# Their God is Their Belly, the Sin of Gluttony

**Brent Moody** · Philippians 3:19

## INTRODUCTION

- Paul very precisely labels gluttony as a sin of idolatry. It is placing something above God. It is disordered priorities.
- The goal is to seek first the kingdom of God. The goal is not to fast. The goal is not to have a strong body.

## 1 We Have a Troubling Relationship With Food

- We really have a troubling relationship with food, particularly in the United States, but really all over the world at this point.
- Adult obesity has jumped 300% and it's tripled since 1975.
- There is an answer to this. And like everything else, the answer is Jesus Christ. The answer is taking up the yoke of Jesus.
- Whatever the struggle is, it's not that gives rest. It's not food that gives rest.

## 2 Hurry-Up Culture and Highly Processed Foods

- A main one is just our hurry-up culture on the go.
- We are used to immediate satisfaction with the things that we want. And so that leads us to have a very hard time saying no to essentially anything.
- They also engineer this food to make you want to come back and eat more and more and more.
- Satan has craftily warped healthy, God-given desires, things like hunger and thirst and sexuality.

## 3 What Gluttony Actually Is: Disordered Desire

- The church fathers, they listed gluttony as one of the seven deadly sins.
- He said it's eating too expensively, too elaborately, excessively in quantity, too hastily, and too greedily.
- They said it's a gateway vice. It's a foundational sin that leads to many other sins.
- Most of all, it is a heart issue related to disordered desire rather than just merely physical excess.

## 4 What Does the Bible Say About This?

**Proverbs 23:1–21; Matthew 11:19; Romans 16:17–18**

- When you sit down to eat with a ruler, observe carefully what is before you and put a knife to your throat.

- For the drunkard and the glutton will come to poverty, and slumber will clothe them with rags.
- For such persons do not serve our Lord Christ, but their own appetites or bellies.
- We begin to elevate the earthly, the material, above the spiritual and the eternal. That's what it means for the God, our God to be our belly.

## 5 What Is the Solution? Control My Desires

**John 6; Romans 14:17**

- Understanding that I have to control my desires. This is true in all areas, not just eating.
- The ability and the willingness and the desire to submit my will to God's is the answer.
- For the kingdom of God is not a matter of eating and drinking, but of righteousness and peace and joy and the Holy Spirit.

## 6 We Need as a Solution to Trust Jesus

**2 Peter 2:19; Matthew 11:28–30**

- For whatever overcomes a person, to that he is enslaved.
- Come to me, all who labor and are heavy laden, and I will give you rest.
- Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.
- As I learn to control my desire and say, not my will, but your will be done, that is the answer that's actually going to give me rest.

THE CHALLENGE

It could be this morning that you realize you need to deeply imbibe on the things of God. You need to give yourself fully to him and begin this process.

MY NOTES