

# Gluttony

*John 6:1-13; 25-35, 48-51*

**Introduction:** The Theology of Food

**The Gift of Food** (John 6:1-13)

***God's Goodness*** (Gen. 1:29; 9:3; Psalm 104:14-15)

**Psalm 104:14-15** He makes grass grow for the cattle, and plants for man to cultivate-- bringing forth food from the earth: <sup>15</sup> wine that gladdens the heart of man, oil to make his face shine, and bread that sustains his heart.

***Our Thankfulness*** (John 6:11; 1 Tim. 4:1a, 3-5)

**1 Timothy 4:1a, 3-5** The Spirit clearly says that in later times some will abandon the faith....<sup>3</sup> They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth. <sup>4</sup> For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, <sup>5</sup> because it is consecrated by the word of God and prayer.

**The Idolatry of Food** (John 6:25-26)

***Gluttony is a Worship Disorder*** (Phil. 3:18-19)

**Philippians 3:18-19** For, as I have often told you before and now say again even with tears, many live as enemies of the cross of Christ. <sup>19</sup> Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things.

***We Idolize Food by Giving it too much Importance*** (Gen 25:29-34)

***We Idolize Food by Treating it as an End*** (Luke 12:19-20)

**Luke 12:19-20** And I'll say to myself, "You have plenty of good things laid up for many years. Take life easy; eat, drink and be merry."<sup>20</sup> "But God said to him, 'You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?'"

***We Idolize Food when we become Slaves of our Appetites***

**The Bread of Life** (John 6:28-35, 48-51)

**Cultivating a Hunger for God** (Ps. 63:1-3; Matt. 5:6; John 7:37)

**Psalm 63:1-3** When he was in the Desert of Judah. O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. <sup>2</sup> I have seen you in the sanctuary and beheld your power and your glory. <sup>3</sup> Because your love is better than life, my lips will glorify you.

**Matthew 5:6** Blessed are those who hunger and thirst for righteousness, for they will be filled.

**Conclusion: Finally Satisfied** (Is. 25:6-8; Rev. 7:16-17)

**Revelation 7:16-17** Never again will they hunger; never again will they thirst. The sun will not beat upon them, nor any scorching heat. <sup>17</sup> For the Lamb at the center of the throne will be their shepherd; he will lead them to springs of living water. And God will wipe away every tear from their eyes."

***Questions for Reflection:***

- Do you regularly view food as God's good gift and thank him for it?
- Have you idolized food by letting it become too important, or treating food as an end in itself? Have you become a slave to your own appetites?
- Which species of gluttony best describes you: eating too much, too hastily, too greedily, too sumptuously, or too daintily?
- How could the discipline of fasting help you fight a spiritual or emotional dependence on food? Have you ever thought about the Lord's Table as a tactile, sensory experience that can help you fix your appetite on Christ?