

# Gluttony, Addictions & Strongholds

We live in a country that is overeating constantly and addicted to junk food. We are even getting used to larger people as a new normal, including children. Sugar is in just about everything & they say it is more addictive than crack cocaine. We want what we want and we want it now! This message today can also apply to addictions like smoking, drinking and drugs etc.

By the way, why do Christians always beat smokers up but never say anything about gluttony? Satan doesn't care what bad habit or addiction you have as long as it contributes to killing you or destroying your walk with God or taking your credibility away.

**John 10:10** – steal your joy, relationships / destroy your life – kill you

**Luke 7:34-35** – Pharisees

First sin was over food. Esau lost his birthright over food. Devil tried to tempt Jesus to turn the stone into bread.

**Prov. 23:1-3**

Just because we are allowed to eat anything doesn't mean it is good for us.

**Prov.19:15** – don't eat out of boredom

**Prov.18:20** – Watch what you say about you and food: I like to pig out, I love food I'm a food aholic or a foodie. What you say is what you get. You draw these things to you from the Spirit realm. Retrain yourself: Say I like healthy food. I like fruits and veggies.

Do not eat when you are emotional. For comfort or depression or anything like that.

**Prov.25:16** – don't overeat

**1 Peter 2:17** – abstain from lusts / strong's 1939 lust, desire – especially for what is forbidden, to desire greatly, strong desire, more frequently in a bad sense:

inordinate desire, appetite, lust, pleasure. Lust of the flesh means carnal desires, appetites.

**Gal.:5:16-25** - the following stem from lasciviousness – Strong’s 766: Strong’s 2237 – lust, pleasure, to please, sensual delight / 2897 – debauchery (which is excessive indulgence in sensual pleasures), glut (which is an excessively abundant supply of something. Verb: supply or fill to excess, cram full, overfill, saturate or flood), drunkenness / 801 wastefulness – syn. Lack of self restraint

**Col 3:5-6** – give definition of mortify

**Matt.:16:24** – deny self

**James 4:17** – sin to keep sinning, we are not to be habitual sinners – new creation

Alcoholic example

**I Cor.:9:24-25** – self control

I see many overweight preachers and people of the ministry. It used to make me feel ok about what I was doing. But it isn’t. Too much weight effects your self esteem, your confidence and the things you do. It can even effect God’s purpose for your life.

**Romans 7:18-20, 8:10,13-14,17** – fighting the flesh

I have lost 82 pounds before when I wasn’t walking with God. Why such a struggle now. Popped up on the devil’s radar.

**John 15:5** – only with Christ

You are your children’s example, you are teaching them how to eat. You are the one buying the food. You don’t want them to battle an addiction and you don’t want them to be unhealthy

Perry Stone’s tips:

1. Fill up on water
2. Order smaller portions

3. Get off of carbs
4. Replace a meal with a salad

WHAT TO DO:

**James 4:7** – submit to God

**2 Cor.:10:4** – strongholds

**Matt.:26:41** – temptation Strong's 3986 When Christ urges us to pray that God would not lead us or allow us to go into temptation, He is evidently referring to those enticements to sin that we might not be able to resist in our present stage of spiritual growth. / Lord's Prayer – lead us not into temptation, but deliver us from evil

**Eph.:4:22-23** – ask God to renew your mind concerning food

Quote scripture over yourself:

Phil.:4:23 / Psalm 139:14

Each morning when you get up first thing, pray and surrender your appetite to Him. Ask God to give you wisdom to get the weight off and to keep it off. Pray Proverbs 30:8 Remove far from me vanity and lies: give me neither poverty nor riches; feed me with food convenient for me. (convenient here means portioned or measured) Cast your cares on God draw Him into the situation with you.