

## What Does the Bible Say About: **OVER-EATING (GLUTTONY)**

What does the Bible say about **OVER-EATING**? Better known as **Gluttony**.

The Greek word (FA-GO) means **to eat**.

The Hebrew word (ZA -LAL) means to be **morally loose**, worthless: **uncontrolled eater**, vile.

Gluttony seems to be one of those things that Christians like **to ignore**.

Obesity in the US. 2019

Obesity is defined as A **disorder** involving excessive body fat that increases the risk of health problems.

Adult Obesity is at **42.2** % and the medical cost are average **147** billion dollars a year.

40% 20-39 / 44.8% 40-59 / 42.8 60+

Childhood Obesity is at **19.3** % affects **14.4** million kids.

13.4% 2-5 / 20.3% 6-11 / 21.2% 12-19

There is a direct correlation with education and income. The **higher** the education level or income the **lower** the percentage of obesity.

Depression and other stress factors play into that role. These numbers have **doubled** since 2008.

What does the Bible say about it?

*Proverbs 23:20-21 Do not mix with winebibbers, Or with gluttonous eaters of meat; For the drunkard and the glutton will come to poverty, And drowsiness will clothe a man with rags.*

*Proverbs 23:2 And put a knife to your throat If you are a man given to appetite.*

Our physical appetites are a direct comparison of our ability to **control ourselves**.

We are not to let our **appetites** control us; we are to have control over our **appetites**.

*Deuteronomy 21:20 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.'*

*2 Peter 1:5-7 But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love.*

*2 Timothy 3:1-9 But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power. And from such people turn away! For of this sort are those who creep into households and make captives of gullible women loaded down with sins, led away by various lusts, always learning and never able to come to the knowledge of the truth. Now as Jannes and Jambres resisted Moses, so do these also resist the truth: men of corrupt minds, disapproved concerning the faith; but they will progress no further, for their folly will be manifest to all, as theirs also was.*

Can we control it? – Yes

The ability to say “no” to anything in excess is one of the Fruits of the Spirit common to all believers.

*Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.*

*2 Corinthians 10:5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,*

God has blessed us by filling the earth with foods that are delicious, nutritious, and pleasurable.

We should honor God's creation by enjoying these foods and by eating them in appropriate quantities.

*1 Corinthians 6:12 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.*

Where do you think Gluttony comes from?

I believe Its based out of dissatisfaction, lack of fulfillment, lack of contentment.

Its attempting to fill a void that can only be filled by Jesus Christ.

*John 6:35 And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.*