



FALL BIBLE STUDY SERIES:

*Developing Healthy Habits
(Making Better Life Decisions)*

Lesson Six:

(Conquering Gluttony)



I Corinthians 6:19-20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.





Gluttony

is defined as the over-indulgence or lack of self-restraint in food, drink, or wealth items, especially as status tokens.

Proverbs 25:28

A person without self-control is like a city with broken-down walls.



Deuteronomy 21:20

They shall say to the elders, “This son of ours is stubborn and rebellious. He will not obey us. He is a glutton and a drunkard.”



Job 15:27

These wicked people are heavy and prosperous; their waists bulge with fat.



Proverbs 23:20-21

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 23:1-2

When you sit to dine with a ruler, note well what is before you, and put a knife to your throat if you are given to gluttony.



An Old Testament Story

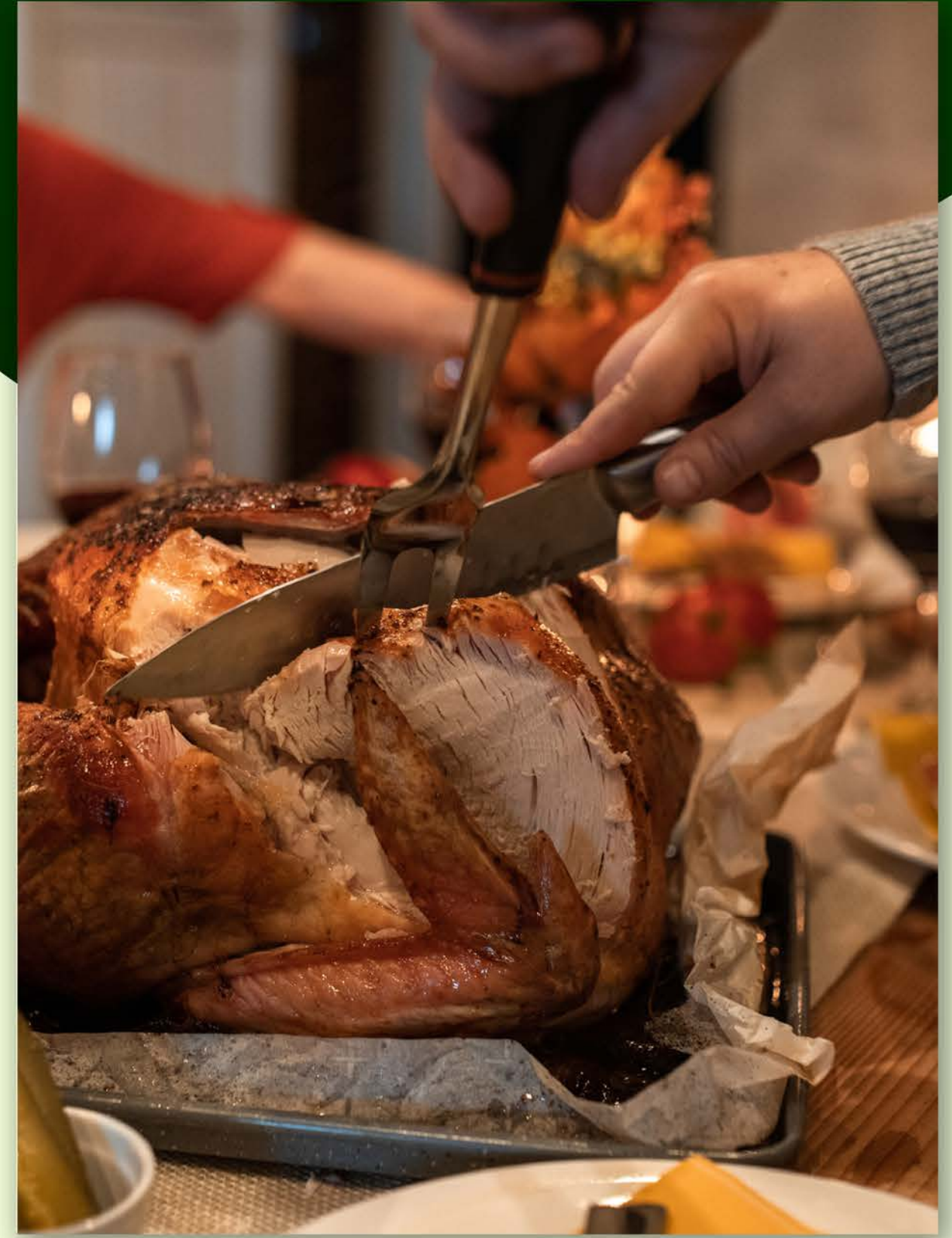
Judges Chapter 3

A Fat Man named Eglon



Judges 3:22

Even the handle sank in after the blade, and his bowels discharged. Ehud did not pull the sword out, and the fat closed in over it.





Jesus' Critics Regarding Gluttony

Matthew 11:19

The Son of Man came eating and drinking, and they say, 'Look at him! A glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is justified by her deeds."



John 4:34

“My meat is to do the will of Him that sent Me, and to finish His work.”





The Apostle Paul's Writings About Gluttony

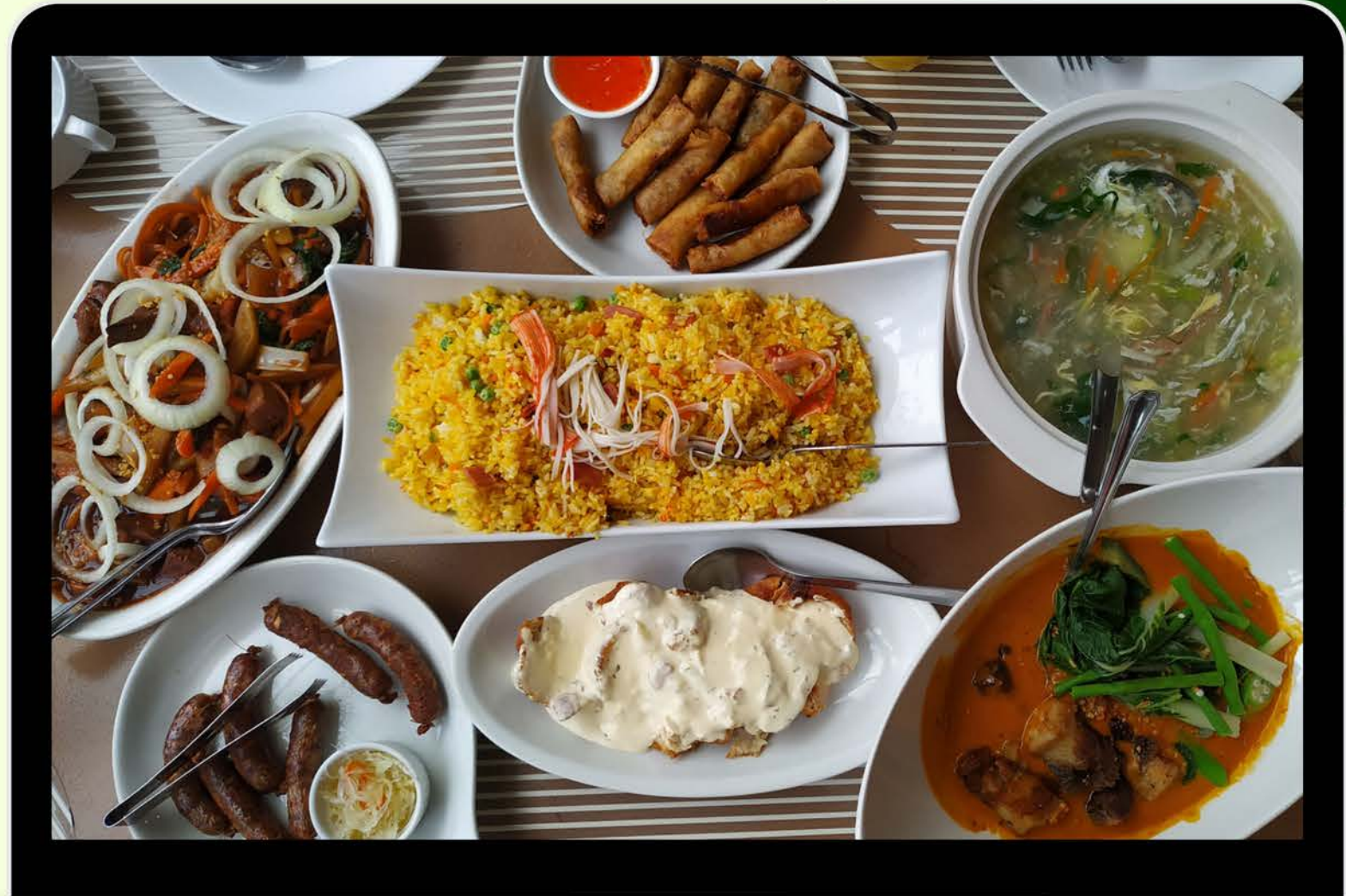
Philippians 4:5

Let your moderation be known
unto all men. The Lord is at hand.



Philippians 3:18–19

For I have told you often before, and I say it again with tears in my eyes, that there are many whose conduct shows they are really enemies of the cross of Christ. They are headed for destruction. Their god is their appetite, they brag about shameful things, and they think only about this life here on earth.



Titus 1:12-13

One of Crete's own prophets has said it: "Cretans are always liars, evil brutes, lazy gluttons." This saying is true. Therefore, rebuke them sharply, so that they will be sound in the faith.





How To Overcome Gluttony

Four Steps to Help You Get Free from the Sin of Gluttony:



1. Ask The Lord for Help
2. Declare Your Breakthroughs
3. Pay Attention To What You Eat
4. Embrace Balanced Eating





**Experience His
Freedom from
Gluttony**

“If God is all you have,
you have all you need.”



BIBLE STUDY FOLLOW UP CHAT QUESTIONS:

1. How would you define gluttony?
2. Gluttony in the Bible is a form of idolatry. How so?
3. Why did the Pharisees falsely accuse Jesus of gluttony?
4. "A person without self-control is like a city with broken-down walls." Explain.
5. What part does boredom play in relations to gluttony?
6. How can you guard against the sin of gluttony?
7. List the four steps mentioned in the lesson to overcome gluttony?
8. What is your greatest takeaway from the lesson?