



Elephants in the Room

Tackling the topics we don't like to talk about

Part 4: Gluttony

Defining gluttony:

Gluttony is a lifestyle of excess where one seeks to satisfy the longings of the heart by overindulging in food or other pleasure-seeking behavior.

Defining gluttony:

**Gluttony is not simply eating
more than you need to live.**

Defining gluttony:

**Gluttony is not the state
of being overweight,
but being overindulgent.**

Proverbs 23:19-21

Defining gluttony:

**Gluttony is not only about food,
but is closely tied to greed, lust,
pride, drunkenness and idolatry.**

1 Corinthians 6:12-13

Defeating gluttony:

**1. Replace indulgence
with self-control.**

Galatians 5:23

Defeating gluttony:

2. Replace entitlement with responsibility.

1 Timothy 4:8

Ephesians 5:15-17

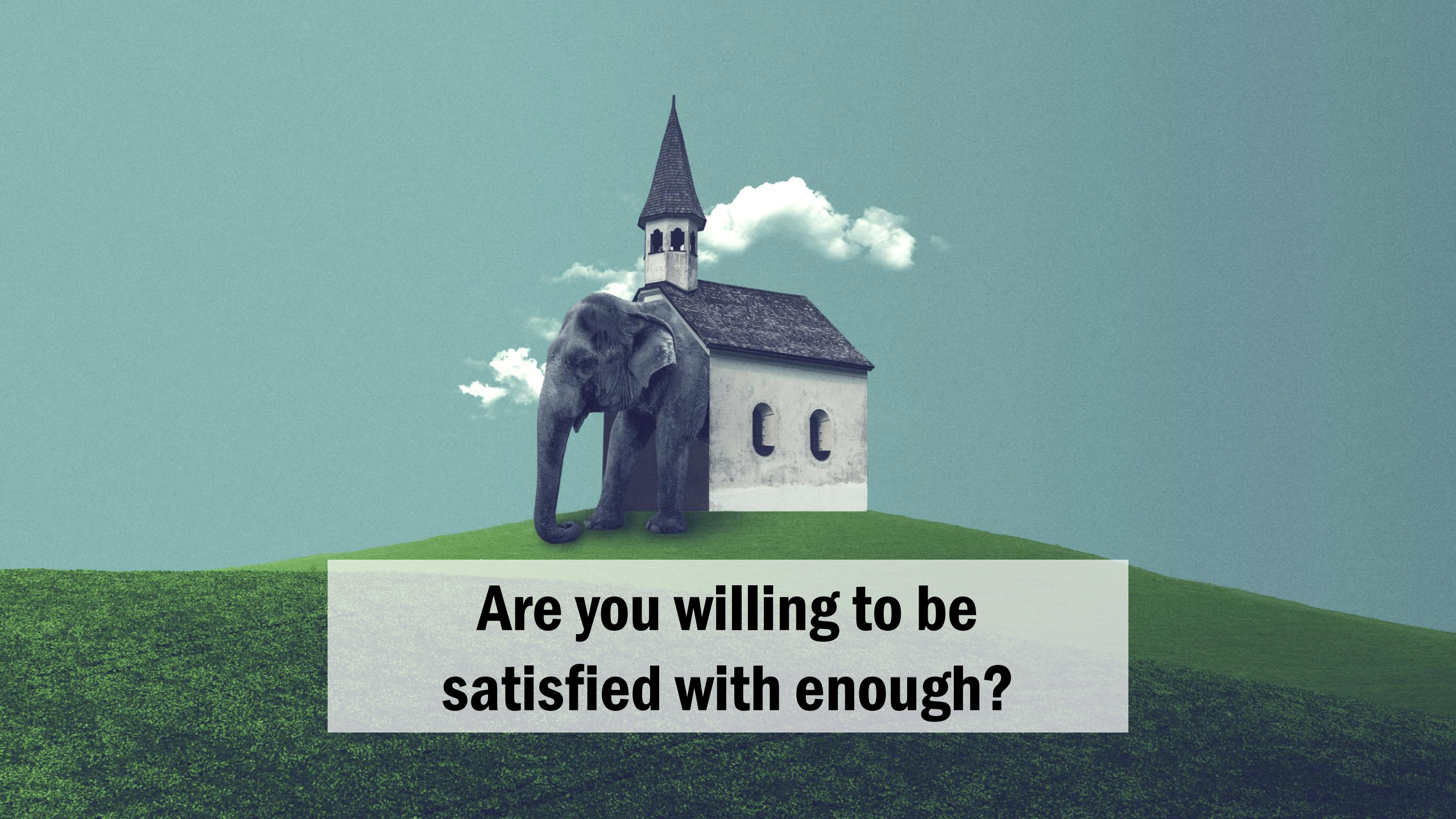
Defeating gluttony:

3. Replace isolation with community.

Acts 2:42

Galatians 5:16

Philippians 3:18-19



**Are you willing to be
satisfied with enough?**