

Sermon Outline: 6.6.21

Sermon Series: **Vice & Virtue**
Sermon Title: (4) ***Gluttony & Temperance***
Sermon Text: Proverbs 23:20-21

(Proverbs 23:20-21)

VICE & VIRTUE

The Vice of Gluttony

What Is It?

Webster...

“The habit or act of eating too much.”

More accurately...

“Over-indulgence in any fleshly pleasure, substance, or activity.”

Gluttony is...

Appetite out of control.

Consuming more than required.

To be mastered by your cravings.

Gluttony is not...

About being overweight.

About eating “bad” foods.

About enjoying a good meal.

About having extra portions.

We can become gluttons by unrestrained...

Eating & Drinking

Entertainment

Extravagance

Expending of Resources

What It Does?

It consumes us.

(Philippians 3:19)

It changes our focus...

We lose sight of the future.

We sacrifice the greater for the lesser.

We serve self instead of God and others.

We sabotage our own wellbeing.

(Luke 15:13) (1st Corinthians 6:12-13, NLT)

(Genesis 3:6, 25:34) (Numbers 11:33)

It opens the door for other sins to enter.

(Proverbs 25:28, NLT)

What Can We Do About It?

Let's E.A.T.!

Enjoy your blessings!

Account to others!

Train your body!

(1st Corinthians 9:27, NLT)

The Virtue of Temperance

What Is It?

Self-Control by Spirit-Control

(Luke 7:34) (Luke 4:3-4)

Vice:

Gluttony...

Over-indulgence of the flesh.

Virtue:***Temperance...***

Spiritual self-control of the flesh.

Which one has control of you?

What captures your heart/mind?

What consumes your waking hours?

What controls your level of happiness?

(Isaiah 55:1-3)

Gluttony cannot fill the hole in your soul.

Only Jesus can satisfy!

His Spirit can give us self-control!