

DOUGHNUTS AREN'T THE ENEMY



... Whose end is destruction, whose god is their
appetite, and whose glory is in their shame, who set
their minds on earthly things.

PHILIPPIANS 3:19



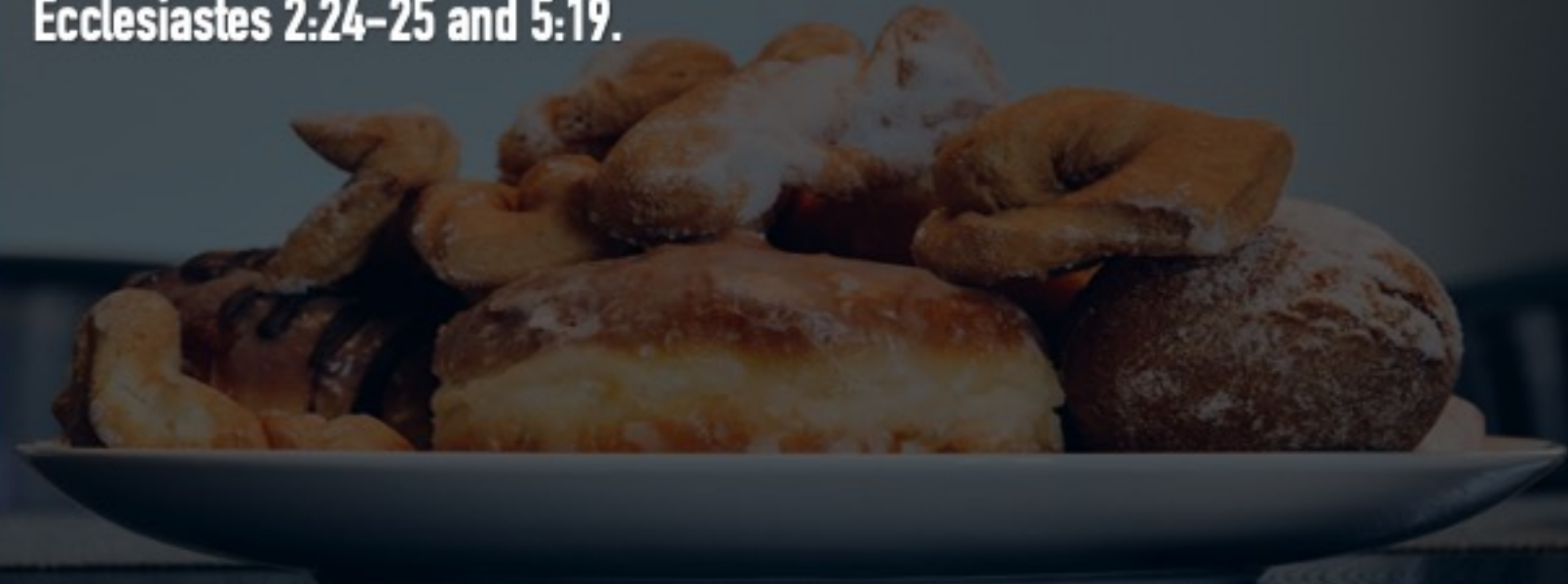
Do not be with heavy drinkers of wine, or with
gluttonous eaters of meat; for the heavy drinker and
the glutton will come to poverty, and drowsiness

PROVERBS 23:20-21 will clothe one with rags.



THE MAN WHO HAD IT ALL

- It's no sin to enjoy an abundance (Abraham, Jacob, Job, David, Solomon). The Israelites, promised a land of milk and honey, were given several feast days every year to enjoy the produce. Virtuous Boaz enjoyed his harvest (Ruth 3:7). See also Ecclesiastes 2:24-25 and 5:19.



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- Easy access to resources often brings out the worst in us, as can be seen from Numbers 11:31-33.

IS GLUTTONY REALLY A BIG DEAL?



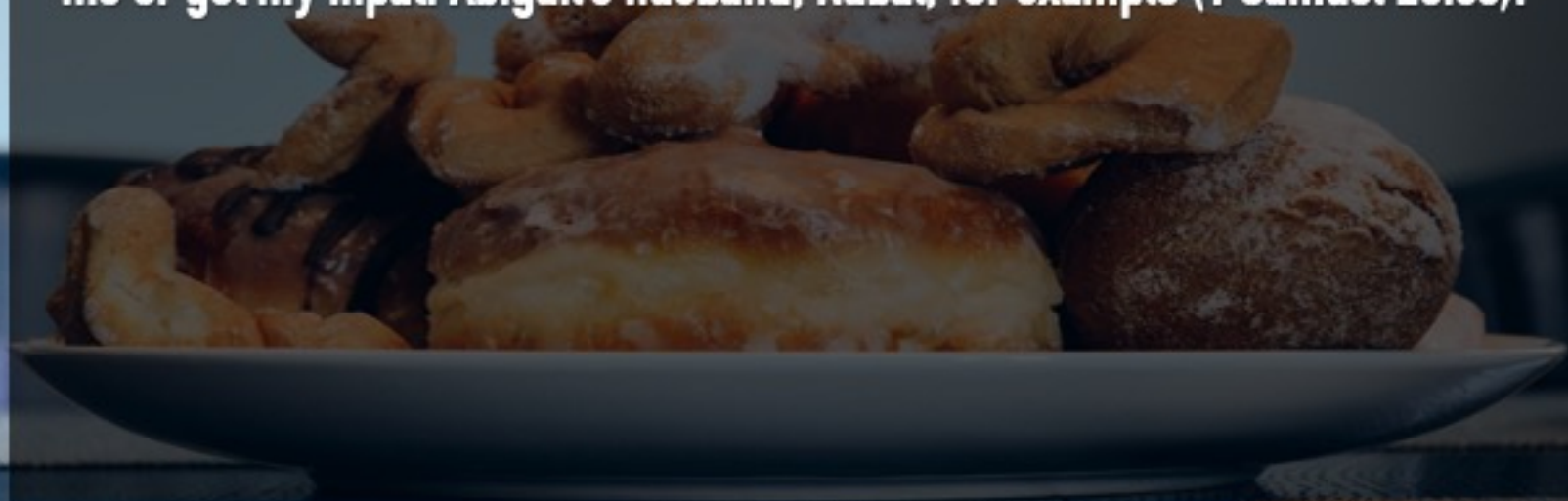
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- When I consume without any thoughts of the future. Remember Isaiah 22:12-14, Luke 21:34, and Proverbs 23:1-2.



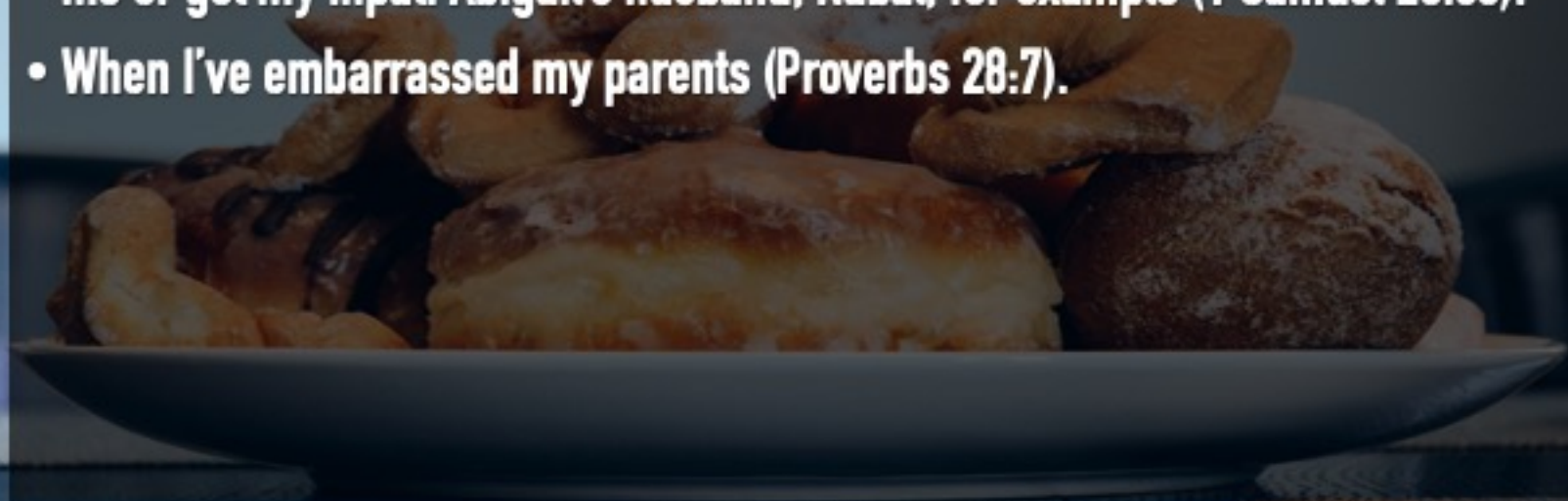
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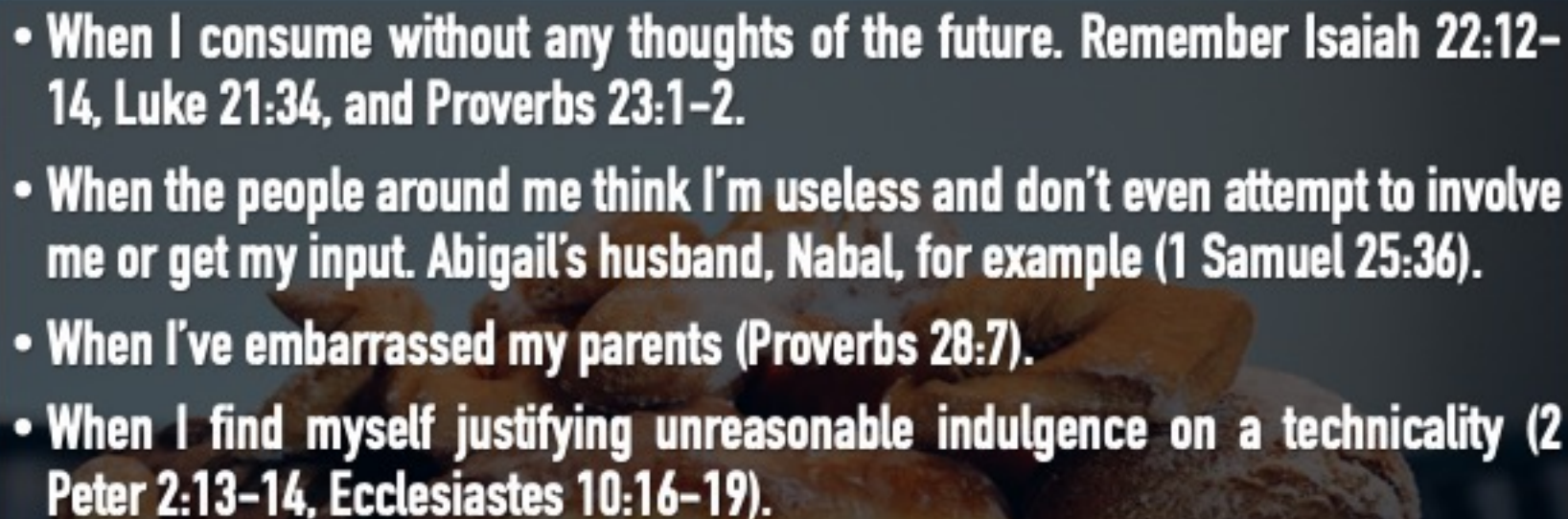


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- When I find myself justifying unreasonable indulgence on a technicality (2 Peter 2:13-14, Ecclesiastes 10:16-19).
- When I'm regularly using up gobs of resources in short spurts. The prodigal son took his inheritance and wastefully burned through it in remarkable fashion (Luke 15:13).

**A GLUTTON IS ANYBODY WHOSE INDULGENCE
BECOMES A DISTRACTION OR DETRIMENT TO
SERVING GOD. AND THAT'S A BIG DEAL!**



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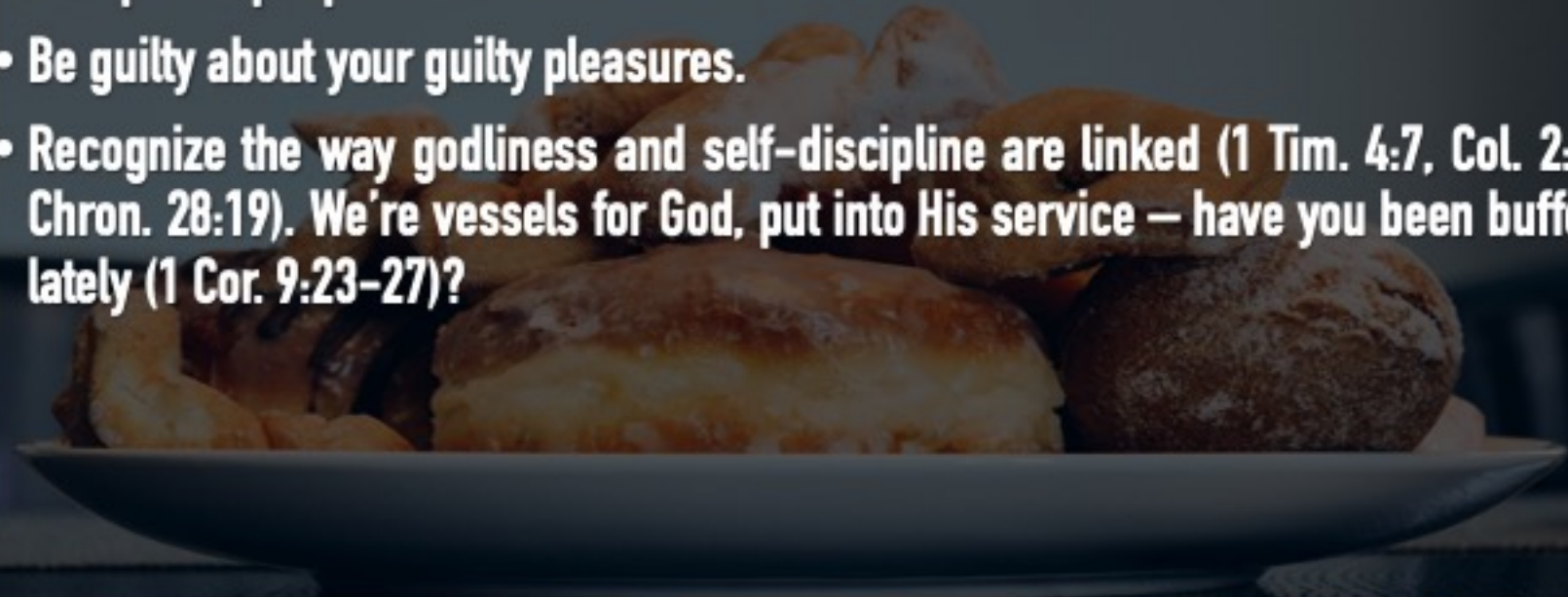
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- Start small — discipline begets more discipline, and it spills into other areas of life.