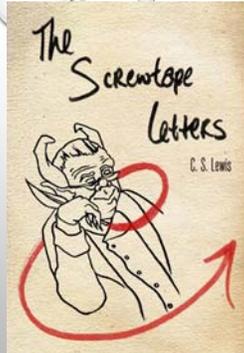


VICE
HABITS OF SIN
GLUTTONY

WEEK 7 MARCH 4, 2018

All scripture references are from ESV unless noted otherwise



“The contemptuous way in which you spoke of gluttony as a means of catching souls...only shows your ignorance. One of the great achievements of the last hundred years has been to deaden the human conscience on that subject, so that now you will hardly find a sermon preached or a conscience troubled about it...”

Your affectionate uncle
Screwtape

C.S. Lewis, *The Screwtape Letters*, HarperCollins (1942), pp 87-91.

OPENING REMARKS

- **Gluttony....gulp!**
- **God is gracious. Be gracious with yourself. God seeks your conviction & repentance, not your shame and death (1 Cor 7:8-10).**
- **Remember, I address are not those who are dead in their sins, but alive in Christ (Gal 2:20).**

WHAT IS GLUTTONY?

- “excess in eating or drinking; greedy or excessive indulgence” (merriam-webster.com)
- from Latin *gluttire* “to gulp down or swallow”
- Thomas Aquinas: “Gluttony denotes, not any desire of eating and drinking, but an inordinate desire . . . leaving the order of reason, wherein the good of moral virtue consists.” (ERLC)
- Frederick Buechner: “A glutton is one who raids the icebox for a cure for spiritual malnutrition.”

WHAT IS GLUTTONY?

Gluttony is the perversion of the good desire for good food and drink and makes an idol of gustatory pleasure and intoxication.

- **Gluttony sins against the poor.**
- **Gluttony sins against brother and sister.**
- **Gluttony sins against self.**
- **Gluttony sins against God.**

Gluttony opposes human flourishing and compromises image-bearing.

GLUTTONY REVEALED

Gluttony sins against the poor.

- “When you reap the harvest of your land, you shall not reap your field right up to its edge, neither shall you gather the gleanings after your harvest. And you shall not strip your vineyard bare, neither shall you gather the fallen grapes of your vineyard. You shall leave them for the poor and for the sojourner: I am the Lord your God.” (Lev 19:9-10)
- “If your brother becomes poor and cannot maintain himself with you, you shall support him as though he were a stranger and a sojourner, and he shall live with you. Take no interest from him or profit, but fear your God, that your brother may live beside you. You shall not lend him your money at interest, nor give him your food for profit. I am the Lord your God...” (Lev 25:35-38)

GLUTTONY REVEALED

Gluttony sins against the poor.

- "...When you give a dinner or a banquet, do not invite your friends or your brothers or your relatives or rich neighbors, lest they also invite you in return and you be repaid. But when you give a feast, invite the poor, the crippled, the lame, the blind, and you will be blessed, because they cannot repay you. For you will be repaid at the resurrection of the just." (Luke 14:12-14)
- The Rich Man and Lazarus: "...And at his gate was laid a poor man named Lazarus who desired to fed with what fell from the rich man's table..." (Luke 16:19-31)

GLUTTONY REVEALED

Gluttony sins against the poor.

- "What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him? If a brother or sister is poorly clothed and lacking in daily food, and one of you says to them, "Go in peace, be warmed and filled," without giving them the things needed for the body, what good is that? So also faith by itself, if it does not have works, is dead." (James 2:14-17)

GLUTTONY REVEALED

Gluttony sins against brother or sister.

- "Food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. But take care that this right of yours does not somehow become a stumbling block to the weak. For if anyone sees you who have knowledge eating in an idol's temple, will he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak person is destroyed, the brother for whom Christ died. Thus, sinning against your brothers and wounding their conscience when it is weak, you sin against Christ. Therefore, if food makes my brother stumble, I will never eat meat, lest I make my brother stumble." (1 Cor 8:8-13)

GLUTTONY REVEALED

Gluttony sins against brother or sister.

- "When you come together, it is not the Lord's supper that you eat. For in eating, each one goes ahead with his own meal. One goes hungry, another gets drunk. What! Do you not have houses to eat and drink in? Or do you despise the church of God and humiliate those who have nothing? What shall I say to you? Shall I commend you in this? No, I will not." (1 Cor 11:20-22)

GLUTTONY REVEALED

Gluttony sins against self.

- "...and put a knife to your throat, if you are given to gluttony..." (Proverbs 23:2 NIV)
- "Hear, my son, and be wise, and direct your heart in the way. 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 23:19-21)
- "All things are lawful for me,' but not all things are helpful. 'All things are lawful for me,' but I will not be enslaved by anything." (1 Corinthians 6:12)
- "[See to it] that no one is sexually immoral or unholy like Esau, who sold his birthright for a single meal! For you know that afterward, when he desired to inherit the blessing, he was rejected..." (Hebrews 12:16-17)

GLUTTONY REVEALED

Gluttony sins against God.

- "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)
- "So, whether you eat or drink, or whatever you do, do all to the glory of God." (1 Corinthians 10:31)
- "Now the works of the flesh are evident:...drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God." (Galatians 5:19-21)

GLUTTONY REVEALED

Gluttony sins against God.

- "And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ..." (Ephesians 5:18-20)
- "For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. 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)

GLUTTONY REVEALED

"Physical appetites are an analogy of our ability to control ourselves. If we are unable to control our eating habits, we are probably also unable to control other habits, such as those of the mind (lust, [envy], anger) and unable to keep our mouths from gossip or strife. We are not to let our appetites control us, but we are to have control over our appetites."

- S. Michael Houdmann

www.gotquestions.org/gluttony-sin.html, accessed 3/1/18

GLUTTONY REVEALED

"...gluttony acts as a form of idolatry. Individuals who overindulge their appetites for food or drink value too highly the pleasures they receive from these indulgences. These pleasures become the object of striving and individuals who overindulge shift their focus from the divine to objects of consumption... This shifting of focus, from the divine to the worldly, is way of replacing a striving towards God with a worship of all things physical, pleasurable, and material. For the gluttonous, the quest for holiness has been exchanged for the satisfaction of desires, whereas food and drink are worshiped and consumed in excessive amounts as if these consumable goods were of the highest purpose."

Trevor Smith, "Gluttony", *Encyclopedia of Food and Agricultural Ethics* (2013).

GLUTTONY REVEALED IN US

How might gluttony be leading us astray?

- **Excessive consumption:** beyond fullness, too much
- **Greedy consumption:** getting more than others
- **Hasty consumption:** too fast
- **Fastidious consumption:** get it just right
- **Sumptuous consumption:** only the best
- **Consumption compromising health:** not good for you
- **Consumption compromising freedom:** addiction
- **Consumption compromising reason:** intoxication
- **Consumption compromising community:** self-centeredness
- **Consumption compromising gratitude:** insatiability

GLUTTONY COMPROMISES MISSION

- **Gluttony keeps us from following Jesus.**
- **Gluttony keeps us from loving God.**
- **Gluttony keeps us from loving one another.**
- **Gluttony keeps us from serving the world.**

So we must battle gluttony.

BATTLING GLUTTONY

FLEEING:

Flee the people, places and things that prompt you to gluttony.

- The kitchen!
- Watch your drive route.
- "All-you-can eat"
- Entertainment (TV, movies, games)
- "The drinking buddy" effect

BATTLING GLUTTONY

TALKING BACK:

"So, whether you eat or drink, or whatever you do, do all to the glory of God." (1 Cor 10:31)

BATTLING GLUTTONY

REMEMBER YOUR DEATH:

Gluttony may very well be the instrument of your death!

BATTLING GLUTTONY

REMEMBER GOD'S PROMISES

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied." (Matthew 5:6)

BATTLING GLUTTONY

PRAYER OF CONFESSION

Lord, we confess to you that we do not have the mind of Christ with regard to food and drink.

With all of the food choices around us, we can hardly think about skipping one meal. We confess that the thought of you spending 40 days in the desert without food doesn't even feel real.

We are a wealthy people with ready access to food and drink, yet we are part of a society that mismanages the gift of food. We often eat and drink more than our share, and we consume more than the amount that is healthy for our bodies, the temple of your Holy Spirit. We are sometimes grudging when it comes to sharing with those who have less.

Kraan L, "Confession, Assurance and the Seven Deadly Sins." Reformed Worship, December 2015 (Issue #118).

BATTLING GLUTTONY

PRAYER OF CONFESSION

Forgive us for being self-righteous and judgmental when we consider those who struggle with food issues. You tell us clearly in your Word that you are the judge, not we. Give us compassion for one another.

We confess that we often care less for the Word of God than our loaf of bread, and we take comfort in food, rather than in you, Heavenly Father. Forgive us when we put food and drink on the throne that is rightfully yours.

Forgive us, Lord, in the precious name of him who resisted temptation to the end, our Lord Jesus Christ. Amen.

Kraan L, "Confession, Assurance and the Seven Deadly Sins." Reformed Worship, December 2015 (Issue #118).

BATTLING GLUTTONY



"Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in him." John 6:54-56

BATTLING GLUTTONY

What can you do to battle gluttony?

- **Examine yourself.** Why are you eating? Recognize motives (e.g., "emotional eating") and self-deception (e.g. "I deserve...").
- **Follow instructions.** Obey the proper authorities.
- **Consume justly.** Consider the cost.
- **Give thanks.** Before all eating and drinking.
- **Bring it into the light.** Discuss patterns of consumption with trusted persons. Don't rationalize.
- **Keep it in the light.** Monitoring and accountability. Gluttony can often be quantified.
- **Fast.** The path to both revealing and battling gluttony.

BATTLING GLUTTONY

"Drink because you are happy, but never because you are miserable. Never drink when you are wretched without it, or you will be like the grey-faced gin-drinker in the slum; but drink when you would be happy without it, and you will be like the laughing peasant of Italy. Never drink because you need it, for this is rational drinking, and the way to death and hell. But drink because you do not need it, for this is irrational drinking, and the ancient health of the world."

G.K. Chesterton, *Heretics*, Ch VII (1905).

BATTLING GLUTTONY

What can we do to help another battle gluttony?

- **Family meals. Hospitality. Festivity.** Prioritize sharing meals together. Bind your consumptive conscience to your community.
- **Eat what is put before you.** Generally speaking.
- **Model self-control.** When you eat together, someone is always watching.
- **Gracious intolerance.** Gently disapprove. Cautiously correct. First account for the plank in your eye...
- **Fast corporately.** Exercise the body!

BATTLING GLUTTONY: FASTING & REST

"The Sabbath was given to the Jews, it says, *that your donkey and manservant may rest* [Exodus 20:10]. Let fasting be for your household...a rest from their perpetual labors..."

Your fasting from food or consumerism grants the opportunity of rest to another.

"Your stomach should also give your mouth a kind of vacation and agree to a...truce with us [i.e., fasting], seeing that it makes endless demands..."

St Basil the Great (329-379 AD)

"First Homily on Fasting", *On Fasting and Feasts*, trans. Holman SR and DeCogliano M, St Vladimir's Seminary Press (2013) p 64.

BATTLING GLUTTONY: FASTING & REST

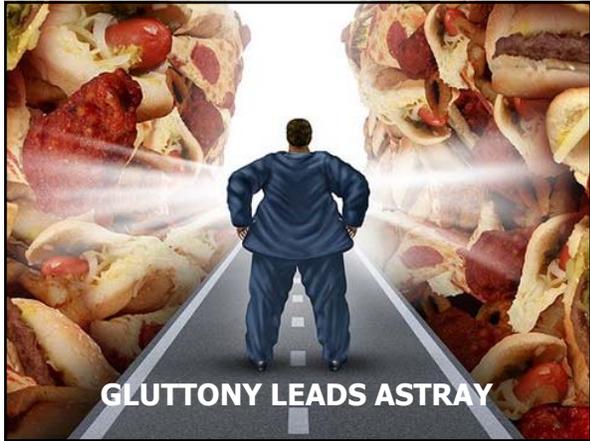
"The primary aim of fasting is to make us conscious of our dependence on God. If practiced seriously, the Lenten abstinence from food...involves a considerable measure of real hunger, and also a feeling of tiredness and physical exhaustion. The purpose of this is to lead us in turn to a sense of inward brokenness and contrition; to bring us, that is, to the point where we appreciate the full force of Christ's statement, 'Without Me you can do nothing' (John 15:5).

"If we always take our fill of food and drink, we easily grow confident in our abilities, acquiring a false sense of autonomy and self-sufficiency. [Fasting] undermines this sinful complacency."

Ware K, "The Meaning of the Great Fast" in *The Lenten Triodion*, trans. Mother Mary and Kallistos Ware (London, 1978) pg 16. Quoted in DeYoung K, *Glittering Vices*.



MISSION: FOLLOWING JESUS



SELF-CONTROL RIGHTS THE WAY

...those to whom it is said: *the fight is not against powers, against the rulers of the world of this darkness, against the spirits of wickedness* [Eph. 6:12], need to be trained for the contest through self-control and fasting. While oil fattens the athlete, fasting strengthens the practitioner of piety. Hence the more you deny the flesh, the more you render the soul radiant with spiritual health. For it is not the body's tone but rather the soul's perseverance and steadfastness in affliction that results in strength against invisible enemies.

St Basil the Great (329-379 AD)

"Second Homily on Fasting", *On Fasting and Feasts*, trans. Holman SR and DelCogliano M, St Vladimir's Seminary Press (2013) pp 73-74.

GRACE TO HELP IN A TIME OF NEED
HEBREWS 4:14-16

Rich Lanning	Colleen Grogan
Michael Lyons	Erin Lyons
Rick Schatz	Sharon Schatz
Mark Verhagen	Becky Verhagen
Steve Langdon	Stephanie Langdon
	Sue Crosset

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