

Gluttony: Society's Most Acceptable Sin

1 Corinthians 6:19-20

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connect
groups

PATH

Overindulgence has become a hallmark of our modern American culture. Our bodies are constantly alive with conflicting desires and drives. The temptation to eat too much, drink too much, or indulge in any number of things is constant. It is also trivialized. So what if a person eats a little too much? It's his body! It's her life! Or is it? How can we bring honor to God with our bodies? Is caring for them carnal, or is it a responsible activity of stewardship? In this teaching, Pastor Skip unpacked four affirming truths about our bodies:

I. Your Body Is a Holy Place (v. 19a)

III. Your Body Had a Hefty Price (vv. 19c-20a)

II. Your Body Has a Holy Person (v. 19b)

IV. Your Body Has a Heavenly Purpose (v. 20b)

POINTS

Your Body Is a Holy Place:

- Christians are quick to judge what they think are blatant and obvious iniquities, such as smoking, drinking, and the like. But what about gluttony? The basic idea of gluttony is not just overeating, but overconsumption of anything.
- We must be careful not to judge a person for what we see on the outside. Not only are there various reasons why people overindulge, but only God knows the heart.
- In this text, Paul spoke about people's pursuit of pleasure (see vv. 12-20). Many in Corinth were living a lifestyle of hedonism.
- Paul reminded us that our body serves a higher purpose than pleasure. We have a holy place in God's kingdom; we are His temple. Seeing our body as His temple raises life to a higher plane.
- **Probe:** Knowing that your body is a temple, name two things you can do to improve your body, keeping it healthy and holy?

Your Body Has a Holy Person:

- God does not dwell in temples made of hands (see Acts 7:48-50), but in His people. As Jesus noted, our bodies contain the person of the Holy Spirit (see John 14:19-23), and they are the base of operations for Him to work.
- Often, a glutton's top priority is pleasing the senses, whether through food, drink, or sex. Yet for others, gluttony fills a void, an emotional scar. It is often an emotional cry for help.

- Consider this: Satan often tempts us with food (see Genesis 3; Matthew 4), trying to take our eyes off God. In the end, the stomach might be full, but the heart can still be empty.
- Each person's heart has a God-sized hole, and only God can fill it—not food, fantasies, or frivolous living.
- Christians are filled with the right stuff: the Holy Spirit.
- **Probe:** What pleasures do you crave? Are you able to balance your cravings in a biblical and godly way? Pray for one another's weaknesses.

Your Body Had a Hefty Price:

- Before you say, "My body doesn't matter, only my spirit matters," remember that God created both body and soul. And both were bought at a price (see 1 Peter 1).
- As Vance Havner stated, "Salvation is free, but it's not cheap."
- As a Christian, you can't claim independence or self-determination, because you are not your own. You belong to Jesus. Make lifestyle choices reflecting this great truth.
- Gluttony lowers the quality of life, a health hazard of huge proportions, with roughly 300,000 deaths per year in the US.
- **Probe:** Discuss Pastor Skip's statement about both the body and soul being important. Read 1 Peter 1:17-25 in *The Message*. What perspective on bodily temptations do you see there?

Your Body Has a Heavenly Purpose:

- Your body is a billboard to glorify God. You can use your life to point people to the Lord. Your mouth can preach the gospel. Your hands can help the needy. Your feet can go to the lonely. Your ears can listen to the heartbroken. Your lips can smile at the oppressed. Your eyes can give attention to the forlorn. All these ways tell the world that God cares.
- When we think of life this way, life doesn't become about our pleasure, but His purpose.
- Instead of "foods for the stomach," our motto should be: My life for His glory.
- The more you do as you please, the less you're pleased with what you do. But the more you do as God pleases, the more you're pleased with what you do.
- **Probe:** Discuss Pastor Skip's overcoming plan:
 - Say yes to the Word of God. You can't conquer temptation to overeat by merely saying *no*; first say yes to His Word (see Psalm 34:8; Matthew 4:4; 1 Peter 2:2).
 - Say *no* to certain kinds of food, large portions, and second and third helpings.
 - Say *go*—maintain your ability to serve God. Get up and move. We live in a highly sedentary culture, desk-bound. Don't be inactive, but interactive.

PRACTICE

Connect Up: Pastor Skip mentioned that gluttony was once on the historic list of the seven deadly sins. Why do you think the Bible, and therefore God, views gluttony as a serious problem? What does placing anything higher than the Lord do to your relationship with Him?

Connect In: Though some people may struggle with gluttony within the church, why is it important not to base our thoughts on outward appearances? How can we change the mindset of fellowship from "When we meet, we eat" to "When we meet, let's eat His Word and meet one another's needs?" What practical things

can we do to encourage one another away from gluttony and toward God?

Connect Out: In a day and age where excess (in food, money, etc.) is seen as a virtue, why is it important to live simply before the Lord and others? How can simple living be a witness to a watching world?