



AVOIDING GLUTTONY

Proverbs 23:20-21

WHAT IT LOOKS LIKE

- It is not easy to define (cf. Rom. 1:29-31).
- The words indicate a general prodigality and gross lack of self-control in regards to food.
- There are some things that it is not (Prov. 11:25; 13:4; 15:30; 24:13; 28:25; 1 Tim. 4:3-5).
- It is commonly associated with drunkenness (Deut. 21:20; Matt. 11:19; Lk. 7:34).
- It involves laziness and an exaltation of the pleasure of eating above all else (Prov. 23:20-21; Tit. 1:12).

SPIRITUAL HEALTH

- We must be very careful not to hold up physical health as a spiritual measure (1 Tim. 4:7-8).
- But God does care about our behavior at the table (Lk. 14:7-11; Prov. 23:2; 1 Cor. 8:13).
- He expects a general character of self-control (Gal. 5:23; 2 Pet. 1:6; Prov. 25:16).
- We need to show that we desire God more than food (Deut. 8:3; Matt. 5:6; 1 Pet. 2:2).
- He is the one thing we may glut ourselves on (Eph. 5:18).
- Food, as with all things, should turn our minds toward God (1 Tim. 4:4; Psa. 19:10; 63:5-7).