



DEFEATING GLUTTONY

Various Scripture // Dr. Ron Jones

Gluttony is “excessive eating or drinking” DICTIONARY.COM

“This our son is stubborn and rebellious; he will not obey our voice; he is a glutton and a drunkard.” DEUTERONOMY 21:18-21 ESV

Be not among drunkards or among gluttonous eaters of meat, for the drunkard and the glutton will come to poverty, and slumber will clothe them with rags.

PROVERBS 23:20-21 ESV

The one who keeps the law is a son with understanding, but a companion of gluttons shames his father. PROVERBS 28:7 ESV

Gluttony was considered a deadly sin because of its association with:

_____, _____ and _____.

“They vomit so that they can eat, and they eat so that they can vomit. They don’t even consider the dishes which they have assembled from across the earth worthy of digestion.” SENECA THE YOUNGER OF ROME

“Eat, drink and be merry, for tomorrow we may die.” EPICURES

Ways to Defeat Gluttony

1. Practice _____.

For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. ¹⁹ Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. PHILIPPIANS 3:18-19; ROMANS 16:17-18

As believers, our regular eating habits should fall somewhere between _____ and _____, with a greater emphasis on _____ until Jesus comes. MATTHEW. 19:14-15

2. Practice _____.

“If anyone would come after me, let him deny himself and take up his cross daily and follow me.” LUKE 9:23 ESV

Gluttony is the enemy of _____.

3. Eat, drink, and _____ for soon

_____.

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, for you were bought with a price. So glorify God in your body. 1 CORINTHIANS 6:19-20

Whether you eat or drink, or whatever you do, do all to the glory of God.

1 CORINTHIANS 10:31