

Seven Deadly Sins, Seven Cardinal Virtues

Scott Matz

Christ Our King Presbyterian Church, Columbia, MO

EXERCISING RESTRAINT WITH OUR BODIES Gluttony and Lust

Philippians 4:11-12

¹¹I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹²I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³I can do everything through him who gives me strength.

- Definitions
 - Gluttony
 - Excess in eating
 - Extravagant indulgence of the appetite for food
 - Inordinate desire without reason
 - Lust
 - An overwhelming desire or craving
 - An intense or obsessive desire, particularly of a sexual nature
- Pleasure
 - Thomas Aquinas: "Nature has introduced pleasure into the operations that are necessary for man's life."
 - We are to enjoy what God has provided for us.
 - Food, sexual desire and pleasure
- The Problem with Pleasure
 - The tendency to harbor insatiable desires
 - Pleasure breeds a further desire for satisfaction, a feeling that never comes
 - I.e. always wanting more
 - The desires overwhelm our desire for God
 - Fourth Commandment, Exodus 20:4-6
 - God will provide what we truly need
 - Jesus is the bread of life
 - John 6:25-59
 - Trust God to provide what you need
 - Luke 12:22
 - We are commanded to drop everything for His sake, Luke 14:33
 - Lustful sexual desire
- The Application
 - What pleasures do you allow to overwhelm your time, energy, money, relationships, etc?
 - God jealously calls you back to His fulfilling, satiating grace.