

**Seven Deadly Sins**  
**Week 3: Overcoming Gluttony 07-05-15**  
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“Timothy...I remind you to keep alive the gift that God gave you when I laid my hands on you. For the Spirit that God has given us does not make us timid; instead, his Spirit fills us with power, love, and self-control.”

-2 Timothy 1:6-7, GNT

**Take a moment with Bullseye! God is our target: our bullseye**

- Sin is missing the Mark. A little bit or a lot!
- Sin is breaking any of God's commands
- Jesus said, “If you love me you will obey all my commands”
- We are focusing on how to overcome some of the BIG sins that lead to others by replacing them with God's virtues
- Today, we are focusing on the Sin of Gluttony

**Gluttony:** is an inordinate desire to consume more than that which one requires.

- Gluttony is about over consumption in ANY Appetite we have (not just food)

Here are four ways from the Bible regarding how to overcome the sin of gluttony. Here's the first one: **I must**

**1. Find and admit my areas of gluttony.**

Shopping till you drop, one last bite, one-too-many drinks... Gluttony is broader than just food!

In fact gluttony is common. Here's a list of some areas given over to Gluttony: **(In notes)**


Food	Shopping	Sexuality (Tiger Woods)
Drink	Smoking	Technology
Idle Activities	Other:	_____

- Most obvious is **food**. Problems: obesity, heart disease, high blood pressure...
- **Sexuality**. Tiger Woods was THE BEST till his appetite got out of control...affected every area of his life...can't even make the cut now!

What appetite is out of control in your life ? Can you check it off? Write it in?

The first step to overcoming gluttony is to admit it. Look at Psalm 32:5. It says, "Then I acknowledged my sin to You and did not cover up my iniquity. I said, I will confess my transgressions to the Lord, and You forgave the guilt of my sins."

- 2 weeks ago we talked about confession: to admit, agree with what is true. Starting point to forgiveness

In your notes: Confessed  Forgave  
**Draw an arrow** (admitted) (God did this)

## 2. Ask for God's wisdom

Or pray before you consume \_\_\_\_\_. So if your area of gluttony is food, pray before you eat. If smoking, pray before you smoke; before you drink or shop or whatever.

"Consider it pure joy, my brothers and sisters, **whenever** you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, **and it will be given to you.**"  
-James 1:2-5

**Q:** If you prayed before you did these things that we just identified that it would make a big difference in your life? Of course it would. It would make a big difference.

Would you agree our desire for food is powerful? It can mess us up! **Let me illustrate this. CANDY**

### 3 reactions to getting the candy:

1. Ate it immediately. Good!
2. Some didn't want it. Not healthy....Good!
3. Some figured out how to get more...and still want more! Your appetite is out of control. Think about over and over!

**Fact:** On the Screen Picture of hot dog eating champ

Gluttony and being overweight probably aren't the same thing! Look at this guy on the screen: Matt Stonie. 120 lbs! He over-eats on purpose!

Out of Control Appetites and gluttony go together:

- We eat because we are depressed
- We shop when our emotions are out of wack
- We sleep around to prove who we are or simply because we want more...
- Gluttony covers up hurt and pain
- **Only way to beat it is to come to God!**

Ask for God's Wisdom in your out of control appetite. Pay attention and act on what God shows you. Then

### 3. Set **boundaries** for satisfaction

- I'm having one serving of ice cream tonight.
- I'm asking for a to go box when I order.
- (sexuality) I have an accountability partner

Proverbs 23:20-21 talks to us about what happens when we go beyond the proper boundaries, It says, **"Do not carouse with drunkards or feast with gluttons. For they are on their way to poverty. And too much sleep (idle activity) clothes them in rags."**

### 4. Take the **Fasting** challenge.

- **Spiritual discipline**
- **I know it's not LENT and EASTER!**
- **Remember we are replacing sin with Virtue: this week it's Self Control. And Fasting brings this into our lives**

**Explain fasting: gets our appetites, our flesh, under control of God.**

**"And when you fast, don't make it obvious, as the hypocrites do, who try to look pale and disheveled so people will admire them for their fasting. I assure you, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will suspect you are fasting, except your Father, who knows what you do in secret. And your Father, who knows all secrets, will reward you."**  
— Matthew 6:16 -18

**What happens when we deny ourselves to seek after God? He rewards us!!**

**Listen to God's Promise in the Bible about seeking Him:**

**“Without faith no one can please God. Whoever comes to God must believe that he is real and that he rewards those who sincerely try to find him.”**  
**-Hebrews 11:6**

**The Challenge:**

- **This week, plan one day to fast. It's do-able!!!**
- **Fast from your gluttonous area.**
- **Pray, read the Bible, think about God**
- **Do this for the month of July. Start a new habit**

**Remember, God is for you, not against you! You can have victory over Gluttony by Admitting it, Asking for Wisdom before consuming, setting boundaries of satisfaction, and by fasting.**

**Let's pray.**