother, and who, when they have chastened him, will not heed them, 19 then his father and his mother shall take hold of him and bring him out to the elders of his city, to the gate of his city. 20 And they shall say to the elders of his city, 'This son of ours is stubborn and rebellious; he will not obey our voice; he is a glutton and a drunkard.' 21 Then all the men of his city shall stone him to death with stones; so you shall put away the evil from among you, and all Israel shall hear and fear.

Gluttony is either a lack of or an over restraint in eating and drinking.

Proverbs 23:21
21 For the drunkard and the glutton will come to poverty, And drowsiness will clothe a man with rags.

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.

But I want to be clear, gluttony isn’t observed solely by bulging midriffs, high blood pressures, bad hearts and bad breath. It can also be traced in the fanatical modern devotion to dieting, health foods, and drug taking. In a society in which cookbooks outsell the Bible 10 to 1, food and dieting has become a god that rules the masses w/ an iron spatula.

Let’s understand that a glutton can be for OR AGAINST food. Bulimia and anorexia are also part of this family. Perhaps these 2 are a glutton for punishment of the body in starvation.
JOKE: A man found a genie bottle and is granted 3 wishes – he wishes for a billion $ in a Swiss bank account, a Ferrari, and to be irresistible to women – and genie gives him the billion $ in the Swiss bank account, a beautiful red Ferrari appears, then for his third wish to be irresistible to women, turns him into a box of chocolates.

What Scripture teaches is

1 Corinthians 6:12-13b
12 All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any.
13 Foods for the stomach and the stomach for foods, but God will destroy both it and them.

Gluttony is being mastered by your appetites. And while it most specifically pertains to food and drink, it can include any natural desire or need taken beyond healthy boundaries.

Note: Gluttony has a lot in common w/ lust in that both of them are natural, legitimate God-given appetites but somewhere along the way they wander beyond healthy boundaries and people who are indulging in them outside of God’s prescription find themselves out of control and out of bounds.

I. GLUTTONY IS HEDONISM

Philippians 3:18-19
For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ:
19 whose end is destruction, whose god is their belly, and whose glory is in their shame — who set their mind on earthly things.
Philippians 3:18 THE MESSAGE
19 But easy street is a dead-end street. Those who live there make their bellies their gods; belches are their praise; all they can think of is their appetites.

Paul’s point is that only the worldly and unsaved man lives for his human appetites. He longs to fill his stomach until the next meal comes along. But those whose citizenship is in heaven – who have been saved – it is not about attempting to quench our fleshly appetites that matters, but honoring God.

Luke 8:11-15
11 "Now the parable is this: The seed is the word of God. 12 Those by the wayside are the ones who hear; then the devil comes and takes away the word out of their hearts, lest they should believe and be saved. 13 But the ones on the rock are those who, when they hear, receive the word with joy; and these have no root, who believe for a while and in time of temptation fall away. 14 Now the ones that fell among thorns are those who, when they have heard, go out and are choked with cares, riches, and pleasures of life, and bring no fruit to maturity. 15 But the ones that fell on the good ground are those who, having heard the word with a noble and good heart, keep it and bear fruit with patience.

America is the fattest nation in the world w/ 3 in 4 Americans considered overweight.
75% of us are overweight and out of shape. Diabetes has become the fastest growing disease in America. Some 1 million people will succumb to food related diseases to the heart and blood vessels this year.

Note: According to the American Cancer Association a person who is overweight is just as likely to have cancer as a person who smokes.

II. GLUTTONY IS A HEART PROBLEM

Ecclesiastes 2:1-10
2 I said in my heart, "Come now, I will test you with mirth; therefore enjoy pleasure";

3 I searched in my heart how to gratify my flesh with wine . . . and how to lay hold on folly,

10 Whatever my eyes desired I did not keep from them. I did not withhold my heart from any pleasure,

Mark 7:20-22
20 He went on: "What comes out of a man is what makes him 'unclean.'
21 For from within, out of men's hearts, come evil thoughts... 22 greed... lewdness... and folly.

_Not only is gluttony a heart problem** IT CAUSES** heart problems._

**Health Risks Linked to Obesity**

**Obesity** is a term that means you weigh at least 20% more than what is considered a normal weight for your height. It makes you more likely to have conditions including:

- Heart disease and stroke
- High blood pressure
- Diabetes
- Some cancers
- Gallbladder disease and gallstones
- Osteoarthritis
- Gout
- Breathing problems, such as sleep apnea and asthma

http://www.webmd.com/cholesterol-management/obesity-health-risks
III. GLUTTONY’S CURE IS IN THE HEAD

We must learn how to E.A.T. properly.

“E” - ENJOY your Blessings
Note: Most of us will not have a problem w/ this one.

First, we need a proper understanding of food and drink. Food is viewed as a gift from God and an indication of God’s blessing. They are meant not only for our nourishment but also for our enjoyment.

OUR FAITH IS TO BE
1 Timothy 6:17
...in the living God, who gives us richly all things to enjoy.

“A”. ACCOUNTABILITY

2 Peter 1:5-6
5 But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge,
6 to knowledge self-control, to self-control perseverance, to perseverance godliness,

Here is a simple fact. Most people need the support of others if they are going to control their appetites. We need to have a few people who challenge us in the area of food and drink.

As one person I read said, we need to have a DESIGNATED HITTER – someone who will smack us when we get out of line and allow our appetites to master us. We need someone who will
get us from the table to the workout room and will review our actions and attitudes concerning our appetites.

**ACCOUNTABILITY** This is why Weight Watchers and L.A. Diet are so successful – because they build in accountability.

“**E**” - ENJOY your Blessings

“**A**” - ACCOUNTABILITY

“**T**” - TRAIN your Body

Training is an issue of personal discipline and determination. Will I beat my body to make it do what I know it should do, or will I live under the influence of my desires seeking only to address the addiction of the moment as it arises? Will I have a right attitude towards food and drink?

**EDUCATE YOURSELF**

Food is nothing more than fuel for the body. What you put into your body will determine how efficiently your body will function. Thus, we must learn to eat healthy and proportionately and to enjoy every morsel.

**EAT TO LIVE. NOT, LIVE TO EAT.**

1 Corinthians 9:27

27 But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become
Desire to be mastered by God and not by the god of food.

EXTREMES IN EITHER DIRECTION ARE NOT GODLY!

1 Timothy 4:7-8

7 But reject profane and old wives' fables, and exercise yourself toward godliness.
8 For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

1 Timothy 4:7-8 THE MESSAGE

7 Stay clear of silly stories that get dressed up as religion. Exercise daily in God — no spiritual flabbiness, please!

8 Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever.

1 Corinthians 9:24-27 THE MESSAGE:

24 You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win.
25 All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally.
26 I don't know about you, but I'm running hard for the finish line. I'm giving it everything I've got. No sloppy living for me!
27 I'm staying alert and in top condition. I'm not going to get caught napping, telling everyone else all about it and then missing out myself.

“A recent study has found that women who carry a little extra weight live longer than the men who mention it.