

GLUTTONY

Philippians 3:19, 1 Corinthians 9:24-27, & more

Awareness

Before listening, reflect:

- How much thought do you give to what and how much you eat? Do you have any routines or habits associated with your mealtimes or snack times?
- How does our culture contribute to an attitude of gluttony?

Do you struggle with gluttony? Many people think that if they're not excessive eaters or do not struggle with alcohol that they're free from the grip of gluttony. But like the other deadly sins, gluttony is an attitude that takes something that is good and perverts it. Os Guinness puts it this way, "Just as avarice idolizes possession, and lust, sex, so gluttony idolizes food. It lifts it out of its place and distorts both food and eating."* But gluttony goes beyond just eating and drinking. Studying scripture for God's perspective on excess helps us evaluate whether we're in line with God or possibly flirting with gluttony, and helps us guard against gluttony in our hearts and actions.

*Os Guinness, *Steering Through Chaos: Vice and Virtue in an Age of Moral Confusion* (Colorado Springs, CO: Navpress, 2000), 211.

Reflection

After listening, consider:

- What do you think about the concept that gluttony is more than just eating excessively? Did the idea that gluttony could include being too fussy, or thinking too little or too much about food surprise or challenge you?
- What attitude or mindset is at the root of gluttony? How does your attitude toward food and eating affect your spiritual life? How are they related?
- How do biblical examples of feasts, and the sacrament of communion, help us understand and appreciate God's gift of food and to see His perspective on eating? Can these biblical examples help us counteract negative perspectives on food that dieting culture imparts to us?
- Beyond what you eat or drink, are there other areas of your life in which you overindulge? How does this affect you spiritually? What biblical passages do you find most useful in combating the self-indulgent messages we constantly encounter in our consumer culture?

Related Passages

- **Titus 2:11-14**
- **1 Corinthians 9:24-25**
- **Matthew 6:25-34**

- **Exodus 16**
- **1 Timothy 4:1-5**
- **Proverbs 23:19-21**
- **Ecclesiastes 10:17**
- **Ecclesiastes 2:24-25**
- **1 Corinthians 8**

Conclusion

Read Galatians 5:22-25. Be encouraged by verse 24 which says that in Christ Jesus we have crucified the passions of our sinful nature. This does not mean we won't encounter temptation, but it does mean that through Him, and by the power of the Holy Spirit, we can bear spiritual fruits, like self-control, that will free us from our compulsions to give into gluttonous desires and struggles.

<https://groundwork.reframedia.com/episodes/gluttony>

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