



# “The 7 Deadly Sins: Gluttony”

**April 24, 2022**  
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I. Gluttony is not just over-eating. How should we define this sin?

With gluttony, we’re talking about:

An overindulgence of the \_\_\_\_\_.

Pursuing the pleasures of my \_\_\_\_\_ over the pleasures of \_\_\_\_\_.

“Food” represents any need or craving of the body which \_\_\_\_\_ us  
and turns us away from \_\_\_\_\_.

II. Examples of various “food tests” that are in Scripture:

A. The first “food test”:

B. Another early “food test” involves Israel:

*“A glutton is one who raids the icebox for a cure for spiritual malnutrition.” – Frederick Buechner*

Why does God put us through such tests? Is he mean?

C. Who face the Bible’s third major “food test”? What was the outcome?

III. Four Truths For Learning To Honor God With My Body (2 Cor.6:12-20)

**Truth #1: The Body Is \_\_\_\_\_ So \_\_\_\_\_ It**

**Truth #2: The Body Is \_\_\_\_\_ So  
\_\_\_\_\_ Of It**

**Truth #3: The Body Wars Against The \_\_\_\_\_  
So \_\_\_\_\_ It.**

**Truth #4: The Body Is A \_\_\_\_\_  
\_\_\_\_\_ So Honor God With It**

*What is God speaking to my heart today?*