

SEVEN DEADLY FOLLIES

THE FIGHT FOR HAPPINESS IN THE KILLING OF SIN

GLUTTONY

– Proverbs 23:19-21 –



And God said, “Behold, I have
given you every plant yielding seed
that is on the face of all the earth,
and every tree with seed in its fruit.
You shall have them for food.”

— Genesis 1:29

And the LORD God
planted a garden in Eden,
in the east, and there he
put the man whom he had
formed. And out of the
ground the LORD God
made to spring up every
tree that is pleasant to the
sight and good for food.

— Genesis 2:8-9



And the LORD God commanded the man, saying, “You may surely eat of every tree of the garden, but the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.”

— Genesis 2:16-17



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So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked.

— Genesis 3:6-7



You cause the grass to grow for the livestock
and plants for man to cultivate,
that he may bring forth food from the earth
and wine to gladden the heart of man,
oil to make his face shine
and bread to strengthen man's heart.

— Psalm 104:14-15



“Gluttony is having a
CRAVING for
food that conquers you.”

— John Piper

“Put concisely, gluttony is
food worship. It directs the
APPETITE toward
improper ends, looking to
our taste buds for the
SATISFACTION
that God offers us in his
fellowship through Christ.”

— Johnathan Bowers, *Killjoys*



Hear, my son, and be wise,
and direct your heart in the way.
Be not among drunkards
or among gluttonous eaters of meat,
for the drunkard and the glutton will come to poverty,
and slumber will clothe them with rags.

— Proverbs 23:19-21



The righteous has enough to satisfy his appetite,
but the belly of the wicked suffers want.

— Proverbs 13:25

All the toil of man is for his mouth,
yet his appetite is not satisfied.

— Ecclesiastes 6:7



If you have found honey, eat only enough for you,
lest you have your fill of it and vomit it.

— Proverbs 25:16

It is not good to eat too much honey,
nor is it glorious to seek one's own glory.

— Proverbs 25:27



“Since Eden, man
has wanted the last
ounce out of life,
as though beyond
God’s ‘enough’ lay
ecstasy, not nausea.”

— Derek Kidner

“Luxury in excess can turn to ugliness
as honey to vomit.”

— David A. Hubbard



“If a man has a stubborn and rebellious son who will not obey the voice of his father or the voice of his mother, and, though they discipline him, will not listen to them, then his father and his mother shall take hold of him and bring him out to the elders of his city at the gate of the place where he lives, and they shall say to the elders of his city, ‘This our son is stubborn and rebellious; he will not obey our voice; he is a glutton and a drunkard.’ Then all the men of the city shall stone him to death with stones. So you shall purge the evil from your midst, and all Israel shall hear, and fear.”

— Deuteronomy 21:18-21



Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us. For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things.

— Philippians 3:17-19



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But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.

— Philippians 3:20-21



The fear of the LORD leads to life,
and whoever has it rests satisfied

— Proverbs 19:23

You have put more joy in my heart
than they have when their grain and wine abound.

— Psalm 4:7

For he satisfies the longing soul,
and the hungry soul he fills with good things.

— Psalm 107:9



“There’s enough in our Lord’s kitchen to satisfy all his children and enough wine in his cellar to quench all their thirst. Hunger on, for there is food in hunger for Christ. Never go from him without bothering him with a dish full of hungry desires, until he feeds you.”

— Samuel Rutherford



So whether you eat or drink,
or whatever you do, do all to the glory of God.

– 1 Corinthians 10:31



“Our eating creates social bonds, communicates love for each other, connects us to sources of provision and security, and calls for celebration. We mark life’s most important moments with foods — from a nursing mother’s bond with her child to a wedding or birthday cake, from family holiday traditions and shared cups of coffee with friends to church potlucks and warm suppers brought after a funeral. Eating nourishes us, not just physically but also emotionally and spiritually. For that reason we can appreciate the value of virtue (and the destructive power of vice) in this area of our moral lives. Against gluttony’s temptations to self-centeredness and self-indulgence, virtue helps us affirm both the goodness of pleasure and the need to temper and train our desire for it. That point in turn helps us understand why both fasting and feasting are characteristic parts of the Christian life.”

— Rebecca DeYoung, *Glittering Vices*



“Now he had come to a part of the wood where great globes of yellow fruit hung from the trees — clustered as toy-balloons are clustered on the back of the balloon-man and about the same size. He picked one of them and turned it over and over. The rind was smooth and firm and seemed impossible to tear open. Then by accident one of his fingers punctured it and went through into coldness. After a moment’s hesitation he put the little aperture to his lips. He had meant to extract the smallest, experimental sip, but the first taste put his caution all to flight. It was, of course, a taste, just as his thirst and hunger had been thirst and hunger. But then it was so different from every other taste that it seemed mere pedantry to call it a taste at all. It was like the discovery of a totally new genus of pleasures, something unheard of among men, out of all reckoning, beyond all covenant. For one draught of this on Earth wars would be fought and nations betrayed. It could not be classified. He could never tell us, when he came back to the world of men, whether it was sharp or sweet, savory or voluptuous, creamy or piercing. ‘Not like that’ was all he could ever say to such inquiries.



As he let the empty gourd fall from his hand and was about to pluck a second one, it came into his head that he was now neither hungry nor thirsty. And yet to repeat a pleasure so intense and almost so spiritual seemed an obvious thing to do. His reason, or what we commonly take to be reason in our own world, was all in favor of tasting this miracle again; the childlike innocence of fruit, the labors he had undergone, the uncertainty of the future, all seemed to commend the action. Yet something seemed opposed to this 'reason.' It is difficult to suppose that this opposition came from desire, for what desire would turn from so much deliciousness? But for whatever cause, it appeared to him better not to taste again. Perhaps the experience had been so complete that repetition would be a vulgarity — like asking to hear the same symphony twice in a day."

— C.S. Lewis, *Perelandra*



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