

JUNE 9, 2019 | STEVE WARNER

Gluttony is an excessive attention to or DESIRE for food; a continual urge to INDULGE oneself BEYOND the point of their need or limit. Luke 22:7-20

Five Ways Gluttony is Practiced

1. SUPER-SIZING: the simple act of eating more than we need.
2. GRAZING: snacking increases our frequency of eating causing us to consume more than we need by the end of the day.
3. BRANDING: seeking more lavish foods, developing a taste for certain brands.
4. SCARFING: the desire or practice to eat too quickly or too eagerly. No longer stopping to eat but eating faster & eating more.
5. SPECIAL ORDERING: wanting it our way, being finicky.
"Gluttony of delicacy, not of excess." - C.S. Lewis

Gluttony is our appetite to CRAVE more from something that it was DESIGNED to give. Psalm 34:8

Gluttony is rooted in the spirit of INGRATITUDE.

The devil SEPARATED food from its CREATOR & in the process, subtly conferred upon good some sort of MYSTICAL POWER. Genesis 3:1-7

The glutton may never see the grand purpose behind the MEAL. He may eat ONLY to satisfy himself rather than to be REPLENISHED for something that exceeds eating.

The response to GLUTTONY is that of SELF-CONTROL. Luke 22:14-15

We need a HOLISTIC vision of HOLINESS that incorporates the physical body. Luke 22:19-20

Steps Toward Self-Control that Displaces Gluttony

- The first step toward self-control is to SACRIFICE our bodies to God, understanding He intended them to be a TOOL for the building of His kingdom.
- As we begin to learn about the place of our body in our spirituality, we must couple that knowledge with the second step: the PRACTICE of WISDOM.
 - Our DELIVERANCE usually begins with the ADMISSION that we have a problem in this area.
- The discipline of FASTING must be coupled with the cycle of FEASTING.
 - In fasting we choose the SOUL over the body. Nourishment of the INVISIBLE.

Final Thought

People who practice SELF-CONTROL have their eyes on things that are more COMPELLING than their appetites.

- It is much easier to say "NO" to something we have already said "YES" to something else.

THANK YOU!

Thank you to everyone who helped with Vacation Bible School. We had 293 kids attend & 75 volunteers! In our offering we raised \$1,431.52 to send to World Vision to help children in need. Praise God!

BLOCK PARTIES!

Each summer, GracePointers host block parties all over the Brookings area, for neighbors to connect & build community. Last year, we had 10 parties from June-August. We want to hit 15 this year! Our block party "starter kit" includes a trailer full of inflatables & lawn games, a readymade packet of flyers & suggestions, a planning checklist, & more—including a \$100 gift card for you to purchase food, supplies, or activities. Stop by the "Give Grace" kiosk to sign out a planning packet, or email communitylife@gracepointwesleyan.org for more info!

SUMMER CAMP DATES

Kids Camp: July 8-11 - Regular price registration ends Sunday, June 16.

Mid-High Camp: July 15-19*

Senior High Camp: July 22-27*

*Prices are listed on registration form.

**Register for camps at the Events Page at gracepointwesleyan.org. Scholarship applications for all camps are available at the Info Center or church office.