

11/18/2018

Gluttony vs Temperance

Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. ² Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, ³ now that you have tasted that the Lord is good. 1Peter 2:1-3

Stories of food in scripture:

What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them." Matthew 15:11

¹²“I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything. ¹³You say, “Food for the stomach and the stomach for food, and God will destroy them both.” The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. ¹⁴By his power God raised the Lord from the dead, and he will raise us also. ¹⁵Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! ¹⁶Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, “The two will become one flesh.” ¹⁷But whoever is united with the Lord is one with him in spirit.

¹⁸Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.

¹⁹Do 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;

²⁰you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 6:12-19

Our Bodies:

- are _____ Christ Himself.
- are _____ - the dwelling place of the Holy Spirit.
- have been _____.

¹⁸For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. ¹⁹Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. ²⁰But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, ²¹who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.
Philippians 3:18-21

- Your appetite _____ you. (The question is are you going to let it?)
- Your God is _____.
- Be careful to not disconnect what you _____ from its _____. (When we separate the 2 we set up a false God)

1. **Remind yourself the _____ your body.**
2. **Move from self- _____ to God _____.**
3. **Practice _____.**
4. **_____ your food.**

“Father, the only reason I can eat today is because you are my provider, and as I get ready to eat and enjoy this meal, I don’t want to dishonor your temple. Will your Holy Spirit let me know when I have gone far enough, I want to be sensitive enough to you in these next few moments that I will know when enough is enough? I acknowledge that the food that I chose shouldn’t dishonor your temple, help me to grow in that understanding. Father may you be glorified in this meal. In Jesus name amen.