

Messenger of Truth

"Holding forth the Word of Life" (Phil. 2:16)

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Gluttony

"Gluttony is wrong. It's wasteful." – Alton Brown

"Gluttony and idleness are two of life's great joys, but they are not honorable." – Julie Burchill

"Gluttony is an emotional escape. A sign something is eating us." – Peter De Vries

"Our fear of hypocrisy is forcing us to live in a world where gluttons are fine, so long as they champion gluttony." – Jonah Goldberg

"Gluttony kills more than the sword." – Goerge Herbert, 1593-1633

Gluttony has been defined, "habitual greed or excess in eating." Webster states, "the act or habit of eating and drinking too much."

Consider that in the United States, in 2013, there were 232,000 fast food restaurants. America now exceeds 200 billion dollars annually in fast food sales. The average human being in America eats 1,996.3 lbs. of food per year; just shy of a ton!

In the past 40 years, American diets have changed, and not for the better. Obesity has reached alarming proportions. Do we have gluttons in America? Absolutely! Also alarming, 40% of the food in America goes uneaten! America is wasteful as much of our food is discarded.

Why is gluttony a concern? In the Old Testament, in describing a rebellious son that needed to be dealt with, the text says, "And they shall say to the elders of his city, 'This son of ours is stubborn and rebellious; he will not obey our voice; he is a glutton and a drunkard'" (Deut. 21:20). Even in the Proverbs it states, "Do not mix with winebibbers, or with gluttonous eaters of meat. For the drunkard and the glutton will come to poverty, and drowsiness will cloth a man with rags" (Prov. 23:20-21).

Were you aware that even our Lord was accused of being a glutton? "The Son of Man came eating and drinking, and they say, 'Look, a glutton and a winebibber, a friend of tax collectors and sinners!' But wisdom is justified by her children" (Matt. 11:19).

Even terrible things were spoken of those on Crete, particularly by some Jews. "One of them, a prophet of their own, said, 'Cretans are always liars, evil beasts, lazy gluttons'" (Titus 1:12).

Where we must be careful is that we do not over indulge. Our actions and yes, even in our eating, we should be people of moderation.

It is not a coincidence that gluttony is often found in combination with drinking and drunkenness. People become drunk by over indulging.

Since we are always under scrutiny, let's not give folks an occasion to speak evil of us. "You are our epistle written in our hearts, known and read by all men" (2 Cor. 3:2).