Answers *for a* Changing Culture

12 What is Gluttony?

When does enjoying a good meal become gluttony, and how does Scripture help us tell the difference?

EMBARK

Think about a holiday dinner. Someone goes back for seconds, takes a slice of pie, and later says, "I ate too much." Is that person describing gluttony? Before we read what Scripture says, let's consider what we mean when we use the word.

1. When you hear the word gluttony, what comes to mind?
2. If someone says, "Gluttony means eating too much," would you agree? How would you decide whether the person at that dinner was guilty of gluttony?



EXAMINE

READ Proverbs 23:19–21 and 28:7

3. What habits and companions does Proverbs associate with gluttony?
4. What consequences do these passages warn about? What do those consequences tell us about the kind of behavior Proverbs has in view?

READ 1 Corinthians 11:17–22, 33–34

5. At the Lord's Supper, some had plenty while others went hungry. What does Paul's instruction to wait for one another show about what had gone wrong?

READ 1 Timothy 4:1–5 and Galatians 5:22–25

7. What would it look like to enjoy the same meal with thanksgiving and Spirit-given self-control?
8. Go back to the holiday dinner in **EMBARK**. What would you want to know before deciding whether "I ate too much" describes gluttony?

FOR FURTHER STUDY

READ 1 Samuel 2:12–17, 29. What did Eli's sons demand, and how did they use their position to get it?

READ Matthew 11:16–19. Why did Jesus' critics call Him a glutton? What did they miss about why He shared meals with tax collectors and sinners?

THIS SUNDAY at 9:15 AM

Join us in the Auditorium during Sunday Classes as we answer the question:

Why Do We Celebrate Thanksgiving?

Prepared by Pastor Greg Linscott, Calvary Baptist Church, Rochester, MN · November 11, 2026 · pastor@cbcroch.org

EXPOSE

We judge by what we can see
The amount we eat can be part of the problem. Scripture also directs our attention to the way we live, the resources we squander, and the people we overlook. Jesus' critics saw Him eating with sinners and called Him a glutton. Their accusation tells us how easily we can misread someone else's table. The place to begin is with our own conduct.

We excuse whatever fits on a small plate
A person can insist on the best, spend money needed elsewhere, or make everyone accommodate a preference while eating very little. There is freedom to enjoy a special meal. Our response when the meal is ordinary or someone else gets to choose can tell us how much we've come to expect.

We ask food to carry more than it can
A familiar meal can bring real comfort. But if every hard day ends with "I deserve this," it's worth asking what we're trying to soothe and whether we're willing to bring it to God or talk about it with someone we trust. Sometimes the first faithful step is naming what's weighing on us.

We overlook what our indulgence costs others
Some Corinthians had plenty while fellow believers went hungry. Paul told them to wait for one another. Our own habits may cost someone else a fair share, strain the household budget, or make a host feel that their best efforts fell short. Love asks who else is affected by what we want.

We make restraint the whole goal
Paul puts thanksgiving at the center of receiving food, and he names both joy and self-control as fruit of the Spirit. A faithful meal can be simple or celebratory. In either case, we can thank God for what He gives, enjoy it, and pay attention to the people He's given us to love.

ENGAGE

Step 1. Notice the demand.
When am I most likely to insist on more, on something better, or on having it now?

Step 2. Ask what I'm seeking.
Am I hungry? Am I looking for comfort, reward, distraction, or a sense of control? What could I bring to the Lord in prayer?

Step 3. Count the cost.
What does this habit cost in money, time, or attention? Who else feels that cost?

Step 4. Receive what's provided.
At one ordinary meal this week, thank God for something specific and thank the person who helped provide it.

Step 5. Practice a willing limit.
Where could I say, "I have enough," even though more is available?

Step 6. Make room for someone else.
What could I share this week? Who could I invite, serve first, or give my attention to at the table?

Step 7. Ask the Spirit for help.
Pray about one recurring situation before it comes up again. Ask for the self-control to govern your appetite and the joy to receive what God gives.

MEMORIZE **1 Corinthians 10:31, CSB** "So, whether you eat or drink, or whatever you do, do everything for the glory of God."

Remember... *Gluttony is self-indulgence that lets the pleasures of eating and drinking take priority over obedience to God and love for others. We glorify God at the table when we enjoy what He gives with thanksgiving, practice self-control, and share with others.*

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