

Vice and Virtue part 7

Gluttony

John 6:48–55

I am the bread of life. ⁴⁹ Your ancestors ate the manna in the wilderness, and they died. ⁵⁰ This is the bread that comes down from heaven so that anyone may eat of it and not die. ⁵¹ I am the living bread that came down from heaven. If anyone eats of this bread he will live forever. The bread that I will give for the life of the world is my flesh.”

⁵² At that, the Jews argued among themselves, “How can this man give us his flesh to eat?”

⁵³ So Jesus said to them, “Truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life in yourselves. ⁵⁴ The one who eats my flesh and drinks my blood has eternal life, and I will raise him up on the last day, ⁵⁵ because my flesh is true food and my blood is true drink.

The Vice Of Gluttony Is:

An effort to satisfy the soul with food.

Overeating to meet a spiritual or emotional need.

Gluttony Tree: laziness, sickness, overeating, sleepiness, greed, sadness, shame

Gluttony kills by:

Making us believe that excess is a matter of freedom even when it has become bondage.

“The excessive overeater is willing to eat past the point of fullness for the sake of indulging her tastes. Even when she knows she will feel sick or bloated later, she takes another helping, savoring every mouthful. Like Augustus Gloop in Roald Dahl’s Charlie and the Chocolate Factory, she feels full, but can’t resist just one more bite...She takes every opportunity to “supersize it!” because her eyes are always bigger than her stomach, and her appetite for the pleasure of the moment exceeds whatever is sufficient to meet her real bodily needs.” — Rebecca DeYoung

Robbing us of focus and energy to pursue greater purposes.

Proverbs 23:19–21 (CSB)

Listen, my son, and be wise;
keep your mind on the right course.
²⁰ Don’t associate with those who drink too much wine
or with those who gorge themselves on meat.
²¹ For the drunkard and the glutton will become poor,
and grogginess will clothe them in rags.

Making us insensitive to the needs of our neighbor.

Luke 16:19–21 (NET)

“There was a rich man who dressed in purple and fine linen and who feasted sumptuously every day. ²⁰ But at his gate lay a poor man named Lazarus whose body was covered with sores, ²¹ who longed to eat what fell from the rich man’s table. In addition, the dogs came and licked his sores.”

4 Virtues to Overcome Gluttony

Fasting: Going without food to stir a hunger for God.

“...until recent history, fasting was one of the core practices of the Way of Jesus. For hundreds of years, the church would fast twice a week: Wednesdays and Fridays. That was just what you did if you were a Christian. In the fourth century, when the church developed the practice of Lent...followers of Jesus would wake and go without food until sunset. For forty days. Every year.

“Please note: go without food.

“I regularly hear people use the term fasting for other forms of abstinence, such as “I’m fasting from social media/TV/online shopping.” That’s great, but it’s not fasting; it’s abstinence, and it’s still a helpful practice with a long-standing tradition in the Way of Jesus. I’m all for it. But fasting is a practice by which you deny your body food in an attempt to starve your flesh.” —John Mark Comer, [Live No Lies](#)

Temperance: Habitual moderation for the sake of training the will.

Generosity: Viewing your good things as something to share as well as enjoy.

Gratitude: “Lord, you have provided, and you will provide.”

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