

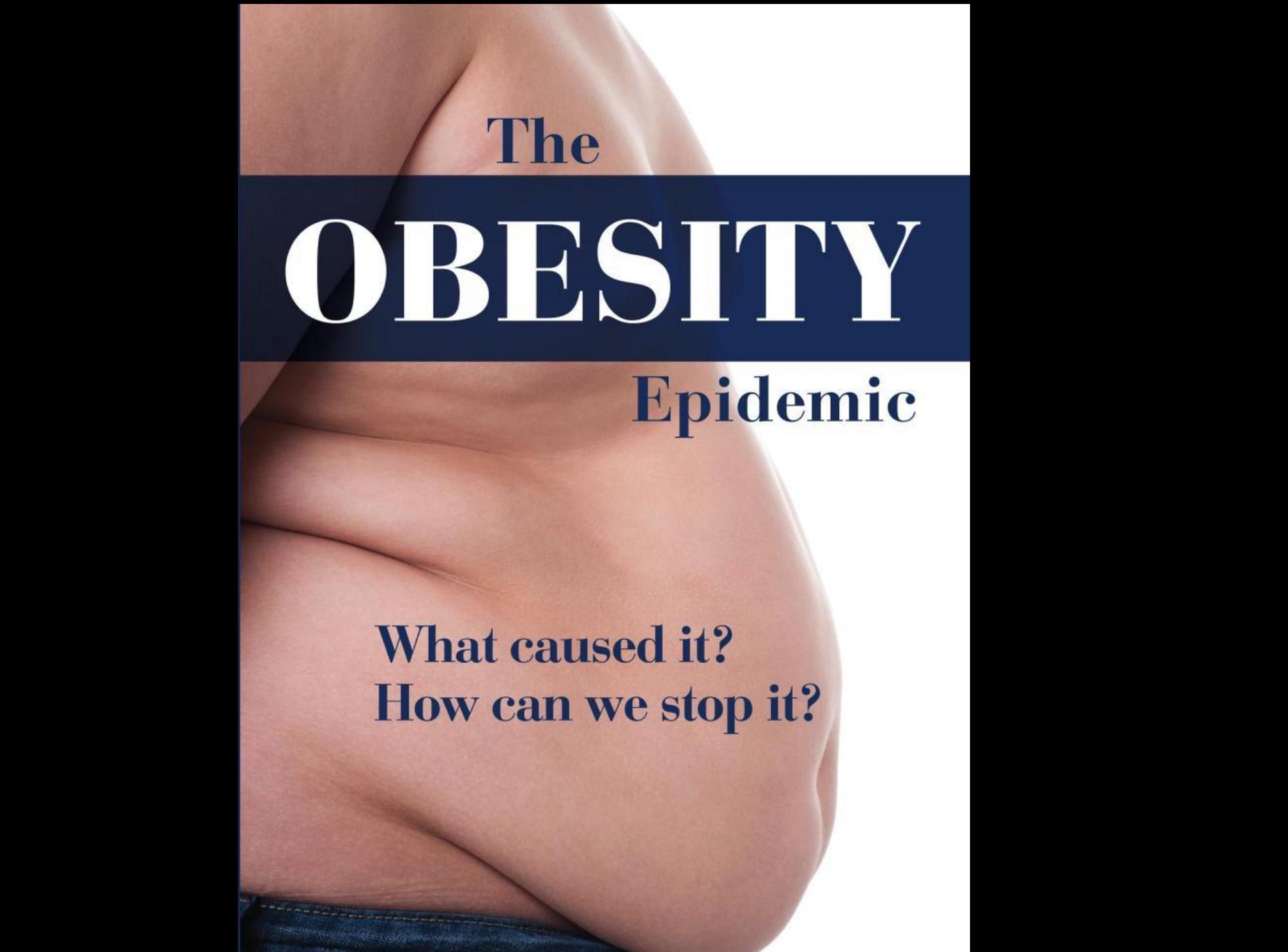
OVERCOMING THE LUSTS  
OF THE FLESH

PART 1

GLUTTONY AND GREED

PRESENTED BY

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The

# OBESITY

Epidemic

**What caused it?  
How can we stop it?**

# THE DEFINITION OF GLUTTONY

According to the miriam webster dictionary Gluttony can be defined as

- 1) Excess in eating or drinking
- 2) Greedy or excessive indulgence.

As can be seen from the above definition, gluttony also refers to a greedy or excessive indulgence in anything. Gluttony overlaps with the sin of greed and it is often found that those who suffer from gluttony also suffer from greed.

Further definitions of the word gluttony reveal that gluttony is also a form of a total lack of discipline and manners. Those who are gluttons will do anything to satisfy their desires for that which they lust for.

Proverbs 23:21 For the drunkard & the glutton shall come to poverty & drowsiness shall clothe a man with rags.

Gluttony may become sinful in various ways: by eating or drinking far more than is necessary for maintaining bodily strength; by gluttoning one's tastes for foods with known detriment to health; by overindulgence in exquisite and luxurious food or drink; by eating or drinking too avidly; by consuming alcoholic beverages to the point of losing full control of one's reasoning powers.

It can contribute or reflect a lack of faith in and love of YHWH.

# GLUTTONY IS A SIN!

It is a sin that until now has rarely been preached in modern churches, partly because many Christians are indulging in it, and thus the message would be unpopular, but also because food is one of the devil's most powerful weapons to render us spiritually impotent, and he has deluded many into believing that it is not a sin at all. It was the very thing that he used to tempt Eve, in order to bring sin into the world and cause the fall of mankind and according to both accounts in the gospels, it was the first thing that he attacked Yahshua with after a forty day fast in the wilderness.

We should not be ignorant of the fact that the devil will try to ensnare us into overeating, because it can deceive us, bring spiritual poverty, war against our soul, displease YHWH, and cause us to disobey YHWH.

It is contrary to spirituality, it reaps corruption, it is sinful, it can exalt our heart, or cause us to forget YHWH, or deny YHWH, or forsake YHWH. It is an attribute of a fool, an evil servant, it leads to pride, and is contrary to the cross of Messiyah.

It is also a failure to present our bodies as a living sacrifice, our heart will become set on it, it will prevent us from becoming like Yahshua, and it could ultimately cost us our salvation unless we forsake it.

Thus gluttony is a very important subject, and it is hoped that this study will highlight its importance, so that many of its captives will be led to complete deliverance from it; for "Whoever commits sin is the servant of sin." (John 8:34).

[www.logosapostolic.org](http://www.logosapostolic.org)

# GLUTTONY IS A WORLDWIDE KILLER

Worldwide obesity has nearly doubled since 1980.

In 2008, more than 1.4 billion adults, 20 and older, were overweight. Of these over 200 million men and nearly 300 million women were obese.

35% of adults aged 20 and over were overweight in 2008, and 11% were obese.

65% of the world's population live in countries where overweight and obesity kills more people than underweight.

More than 40 million children under the age of five were overweight in 2011.

Obesity is preventable.

THIS IS NOT HOW YHWH INTENDED FOR  
US TO ENJOY HIS PROVISION



The health problems associated with obesity are numerous. Obesity is not just a cosmetic problem. It's a health hazard. Someone who is 40% overweight is twice as likely to die prematurely as is a normal-weight person. Obesity has been linked to several serious medical conditions, including:

Heart disease and stroke.

High blood pressure.

Diabetes.

Cancer.

Gallbladder disease and gallstones.

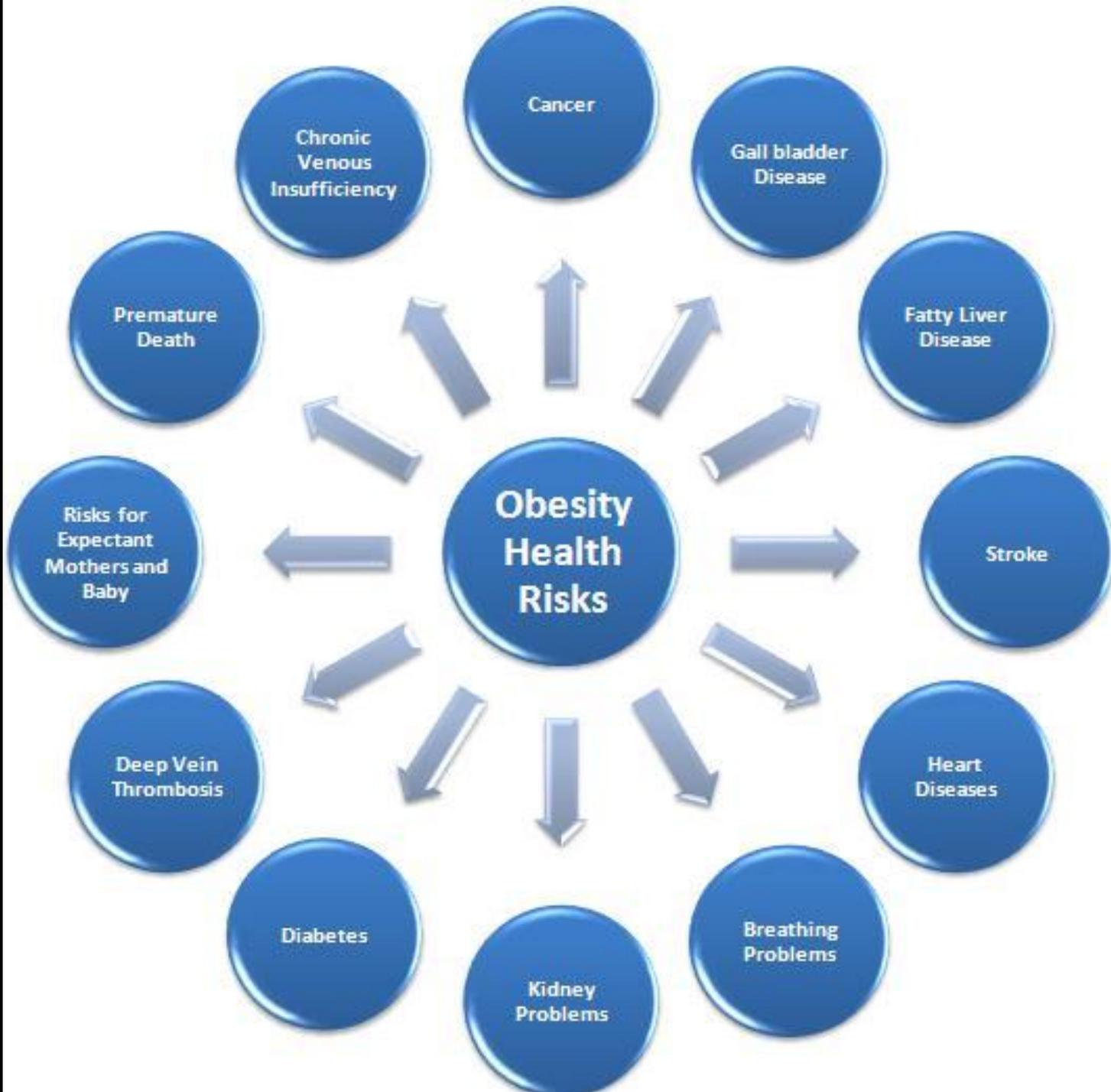
Osteoarthritis. Gout.

Breathing problems, such as sleep apnea (when a person stops breathing for a short episodes during sleep) and asthma.

The Bible ascribes a great deal of destructive power to gluttony, as in Proverbs 30:21-22: "For three things the earth is perturbed, yes, for four it cannot bear up: . . . A fool when he is filled with food. . . ."

### Physically, what is so harmful about it?

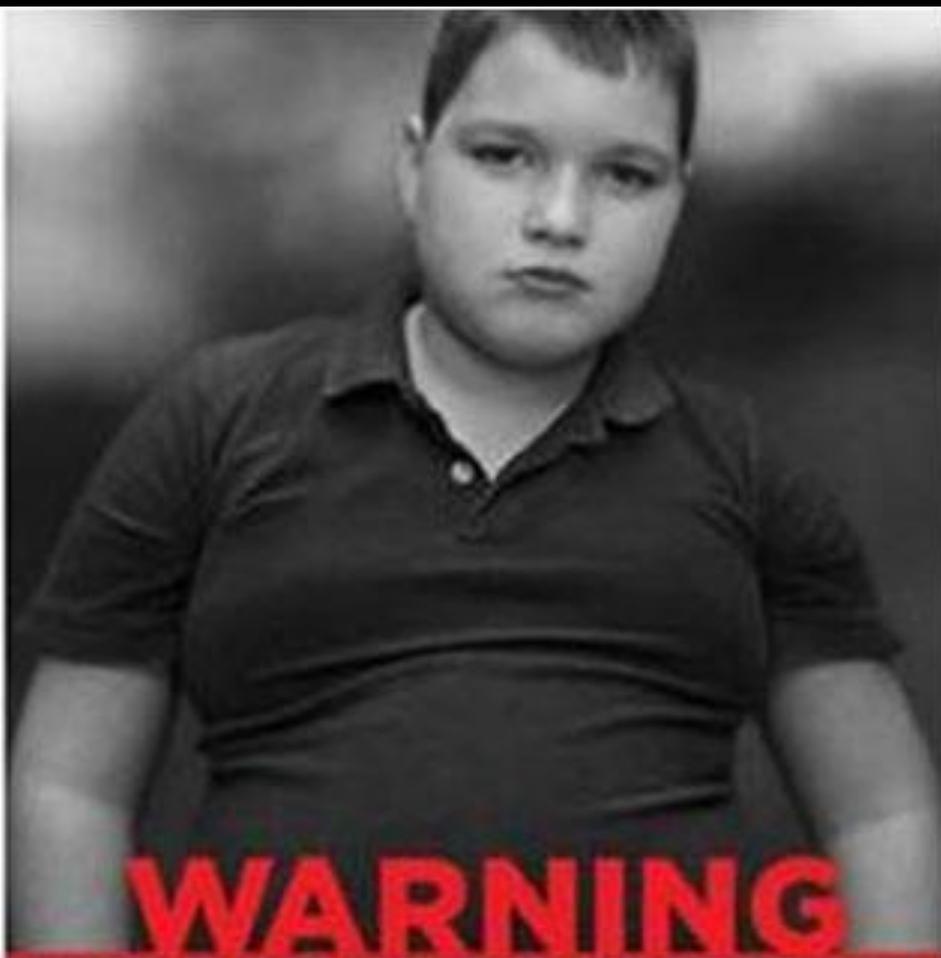
An old English proverb says, "Gluttony kills more than the sword." Another maintains, "There are more gluttons than alcoholics in the grave." This certainly seems true today. In the last five years, sales of oversized coffins at the nation's largest casket company are up 20 percent.



# AS A PARENT WE ARE RESPONSIBLE FOR WHAT OUR CHILDREN EAT

Up until the age of 18, we are our children's primary caregiver and since it is us who primarily buy's the food and cooks the food for them, we are responsible for what goes into their mouth.

Childhood obesity is associated with a higher chance of obesity, premature death and disability in adulthood. But in addition to increased future risks, obese children experience breathing difficulties, increased risk of fractures, hypertension, early markers of cardiovascular disease, insulin resistance and psychological effects.



**WARNING**

**FAT PREVENTION BEGINS AT HOME.  
AND THE BUFFET LINE.**



**WARNING**

**IT'S HARD TO BE A LITTLE GIRL  
IF YOU'RE NOT.**

# YOU MAKE THE CHOICES YOUR CHILDREN DON'T!



OUR CHILDREN FOLLOW OUR EXAMPLE,  
GENERALLY FAT AND SEDENTARY  
ADULTS CREATE FAT CHILDREN



**WE NEED TO TEACH OUR CHILDREN  
TO EAT REAL FOOD.**

**NO FAST FOODS.**

**NO JUNK FOODS.**

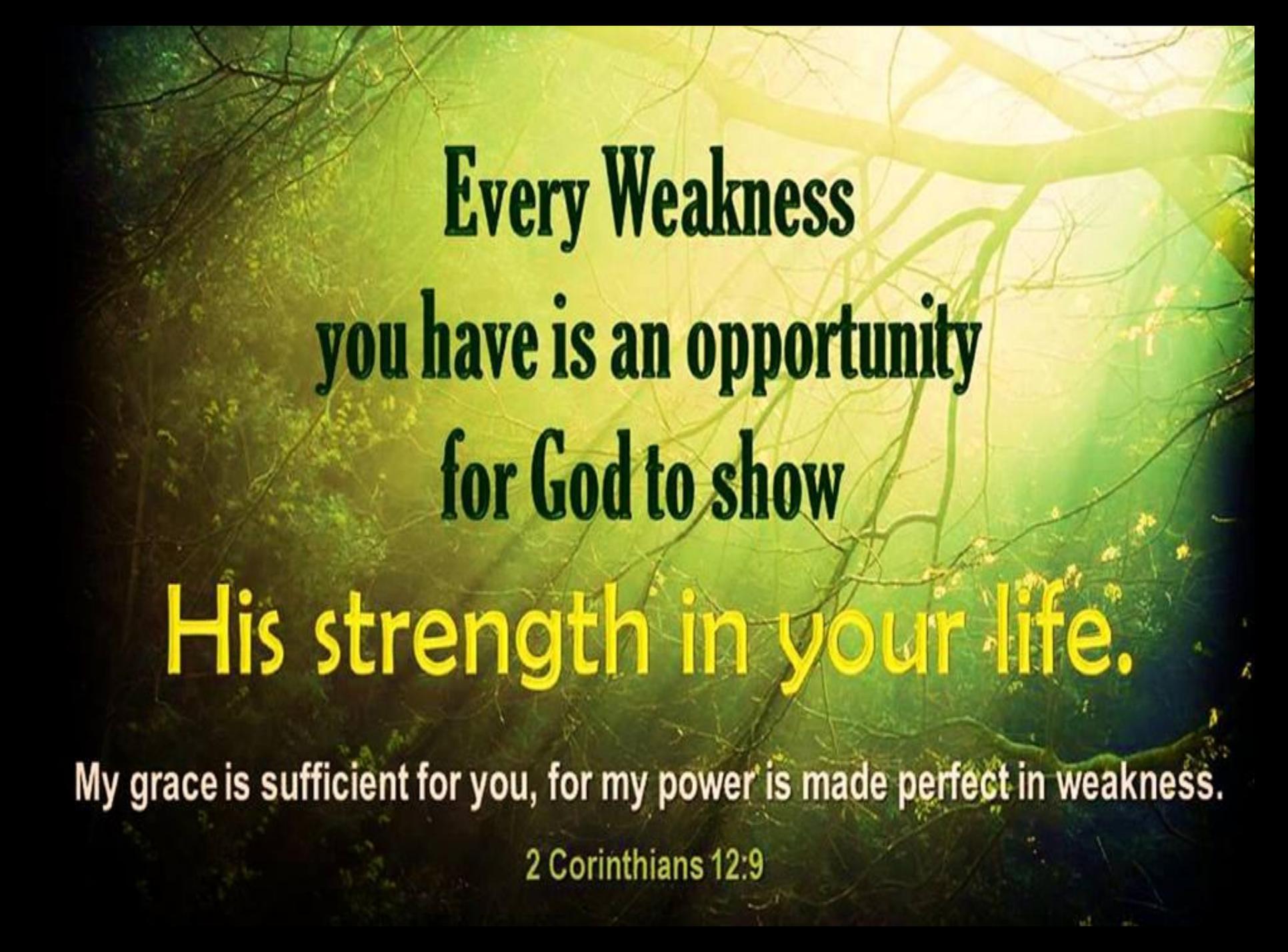
**NO PROCESSED FOODS.**

**JUST HONEST, NUTRITIOUS, REAL FOOD.**



## Gluttony is sheer defiance of reasonable and balanced behaviour.

Benjamin Franklin says of man's proclivity to overeat, "In general, mankind, since the improvement of cookery, eats twice as much as nature requires." Each person must determine what is necessary to sustain him, measuring his indulgence in eating and drinking to ensure it is healthy for him.



**Every Weakness  
you have is an opportunity  
for God to show  
His strength in your life.**

**My grace is sufficient for you, for my power is made perfect in weakness.**

**2 Corinthians 12:9**

# WHAT'S REALLY EATING YOU?

Gluttony has to do with much more than food. A glutton is one who craves food but a glutton is also any person who is craving for something to satisfy his soul.

For the hunger we feel is a much deeper hunger than to fill our stomach. For there is a great cavity within each one of us that earns to be filled. We often fill that hunger with things - clothes, jewellery, cars, sex, food, drugs and alcohol.

# GO TO THE THRONE INSTEAD OF THE FRIDGE

We eat out of boredom, we eat to reward ourselves, we eat out of frustration (so easy to eat when we are upset), we eat when we are depressed, we eat when we are stressed or angry. We eat because we hope it will satisfy our longing. But it doesn't.

Our real inner longing isn't for food. It is for something deeper and more meaningful. Our longing is for purpose, for love, for community, for YHWH. That is why YHWH put that hunger in us.

<http://www.sermoncentral.com/>

## The prophet Amos made this charge against the people of Israel:

Amos 6:-5 You lie on beds inlaid with ivory and lounge on your couches. You dine on choice lambs and fattened calves. You strum away on your harps like David and improvise on musical instruments. You drink wine by the bowlful and use the finest lotions, but you do not grieve over the ruin of Joseph.

The nation was in political, and more important yet, spiritual ruin and yet they drank and indulged themselves to excess so they ignored their problems. Like someone who goes to the fridge to get a sandwich or another bottle of beer rather than to deal with the problems in their life. They escape reality but nothing is really changed. To close my eyes to a situation does not take it away.

# GLUTTONY IS AN ATTRIBUTE OF THE WICKED

JOB 15:20-21, 27 20 The wicked man labours with pain all his days, and the number of years is hidden by the oppressor. 21 A dreadful sound is in his ears: in prosperity the destroyer shall come upon him. 27 Because he covers his face with fatness, and has put fat on his loins.

## PROVERBS 13:25 (Solomon)

25 The righteous eats to the satisfying of his soul: but the belly of the wicked shall want.

## JEREMIAH 5:26-28

26 For among my people are found wicked men: they lay wait, as he that sets snares; they set a trap, they catch men.

27 As a cage is full of birds, so are their houses full of deceit: therefore they are become great, and grown rich.

28 They are grown fat, they shine: yes, they overpass the deeds of the wicked: they do not judge the cause, the cause of the fatherless, yet they prosper; the right of the needy they do not judge.

# OUR THREE OPPONENTS TO OVERCOME

The Believer has three opponents that he must overcome in order to inherit the promises of YHWH. These three opponents are the world, the flesh nature and HaSatan. A Believer overcomes the world at the point that he believes that Yahshua HaMashiach is the Son of YHWH.

All Believer's have overcome the world in their belief in Yahshua the Messiyah. However, a Believer must also overcome the flesh nature and satan in order to inherit the promises of YHWH to rule and reign with Yahshua HaMashiach in His kingdom.

The Believer must put on the whole armor of YHWH as explained in Ephesians 6:11-17 in order to overcome satan. The final opponent in the Believer's life is our own flesh nature. This message addresses the lusts of the flesh nature, which is in opposition to the Fruit of the Spirit. A Believer overcomes the lusts of his flesh nature by walking or being controlled by his spirit nature, which is in harmony with the Holy Spirit. <http://www.ffruits.org/>

(Gal 5:17 NIV) For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.

In the final day of accounts many sincere individuals are going to be turned away from heaven's door.

"Many will say to Me in that day, Master, Master, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name? And then I will declare to them, I never knew you; depart from Me, you who practice lawlessness!" (Matt. 7:22-23).

Yahshua said at that time there "will be weeping and gnashing of teeth, when you see Abraham and Isaac and Jacob and all the prophets in the kingdom of YHWH, and yourselves thrust out" (Luke 13:28).



# WE WILL SEE A GREAT FALLING AWAY DURING THESE END TIMES

It is sad to see one fall away who has "tasted the heavenly gift, and have become partakers of the Ruach HaKodesh/Holy Spirit, and have tasted the good word of YHWH and the powers of the age to come" (Heb. 6:4-5).

It is sad because they had once "escaped the pollutions of the world through the knowledge of the saviour Yahshua HaMashiach" (2 Pet. 2:20). Now, with an unrepentant heart, they "crucify again for themselves the Son of YHWH, and put Him to an open shame"(Heb. 6:6).

# WHY DIFFICULT TIMES

2Tim 3:1-7 HCSB

## IN THE LAST DAYS?

Because people will be:

1. Lovers of self,
2. Lovers of money,
3. Boastful,
4. Proud,
5. Blasphemers,
6. Disobedient to parents,
7. Ungrateful,
8. Unholy,
9. Unloving,
10. Irreconcilable,
11. Slanderers,
12. Without self-control,
13. Brutal,
14. Without love for what is good,
15. Traitors,
16. Reckless,
17. Conceited,
18. Lovers of pleasure rather than lovers of God.
19. Holding to the form of religion but denying its power.
20. Led along by a variety of passions (lusts),
21. Always learning and never able to come to the knowledge of the truth.

**Avoid These People!**

Lope Cofurnia



# 3 THINGS THAT COULD KEEP YOU OUT OF HEAVEN

Let us notice three things that will keep people out of heaven -- even individuals who at one time took their place among those who would hunger and thirst after righteousness.

"Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world -- the lust of the flesh, the lust of the eyes, and the pride of life -- is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of YHWH abides forever." (1 John 2:15-17).

The things of the world may be desired and possessed for the uses and purposes which YHWH intended -- they are to be used to His glory. The world draws the heart away from YHWH, and the more the love of the world prevails, the more the love of YHWH decays.

<http://www.padfield.com/>

The lust of the flesh pertains to anything whereby we are tempted to gratify the body, whether it is sex, food, drugs, or any other physical gratification that would stimulate the bodies natural senses. These senses are not evil or wicked in and of themselves, but when we are tempted to disobey the commandments of our Creator in order to gratify our body, then it becomes the sin of “the lust of the flesh.”

Any time that we seek to gratify our body outside of the parameters of our Father’s commandments, then we are worshiping our body and we are making our body and our sensual nature into an idol.

Make no mistake about it, the conflict with your flesh is one of the most hostile wars you will fight as a Believer.

As long as you live in the earth realm, you will have to battle with your body daily. Left unchecked, your flesh will run buck wild!

You'll find yourself overeating, lazy and slothful, committing sexual sins, engaging in adultery, homosexuality and lesbianism, practicing bulimia and given to drug, alcohol and pornographic addictions. You need to learn how to pull out the big guns and tame your flesh!

**THIS  
MEANS WAR**



Galatians 5: 17, 19-21 17 For the flesh lusts against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that you cannot do the things that you would.

19 Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, 20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,

21 Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, **that they which do such things shall not inherit the kingdom of YHWH.**

In this cataclysmic war, one of two things is going to happen: (1) your flesh will win and you will eventually find yourself looking in the mirror of life with deep regret, or (2) you will rise up with the Sword of the Spirit and make your flesh obey you!!!

### **You Must Make Your Flesh Obey You!!!**

In Galatians 5:17, you read how your flesh lusts or wars against your spirit and how your spirit lusts or wars against your flesh. The outcome of these tense battles will be determined by how you answer this critical question, “Do you follow the scriptural instructions for taming your flesh. Before your answer, read the instructions and digest them carefully.

# HAVE YOU MORTIFIED AND CRUCIFIED THE FLESH

YHWH commands you to mortify, crucify and bring your flesh into subjection. If you don't obey those commands, I can tell you with one hundred percent prophetic accuracy; your flesh is going to dominate your spirit. And when that happens, you are subject to commit any of the seventeen destructive works or occupations of the flesh you just read in Galatians 5:17-21

# WHY IS TEMPERANCE ESSENTIAL TO THE BELIEVERS WALK

The virtue of temperance (or self-control) moderates the desire for pleasure. The temperate person exercises control over his or her appetites and desires and protects himself from this self-destruction of pleasure seeking. A drunkard who cannot control his intemperate appetite debases his human nature by delivering his reason and will to the slavery of alcohol. The temperate person does not allow alcohol to enslave his reason and frustrate his will.

The virtue of sobriety regulates a person's desire for and use of intoxicating drink. Temperance in eating means to eat just enough to maintain good health. It follows a middle path between gluttony which would destroy health by an excess of food and starvation, or extreme fasting, which would destroy health by excessive lack of food.

# HE TOLD US TO HUNGER AND THIRST AFTER HIM

YHWH wants us to pursue Him, to love Him, not from duty or obligation or fear; but because He is good and worthy. Holiness that is majestic and beautiful cannot be contaminated by other loves, even of food or things!

So, let's be aware of any misuse of the blessings of YHWH in a way that would allow them to substitute for Him.

I have seen you in the sanctuary and beheld  
your power and your glory.

Because your love is better than life,  
my lips will glorify you.

I will praise you as long as I live,  
and in your name I will lift up my hands.

My soul will be satisfied as with  
the richest of foods;

with singing lips,

my mouth will praise you."

(Psalm 63:2-5, NIV)

A yellow sign with black text is mounted on a metal post. The sign is rectangular and has four circular holes along its top edge. The text is arranged in five lines, reading from top to bottom: "GOD WANTS FULL", "CUSTODY", "NOT JUST", "WEEKEND VISITS". The sign is set against a background of green grass and trees under a clear sky.

**GOD WANTS FULL  
CUSTODY  
NOT JUST  
WEEKEND VISITS**

## WE SHOULD FEAST AT THE APPOINTED TIMES FOR STRENGTH

When we use food or drink in a way that injures our health or impairs our mind, we are guilty of the sin of gluttony.

King Solomon, a man familiar with feasting and abundance, advises, "Blessed are you, O land, when your king is the son of nobles, and your princes feast at the proper time—for strength and not for drunkenness!" (Ecclesiastes 10:17). We should eat food primarily at meal times and for strength, not satiation.

# SELF CONTROL IS MAKING HEALTHY CHOICES AND LIMITING PORTION SIZES



## WHY IS IT CONDEMNED TO DRINK TO EXCESS, BUT EATING IN EXCESS IS CONDONED

Throughout the Bible, gluttony and drunkenness have been condemned with the same degree of YHWH's displeasure. Nevertheless, we find many among the followers of Yahshua who have failed to see this.

All true children of YHWH, I feel, are opposed to drunkenness in any degree. At the same time, many of these prohibitionists are inclined to eat too much.

# WHY ARE MANY BELIEVER'S STILL BEING GLUTTONS?

Sin, as we know, is very subtle and deeply imbedded in the nature of mankind. Of the three elements of which this world is made - "the lust of the flesh, and the lust of the eyes, and the pride of life" (1Jn.2:16) - the lust of the flesh seems to be chief.

Many of us who follow Yahshua have been deceived by this demon of lust and have made gluttons of ourselves. We have often denounced "the lust of the flesh" in other respects, but not in our overeating.

1 Peter 4:33 For you have spent enough time in the past doing what pagans choose to do--living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry. 4 They think it strange that you do not plunge with them into the same flood of dissipation, and they heap abuse on you. 5 But they will have to give account to him who is ready to judge the living and the dead. 6 For this is the reason the gospel was preached even to those who are now dead, so that they might be judged according to men in regard to the body, but live according to YHWH in regard to the spirit. 7 The end of all things is near. Therefore be clear minded and self-controlled so that you can pray.

# GLUTTONS CANNOT PLEASE YHWH BECAUSE THEIR TRUE LOVE IS THE FLESH

## ROMANS 8:5-13 (Paul)

5 For those who are according to the flesh do mind the things of the flesh; but those who are according to the Spirit, the things of the Spirit.

6 For to be carnally minded is death; but to be spiritually minded is life and peace. 7 Because the carnal mind is enmity against YHWH: for it is not subject to the law of YHWH, neither indeed can be.

8 So then those who are in the flesh cannot please YHWH.

9 But you are not in the flesh, but in the Spirit, if so be that the Spirit of YHWH dwells in you. Now if any man have not the Spirit of Messiyah, he is none of his. 10 And if Messiyah is in you, the body is dead because of sin; but the Spirit is life because of righteousness.

WHAT HAPPENS TO ME IF I KEEP  
BEING A GLUTTON



# HOW DO LUST AND GREED RELATE TO GLUTTONY?

Basically, lust is an intense longing or excessive craving for something—anything—and greed is excessive or insatiable desire to accumulate things. Lust and greed are never satisfied, as James 4:1-2 says:

"Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members? You lust and do not have. You murder and covet and cannot obtain."

## GLUTTONY IN PEOPLE OF FAITH

Ferraro, studying correlations between religious behavior and body mass index, found in a 1998 study that those states with large numbers of persons professing a religious affiliation had higher than average numbers of obese people.

In the new study, he breaks this down by specific creed, and reports that whereas 1 one percent or less of those embracing the Jewish, Muslim, Hindu, Buddhist or other non-Christian religions qualify as obese.

The numbers of the markedly overweight rise dramatically the further one goes toward the Christian fundamentalist end of the spectrum: around 17 percent of Catholics, 18 percent of Methodists, 20 percent of Pentecostal and Assemblies of God parishioners, and a striking 27 percent of Baptists, including the Southern, North American and Fundamentalist wings.



Thanks to Tobias Nilsson

02-22-2008

SURE I KNOW MY BODY IS A TEMPLE ... I'M  
JUST A MEGA-CHURCH

According to the Gallup Inc., "Very religious Americans are more likely to practice healthy behaviours than those who are moderately religious or nonreligious."

Gallup further declares: "Very religious Americans make healthier choices than their moderately religious and nonreligious counterparts across all four of the Healthy Behaviour Index metrics, including smoking, healthy eating, and regular exercise. Smoking is one area of particular differentiation between the very religious and less religious Americans, with the nonreligious 85% more likely to be smokers than those who are very religious."

FEAST  
*or*  
GLUTTONY

# GLUTTONY IS EATING MORE THAN YOU NEED WITH A GREEDY HEART:

A heart that is seeking satisfaction and fulfilment in the food.

A heart that just wants more and more.

A heart that isn't satisfied.

A heart that thinks you deserve it.

A heart that is focused inward on yourself instead of outward on YHWH and others.

# SECOND HELPINGS CONTRIBUTED TO THIS PERSON'S OBESITY



## FEASTING IS ENJOYING A MEAL WITH PEOPLE YOU LOVE & THANKS FOR GOD'S PROVISION:

Enjoying the people that God has brought into your life, even the challenging ones.

Thanking God for providing.

Experiencing the common grace of delicious food.

Remembering that God tells us to taste and see that the Lord is good (Ps. 34:8).

Anticipating the meal that we'll eat with Jesus at the wedding supper of the Lamb (Rev. 19:9).

# ENJOYING YHWH'S PROVISION OF BOUNTIFUL FOOD



1 Corinthians 6:12 - All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.

# WHAT DID YAHSHUA SAY ABOUT BEING A GLUTTON

Obviously, Yahshua saw this deceiving "demon" at work when he enjoined his disciples, "Take heed to yourselves, lest at any time your hearts be with overcharged with surfeiting [self-indulgence or gluttony], and drunkenness, and cares of this life, and so that day come upon you unawares" (Luke 21:34).

There have never been so many overcharged hearts as we find today, and not all of these heart failures are coming from drunkenness and cares of this life.

In fact, none should be coming from these two charges among the saints of YHWH. But what about from "surfeiting", or self-indulgence in eating?

Tens of thousands of truly converted people are sick and are suffering with heart trouble coming from high blood pressure or other ailments which result from overeating. <http://www.isaiah58.com/>

# YAHSHUA AND HIS DISCIPLES WERE NEVER GLUTTONS

Did you ever wonder why artists have never depicted any of Yahshua's disciples as being overweight or of the fleshy type? No one could have followed Jesus very long and remained overweight. There were times when Yahshua's and his disciples could not so much as pause for a meal (Mk.3:20). What about you? Some have gone so long without fasting and have gained so much surplus weight that the demon of lust will not let them fast. He makes them sick and nervous every time they try. No, the artists have yet to paint one drunkard or glutton among the followers of our Messiyah.

# YAHSHUA ATE HEALTHY AND EXERCISED ALOT

It's said that Jesus walked an average of 20-25 miles per day during his ministry. So the grand total of miles Yahshua walked in His 33 years on earth while traveling on trips would be 21,525.



YAHSHUA AND HIS DISCIPLES WALKED  
APPROXIMATELY 20 MILES PER DAY



# WHY SHOULD I DENY MY FLESH

(1 Cor 6:20 KJV) For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

Drinking alcohol does not glorify YHWH in your body, instead it actually begins to destroy your body which is the violation of the sixth commandment. Being a Glutton likewise destroys the health of your body, mind and spirit.

(1 Cor 10:31 KJV) Whether therefore you eat, or drink, or whatsoever you do, do all to the glory of YHWH.

IT'S TIME TO WATCH WHAT  
YOU EAT!



(Col 3:17 KJV) And whatsoever you do in word or deed, do all in the name of Yahshua, giving thanks to YHWH the Father by him.

(Rom 14:7-8 KJV) For none of us lives to himself, and no man dies to himself. For whether we live, we live unto Yahshua; and whether we die, we die unto Yahshua: whether we live therefore, or die, we are Yahshua's.

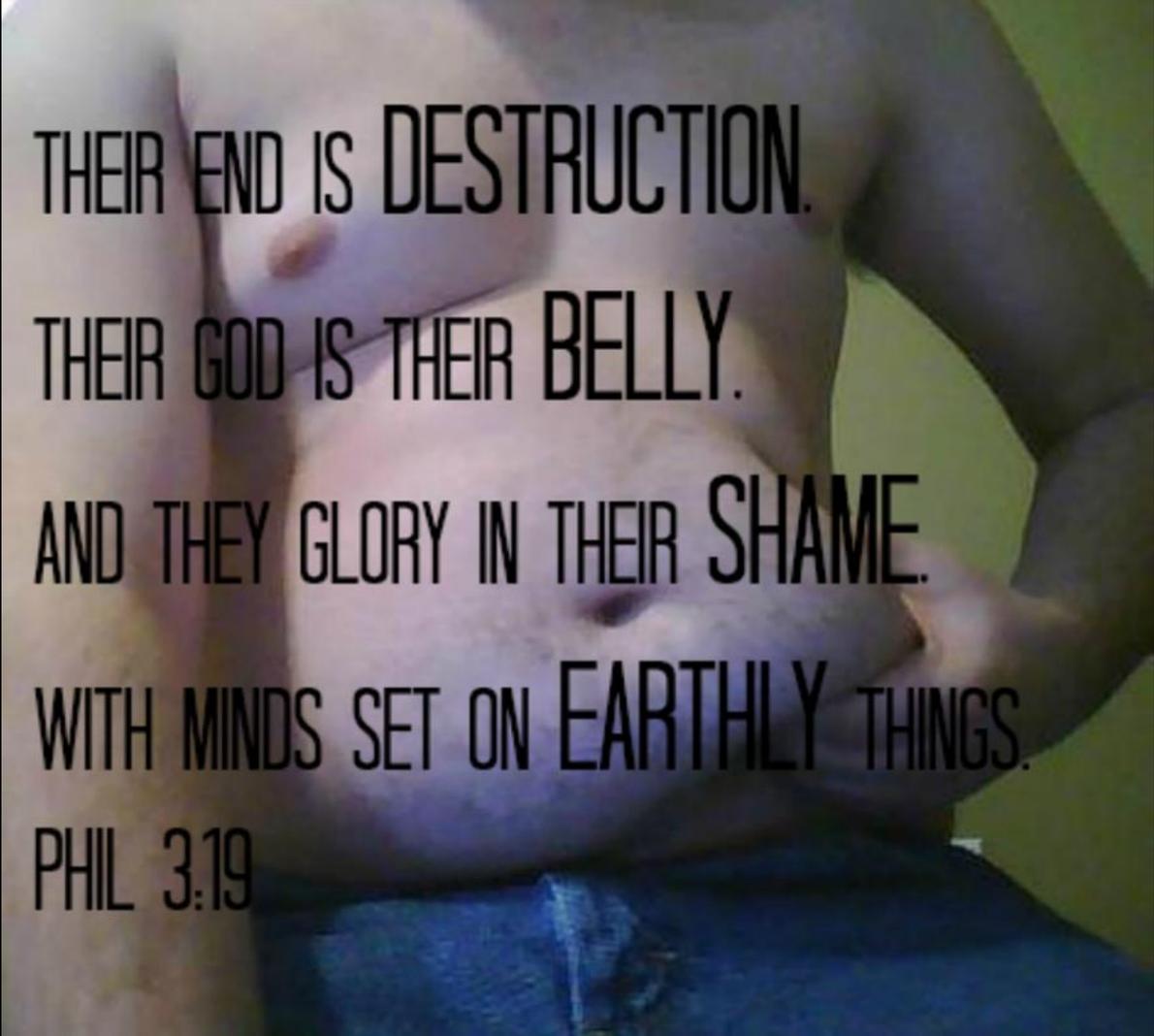
(Rom 13:14 KJV) But put on Yahshua HaMashiach, and make not provision for the flesh, to fulfil the lusts thereof.

# IS YOUR BELLY YOUR GOD?

Apostle Paul in his description of some in the early church at Philippi: "Brethren, be followers together of me, and mark them which walk so as ye have us for an example.

(For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Messiyah, whose end is destruction, whose god is their belly, and whose glory is in their shame, who mind early things.)  
(Phil.3:17-19).

# PAUL IS TALKING ABOUT BELIEVER'S IN THIS SCRIPTURE



THEIR END IS DESTRUCTION.

THEIR GOD IS THEIR BELLY.

AND THEY GLORY IN THEIR SHAME.

WITH MINDS SET ON EARTHLY THINGS.

PHIL 3:19

**BUT MARK THIS:**  
**THERE WILL BE TERRIBLE TIMES IN THE LAST DAYS.**  
**PEOPLE WILL BE LOVERS OF THEMSELVES,**  
**LOVERS OF MONEY,** BOASTFUL, PROUD,  
ABUSIVE, **DISOBEDIENT TO THEIR PARENTS,**  
**UNGRATEFUL,** UNHOLY, **WITHOUT LOVE,**  
**UNFORGIVING,** SLANDEROUS,  
**WITHOUT SELF-CONTROL, BRUTAL, NOT LOVERS OF THE GOOD,**  
**TREACHEROUS, RASH, CONCEITED,**  
**LOVERS OF PLEASURE** RATHER THAN LOVERS OF GOD  
— **HAVING A FORM OF GODLINESS**  
**BUT DENYING ITS POWER.**

**HAVE NOTHING TO DO WITH SUCH PEOPLE.**

AN EXAMPLE OF  
GLUTTONY FROM  
THE ISRAELITES

In Numbers 11, the Israelites in the wilderness, inclined to be excessive, let lust and greed rule them. Their **gluttony** exposes other sins hidden below the surface: **ingratitude, wastefulness, lust, greed, covetousness and licentiousness.**



Still, many give into their desire for other types of food, especially meat. "Now the mixed multitude who were among them yielded to intense craving; so the children of Israel also wept again and said, 'Who will give us meat to eat?'"

The chapter begins with some of them complaining of being tired of eating only YHWH-given manna. Displeased with them, YHWH burns up some of the complainers in the outskirts of the camp as a warning.



Moshe, tired of the Israelites complaining about not having meat, complains to YHWH about the complaining Israelites (verses 10-15)! YHWH, although not pleased with the Israelites, tells him that He would provide the entire nation with meat (verses 16-20).

Moshe immediately assumes it would come from the flocks and herds (verses 21-22), but YHWH performs a miracle to further show His providence: Quail flutter just above the ground near the camp for about a day's journey in all directions!



And the people stayed up all that day, all that night, and all the next day, and gathered the quail (he who gathered least gathered ten homers [about ten donkey loads]); and they spread them out for themselves all around the camp.

But while the meat was still between their teeth, before it was chewed, the wrath of YHWH was aroused against the people, and YHWH struck the people with a very great plague. So he called the name of that place Kibroth Hattaavah [Graves of Craving], because there they buried the people who had yielded to craving. (verses 32-34)

<http://www.cgq.org/>

# WHY WAS YHWH ANGRY WITH THE PEOPLE

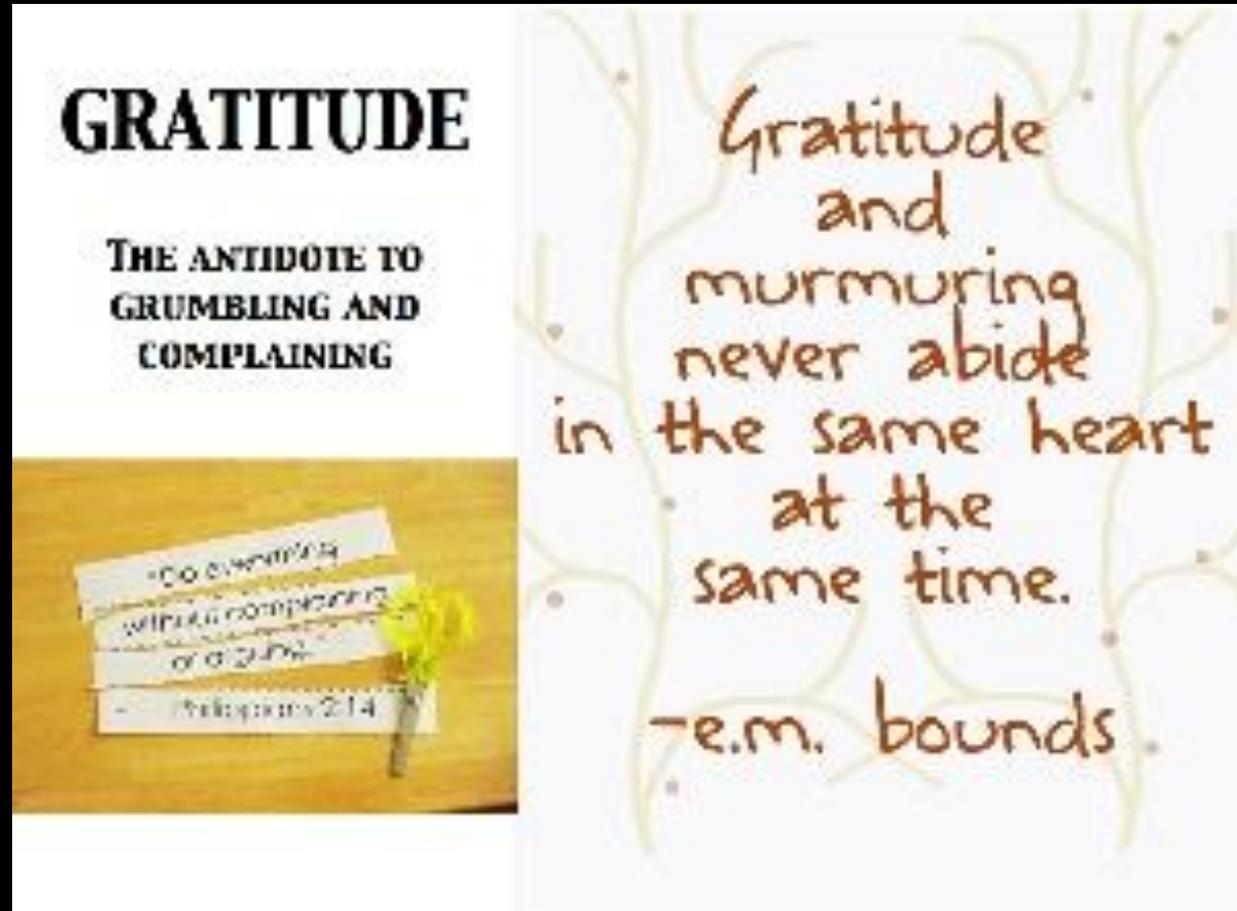
b. Complaining is infectious (note: Started with the rabble (v.4) spread to the Israelites at large, then engulfed even Moses (v.11-15 who complains to YHWH about his task asking that YHWH kill him--for the burden of leading the people was too great)

Application: When in the presence of someone who is grumbling and complaining. Rather than join in, we need to do what we can to turn them away from their folly. If that is not possible, then don't spend time in their company.

# Philippians

2:14-15

"Do everything without grumbling or arguing, so that you may become blameless and pure, "children of YHWH without fault in a warped and crooked generation."



## HEBREW MEANING OF GLUTTON

When we look at the original languages behind the English translations, we find the same thing. The Hebrew word for “glutton” in Proverbs 23:21 is zalal, which literally means “to shake” or “to quake” and describes someone who is “loose morally, worthless, or prodigal.” The Hebrew word for “appetite” in Proverbs 23:2 is the Hebrew word nephesh, which refers to “any appetite” and is synonymous with “greed and lust.”

IT'S TIME TO STOP SAYING  
YES TO THE FLESH  
AND

**DENY  
YOURSELF**



In all four gospel accounts, our Messiah commanded us to do these three things:

- 1.) deny ourselves
- 2.) take up our cross
- 3.) follow him

Matthew 16:24 Then said Yahshua unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me.

These same three commandments are repeated again in the other three gospels in Mark 8:34, Mark 10:21, and Luke 9:23. We are commanded to die to the old man “daily:”

# Do Not Love the World

1 John 2:15 Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. 16 For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. 17 The world is passing away, and also its lusts; but the one who does the will of YHWH lives forever.

The five senses; taste, touch, smell, hearing, and seeing, all report to the carnal mind – which is the enemy of YHWH. These senses are what Satan uses to tempt us! The lust of the flesh includes tasting, touching, smelling, and hearing. The lust of the eyes is seeing. The pride of life is thinking you are special because of who you are, what you have, what you know, or what you look like.

The enemy uses these three things, the lust of the flesh, the lust of the eyes, and the pride of life, to entice us to sin. Scripture shows this process at work in both the Garden of Eden and on the Mount of Temptation.

# YAHSHUA TAUGHT US BY EXAMPLE HOW TO OVERCOME THE TEMPTER

We see a parallel here. The devil that tempted Eve in the Garden of Eden came to tempt the Son of YHWH when he was here on earth. Satan tried the same three temptations during his conversation with Yahshua in the wilderness. First, he tempted Messiyah with the lust of the flesh.

He said, “If You are the Son of YHWH, command that these stones become bread” (Matthew 4:3). This is the first temptation of the lust of the flesh.

Second, he tempted Yahshua with the lust of the eyes. Matthew 4:8 says, “the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory”.

Third, he tempted Yahshua with the pride of life. Matthew 4:6 says, “If You are the Son of YHWH, throw Yourself down. For it is written: “He shall give His angels charge over you,” and, in their hand they shall bear you up, lest you dash your foot against a stone”.



7 Submit therefore to YHWH. Resist the devil and he will flee from you.

8 Draw near to YHWH and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

9 Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom.

10 Humble yourselves in the presence of YHWH, and He will exalt you.

Temptation is a trap set by the devil, and it is designed to get you to walk in disobedience to YHWH. Because Satan is a liar (John 8:44), the bait he uses often appears like something you need or desire, even something sweet, innocent or harmless. However, when you yield to temptation, you will always find the bitter fruit of sin.



The devil never gives you what he says he will. He may promise liberty and ecstasy, but he delivers bondage, guilt and shame. YHWH, on the other hand, is faithful and always keeps His Word.

# You Choose



“There hath no temptation taken you but such as is common to man: but God is faithful, who will NOT suffer you to be tempted *above that ye are able*; but will with the temptation also make a way to escape, that ye *may be able* to bear it.” I Corinthians 10:13

## IF WE FEAST OF THE TRUE BREAD WE WILL NOT BE GLUTTONS FOR REGULAR FOOD

John 6:30 Therefore they said to Him, "What sign will You perform then, that we may see it and believe You? What work will You do? Our fathers ate the manna in the desert; as it is written, 'He gave them bread from heaven to eat.'"

Then Yahshua said to them, "Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven. For the bread of YHWH is He who comes down from heaven and gives life to the world." REFERRING TO HIMSELF.

# YAHSHUA IS THE BREAD OF HEAVEN



## WHAT IS THE KEY TO FILLING THE HUNGER AND OUR CRAVINGS

John 6:34 Then they said to Him, "Yahshua, give us this bread always."

And Yahshua said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst. But I said to you that you have seen Me and yet do not believe. All that the Father gives Me will come to Me, and the one who comes to Me I will by no means cast out."

# YAHSHUA SHOWED US HOW TO OVERCOME THE FLESH?

**BY BEING A SERVANT TO YOUR BROTHER  
INSTEAD OF A SERVANT TO YOUR OWN FLESH.**

John 6:38 For I have come down from heaven, not to do My own will, but the will of Him who sent Me. This is the will of the Father who sent Me, that of all He has given Me I should lose nothing, but should raise it up at the last day. And this is the will of Him who sent Me, that everyone who sees the Son and believes in Him may have everlasting life; and I will raise him up at the last day."

# HE IS THE TRUE BREAD OF HEAVEN THAT FULFILLS US

John 6:45 "Most assuredly, I say to you, he who believes in Me has everlasting life. I am the bread of life. Your fathers ate the manna in the wilderness, and are dead. This is the bread which comes down from heaven, that one may eat of it and not die. I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world." The Jews therefore quarrelled among themselves, saying, "How can this Man give us His flesh to eat?"

# HE IS THE BREAD OF LIFE



John 6:53 Then Yahshua said to them, "Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day. For My flesh is food indeed, and My blood is drink indeed. He who eats My flesh and drinks My blood abides in Me, and I in him.

John 6: 57 As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me. This is the bread which came down from heaven; not as your fathers ate the manna, and are dead. He who eats this bread will live forever." These things He said in the synagogue as He taught in Capernaum.

# YAHSHUA WANTED THEIR FULL ALLEGIANCE

John 6:60 Therefore many of His disciples, when they heard this, said, "This is a hard saying; who can understand it?"

When Yahshua knew in Himself that His disciples complained about this, He said to them, "Does this offend you? What then if you should see the Son of Man ascend where He was before? It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life. But there are some of you who do not believe."

## WHEN THIS WALK GETS TOUGH, WILL YOU ABANDON THE MESSIAH ALSO?

For Yahshua knew from the beginning who they were who did not believe, and who would betray Him. And He said, "Therefore I have said to you that no one can come to Me unless it has been granted to him by My Father."

From that time many of His disciples went back and walked with Him no more: Once Yahshua effectively discouraged every fleshly motive for following Him, many stopped following.

If we could do the same thing - effectively discourage every fleshly motive for following Yahshua - how many would stop following Him in our churches today?

Instead, many churches encourage people to follow Yahshua for fleshly motives, promoting Jesus as a "product" to "fix" our life - just like bread will fix your hunger.

But those who come to Yahshua under such a sales and marketing approach will either come to YHWH in Spirit and in truth, or it will be revealed that it was never been granted to him by My Father to follow after Yahshua <http://www.enduringword.com/>

The disciples stand as examples of willingness to follow even if they don't understand it all.

Then Yahshua said to the twelve, "Do you also want to go away?"

But Simon Peter answered Him, "Master, to whom shall we go? You have the words of eternal life. Also we have come to believe and know that You are the Messiyah, the Son of the living YHWH."

Yahshua answered them, "Did I not choose you, the twelve, and one of you is a devil?" He spoke of Judas Iscariot, the son of Simon, for it was he who would betray Him, being one of the twelve.

WILL YOU WALK AWAY FROM YAHSHUA  
WHEN YOU ENCOUNTER GREAT  
CHALLENGES?



Will you return to the world as many other followers over the last 2 millennia have, or will you be like the great number of fence sitting lukewarm believers?

**WE KNOW WHAT YHWH SAYS WILL BE THERE OUTCOME.**

Revelation 3:14-22 “And to the angel of the church in Laodicea write: ‘The words of the Amen, the faithful and true witness, the beginning of YHWH's creation. “I know your works: you are neither cold nor hot. Would that you were either cold or hot!

So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth. For you say, I am rich, I have prospered, and I need nothing, not realizing that you are wretched, pitiable, poor, blind, and naked. I counsel you to buy from me gold refined by fire, so that you may be rich, and white garments so that you may clothe yourself and the shame of your nakedness may not be seen, and salve to anoint your eyes, so that you may see. ...

# YOU WERE CALLED TO BECOME A OVERCOMER, NOT A FAILURE

Yahshua said, 13 “Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. 14 But small is the gate and narrow the road that leads to life, and only a few find it.

Overcoming is hard—difficult—it is a life-long struggle. But it IS possible. You can overcome.

The Bible is filled with accounts of YHWH's greatest servants battling to overcome sin. In nearly every case, they had to learn difficult, and sometimes painful, lessons. When examined collectively, Moses, Noah, David, Samuel, Peter and others are seen to have fought every kind of problem known to man.

They battled sins, weaknesses, faults, attitudes, and pulls and temptations of the flesh. David fought sins and wrong attitudes and overcame them. Moses lacked faith and confidence and had a temper that he had to overcome. Yet, he will hold a great office in YHWH's kingdom.

Both Job and Elijah fought discouragement and depression, even to the point of wanting to die. But these men endured—they overcame. They slew their problems, rather than being slain by them!

Revelation 2:26-27 And he that overcomes, and keeps my works (i.e TORAH KEEPERS) unto the end, to him will I give power over the nations.

Revelation 3:21 To him that overcomes will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne.

# TORAH KEEPERS



Moses  
Exodus 17:9  
Deuteronomy 34:6



Aaron  
Exodus 28:35  
Leviticus 10:6



Shimon  
Leviticus 10:6  
Numbers 35:15



Jesus  
Matthew 23:2  
Mark 12:13



John the Baptist  
Matthew 23:2  
Mark 12:13



John the Baptist  
Matthew 23:2  
Mark 12:13

# YOU'RE IN GOOD COMPANY

# THE PEOPLE OF SODOM WERE GLUTTONS

Gluttony is a sin that historically has been closely associated with wealth. Even Sodom was used as an example, later in history, for “pride, fullness of bread, and abundance of idleness ... neither did she strengthen the hand of the poor and needy.” Ez. 16:49 It seems that Sodom is remembered for laziness and gluttony rather than the gross immorality which we often think of when we think of Sodom. Sodom was wealthy, proud, and gluttonous, and did not use her extra resources to help the poor. So YHWH let her be destroyed. Doesn't that remind you of our Western Society?

# PROVERBS 23:1-3

When you sit down to dine with a ruler,  
think carefully about who is before you.

2 If you have a big appetite,  
put a knife to your throat!

3 Don't be greedy for his delicacies, for they  
are deceptive food.

LISTEN TO THE VOICE OF YHWH  
NOT THE DEVIL



Mark 9:43-48 If your hand causes you to sin, cut it off. It is better for you to enter life maimed than with two hands to go into hell, where the fire never goes out. 45 And if your foot causes you to sin, cut it off. It is better for you to enter life crippled than to have two feet and be thrown into hell. 47 And if your eye causes you to sin, pluck it out. It is better for you to enter the kingdom of YHWH with one eye than to have two eyes and be thrown into hell, 48 where " 'their worm does not die, and the fire is not quenched.'

MANY PEOPLE EAT FROM STRESS AND ANXIETY BUT YHWH SAYS

Matthew 6:25-34 “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them.

Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. ...

## ONCE YOU REPENT - SIN NO MORE!

YHWH can and will heal any disease coming from the evil of overeating; however, His healings still carry the command, "Sin no more, lest a worst thing come unto thee" (Jn.5:14).

That great man of YHWH, the apostle Paul, turns this emphatic statement of Jesus' into the question, "Shall we continue in sin, that grace may abound?" The answer is obviously "NO"; for when YHWH heals us, he wants us to cease doing whatever brought on our sickness.

IF YOU WILL FOLLOW TORAH, HE WILL  
TAKE AWAY YOUR SICKNESS AND HEAL  
YOU!

Listen to this promise of His, "If thou wilt diligently hearken to the voice of YHWH thy ELOHIM, and wilt do that which is right in his sight and wilt give ear to his commandments and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians [the world], for I am YHWH that heals thee" (Ex.15:26).

# I AM YHWH – I CHANGE NOT

Again, YHWH says to His people, "And you shall serve YHWH your ELOHIM, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee" (Ex.23:25).

Don't forget, YHWH never changes. The preceding promises are as much for us today as they were for Israel centuries ago.

A woman with her hair in a bun, wearing a white tank top, is seen from behind, looking into a mirror. She is holding a small object, possibly a hairbrush or a small mirror, near her face. The background is softly blurred, showing the reflection of her face in the mirror.

"If we don't continually remind ourselves of how he has chosen, renamed, and remade us, the struggle to grow in Christian character will become nothing more than another attempt at self-improvement, and self-improvement always results in self-loathing or pride."

-Elyse Fitzpatrick

# WE OFFER OUR BODIES AS A LIVING SACRIFICE

In our vow of holiness we offer our lives as a living sacrifice in service to Yahshua: "I urge you, then, brothers, remembering the mercies of YHWH, to offer your bodies as a living sacrifice, dedicated and acceptable to YHWH; that is the kind of worship for you, as sensible people. Do not model your behaviour on the contemporary world, but let the renewing of your minds transform you, so that you may discern for yourselves what is the will of YHWH and what is good and acceptable and mature."

Romans 12:1-2

Do Not Be Conformed To This World, But Be

# TRANSFORMED

metamorphousthe (Greek)





# CONFORMITY

WHEN PEOPLE ARE FREE TO DO AS THEY PLEASE,  
THEY USUALLY IMITATE EACH OTHER.

# ESAU SOLD HIS BIRTHRIGHT FOR A BOWL OF STEW

You remember that Esau sold his birthright to Jacob for a little "red pottage". Oh, that demon of gluttony! Esau, of course, had plenty of good wholesome food, for he was "a man of the field" - a deer hunter; still, he craved "red pottage" - a thick soup made by his brother Jacob.

Gen.25:30-35 Esau cried to Jacob, "Feed me, I pray thee, with that same red pottage" .

Jacob replied, "First sell me your birthright."



32 “Look, I am about to die,” Esau said. “What good is the birthright to me?”

Esau’s thought wasn’t that he was so hungry that he would die without food. Instead, the idea was “I will die one day anyway, so what good is this birthright to me?”

33 But Jacob said, “Swear to me first.” So he swore an oath to him, selling his birthright to Jacob.

34 Then Jacob gave Esau some bread and some lentil stew. He ate and drank, and then got up and left. So Esau despised his birthright.

There was a time when gluttons and drunkards were taken out by the elders of Israel and stoned to death (Deut.21:18-21).

Jacob knew that the birthright was valuable and he wanted it. Passages like Deuteronomy 21:17 and 1 Chronicles 5:1-2 tell us the birthright involved both a material and a spiritual dynamic. The son of the birthright received a double portion of the inheritance, and he also became the head of the family and the spiritual leader upon the passing of the father.

In the case of this family the birthright determined who would inherit the covenant YHWH made with Abraham, the covenant of a land, a nation, and the Messiah.

## WHAT WOULD YOU SELL YOUR INHERITANCE FOR?

And sold his birthright to Jacob: “History shows that men prefer illusions to realities, choose time rather than eternity, and the pleasures of sin for a season rather than the joys of YHWH forever. Men will read trash rather than the Word of YHWH, and adhere to a system of priorities that leaves YHWH out of their lives. Multitudes of men spend more time shaving than on their souls; and multitudes of women give more minutes to their makeup than to the life of the eternal spirit. Men still sell their birthright for a mess of pottage.” (Barnhouse)

BY DESPISING HIS INHERITANCE HE  
DESPISED THE ONE THAT GAVE IT

Hebrews 12:15-17: “Looking diligently lest any man fail of the grace of YHWH; lest any root of bitterness springing up trouble you, and thereby many be defiled; Lest there be any fornicator, or profane person, as Esau, who for one morsel of meat sold his birth right. For you know how that afterward, when he would have inherited the blessing, he was rejected; for he found no place of repentance, though he sought it carefully with tears.

## YHWH KNEW THAT ESAU WOULD NEVER SACRIFICE ANYTHING THAT HURT HIS FLESH

Thus Esau despised his birthright: Esau's character as a fornicator and profane person (according to Hebrews 12:16) shows YHWH was entirely correct in choosing Jacob over Esau to carry on the birthright, even though Jacob was younger.

Though Esau's character was not the basis for God's choosing (He chose Jacob over Esau before they were born), Esau's character showed the ultimate wisdom of YHWH's choice.

## What can we say about Esau?

1. He is impulsive.
2. He lives for the moment.
3. He demanded immediate gratification.

Someone said that we've got time and eternity all mixed up. Most of us live as if time is going to last forever and eternity is going to be very short. That's backwards. Time is very short, but eternity lasts forever. The only purpose for time is to get ready for where we're going to be for all eternity.

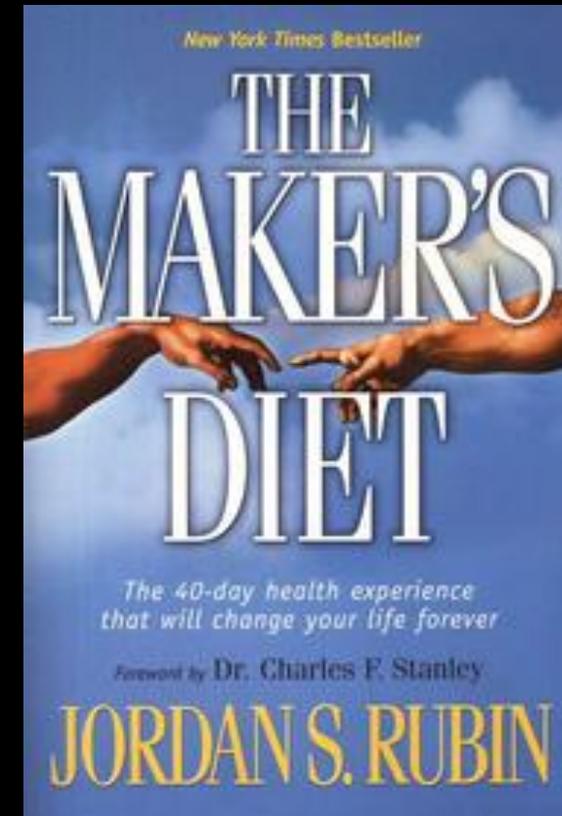
There are some things in life that are more important than other things. So many of us spend our days trading away the things that really matter for things that amount to nothing more than a bowl of “red stuff.”

Why is this story in the Bible? Because all of us are like Esau. This story is the flip side of the words of Jesus: “What good is it for a man to gain the whole world and lose his own soul (Mark 8:36). All of us stand in the place of Esau every single day. We face repeated temptations to sell that which means the most to us for that which is worth so little.

What are you willing to trade in order to get what you want in life? Your family? Your marriage? Your integrity? Your purity?

Esau stands forever as a man who threw it all away for one bowl of stew and never got another chance. Don't let that happen to you.

IF YOU WANT TO AVOID OBESITY AND SICKNESS FOLLOW A MAKER'S STYLE DIET



- Choose whole grain foods, such as brown rice and whole wheat bread. Avoid highly processed foods made with refined white sugar, flour, and saturated fat.
- Weigh and measure food in order to be able to gain an understanding of portion sizes. For example, a 3-ounce serving of meat is the size of a deck of cards. Avoid supersized menu items.
- Balance the food "checkbook." Taking in more calories than are expended for energy will result in weight gain. Regularly monitor weight.

# DELETE PROCESSED AND SURGARY FOODS FROM YOUR DIET



# TOP CANCER CAUSING FOODS



Processed meats



Cookies



Hot dogs



French fries



Doughnuts



Crackers



Chips



Bacon

# TOP ANTI CANCER FOODS

Leafy Green Vegetables



Cauliflower



Turmeric



Soursop



Broccoli sprouts



Noni



Tomatoes



Garlic

- Remember that much may be achieved with proper choices in serving sizes. NO SECOND PORTIONS.
- Accumulate at least 30 minutes or more of moderate-intensity activity on most, or preferably all, days of the week. Examples of moderate intensity exercise are walking a 15-minute mile, or weeding and hoeing a garden.
- Look for opportunities during the day to perform even 10 or 15 minutes of some type of activity, such as walking around the block or up and down a few flights of stairs.

I AM A CHRISTIAN SHOULD I KEEP SHABBAT AND  
YHWH'S DIETARY LAWS.....DEFINITELY YES!

GO TO OUR WEBSITE TO READ THIS PP  
PRESENTATION'S WHICH EXPLAIN THESE  
SUBJECTS AT [www.jonahministries.com.au](http://www.jonahministries.com.au)

SHOULD\_BELIEVERS\_KEEP\_THE\_BIBLES\_KOSHER  
\_FOOD\_LAWS\_PDF.pdf

LAW\_AND\_GRACE\_PART\_5A\_-  
\_KEEPING\_KOSHER\_AND\_EATING\_HALAL\_FOOD

# Should Christians Keep the Sabbath?



**KEEP  
CALM  
AND  
KEEP  
KOSHER**



EATING FOR THE



DOG TO GLORY OF GOD

A detailed microscopic image of a cell, showing various organelles and structures. A prominent green rod-like structure, possibly a flagellum or a specialized organelle, extends from the top right towards the center. The cell is filled with intricate details, including membranes, vesicles, and other cellular components, all rendered in a rich, reddish-brown color palette.

# How to Keep Food in its Rightful Place

1. Be consistent about what you eat.

2. Be consistent about when you eat.

3. Be consistent about how much you eat.

*They who*

have my  
commandments  
and keep  
them are  
those who  
**LOVE**  
me . . .

*John 14:21*

# OBESITY AND SLOTHFULNESS GENERALLY GO HAND IN HAND

Although, as defined above, sloth is more akin to apathy and inactivity, many English speakers narrow it to mean simple laziness, about which the Bible makes many comments.

Sloth is defined as spiritual or emotional apathy, neglecting what God has spoken, and being physically and emotionally inactive. Sloth can also indicate a wasting due to lack of use, concerning a person, place, thing, skill, or intangible ideal that would require maintenance, refinement, or support to continue to exist. Religious views concerning the need for one to work to support society and further God's plan and work also suggest that, through inactivity, one invites the desire to sin. "For Satan finds some mischief still for idle hands to do."

MAN WAS NOT CREATED TO BE  
SLOTHFUL



There is no room for laziness in the life of a Christian. A new believer is truthfully taught that “...it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of YHWH—not by works, so that no one can boast” (Ephesians 2:8-9).

But a believer can become idle if he erroneously believes YHWH expects no fruit from a transformed life.

“For we are YHWH's workmanship, created in Yahshua HaMashiach to do good works, which YHWH prepared in advance for us to do” (Ephesians 2:10).

Believers are not saved by works, but they do show their faith by their works (James 2:18, 26). Slothfulness violates YHWH's purpose—good works. YHWH empowers Believers to overcome the flesh's propensity to laziness by giving us a new nature (2 Corinthians 5:17).

# IDLE HAND'S GIVE THE DEVIL'S WORK



In our new nature, we are motivated to diligence and productiveness out of a love for our Savior who redeemed us. Our old propensity toward laziness—and all other sin—has been replaced by a desire to live godly lives: “He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need” (Ephesians 4:28). We are convicted of our need to provide for our families through our labors: “If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever”

(1 Timothy 5:8); and for others in the family of YHWH: “You yourselves know that these hands of mine have supplied my own needs and the needs of my companions. In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words Messiyah Yahshua himself said: 'It is more blessed to give than to receive'” (Acts 20:34-35).

[www.gotquestions.org](http://www.gotquestions.org)

# Is Gluttony The Alternative To Resurrection?

Paul's amazing statement in 1 Corinthians 15:19 that the life he has chosen is pitiable, if there is no resurrection. In other words Christianity, as Paul understands it, is not the best way to maximize pleasure, if this life is all that there is. Paul tells us the best way to maximize our pleasures in this life. "If the dead are not raised, let us eat and drink, for tomorrow we die" (1 Corinthians 15:32).

He does not mean something so naive as sheer epicureanism and debauchery. That is not the best way to maximize your pleasures, as anyone one knows who has followed the path of alcoholism and gluttony. Drunks and gluttons are to be pitied just like Christians, if there is no resurrection.

But what he does mean, when he says, "Let us eat and drink," is that, without the hope of resurrection, one should pursue ordinary pleasures and avoid extraordinary suffering. This is the life Paul has rejected as a Christian. Thus, if the dead are not raised, and if there is no God and no heaven, he would not have pummeled his body the way he did.

He would not have turned down wages for his tentmaking the way he did. He would not have walked into five whippings of 39 lashes. He would not have endured three beatings with rods. He would not have risked his life from robbers and deserts and rivers and cities and seas and angry mobs. He would not have accepted sleepless nights and cold and exposure. He would not have endured so long with backsliding and hypocritical Christians (2 Corinthians 11:23-29). Instead he would have simply lived the good life of comfort and ease as a respectable Jew with the prerogatives of Roman citizenship.

When Paul says, "If the dead are not raised, let us eat and drink," he does not mean, "Let's all become lechers." He means, there is a normal, simple, comfortable, ordinary life of human delights that we may enjoy with no troubling thoughts of heaven or hell or sin or holiness or God -- IF there is no resurrection from the dead. And what stunned me about this train of thought is that many professing Christians seem to aim at just this, and call it Christianity.

## PART 2

# THE GLUTTONY OF ALCOHOL

WHY EVERY BELIEVER SHOULD  
KNOW WHAT THE BIBLE SAYS  
ON THIS SUBJECT

YOU CANT FULFILL YOUR  
MINISTRY WITHOUT A  
SOBER MIND

2 Timothy 4:5

As for you, always be sober-minded, endure suffering, do the work of an evangelist, fulfill your ministry.

## Proverbs 23:29-35

29 Who has woe? Who has sorrow?

Who has strife? Who has complaining?

Who has wounds without cause?

Who has redness of eyes?

30 Those who tarry long over wine;  
those who go to try mixed wine.

31 Do not look at wine when it is red,  
when it sparkles in the cup and goes down  
smoothly.

32 In the end it bites like a serpent  
and stings like an adder.

33 Your eyes will see strange things,  
and your heart utter perverse things.

34 You will be like one who lies down in the midst  
of the sea,

like one who lies on the top of a mast.

35 “They struck me,” you will say,  
“but I was not hurt;

they beat me, but I did not feel it.

When shall I awake?

I must have another drink.”

## Ephesians 5:18-20

And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to YHWH with your heart, giving thanks always and for everything to YHWH the Father in the name of our Messiyah Yahshua HaMashiach.

Luke 21:34

“But watch yourselves lest your hearts be weighed down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a trap.

The bottom line here is this: Drunkenness is a sin, as is gluttony. These are selfish and harmful behaviours.

Drinking for merriment, when done in moderation, is fine, and can even be healthy mentally, emotionally, and spiritually. The only way one can drink and not get drunk is to exercise the fruit of the Spirit known as 'self control'.



Proverbs 20:1 ESV / 18 helpful votes

Wine is a mocker, strong drink a brawler,  
and whoever is led astray by it is not wise.

2 Corinthians 7:1 ESV / 16 helpful votes

Since we have these promises, beloved, let  
us cleanse ourselves from every defilement  
of body and spirit, bringing holiness to  
completion in the fear of God.

# THE BIBLE GIVES 75 WARNINGS ABOUT THE DANGERS OF ALCOHOL

There is more Scripture condemning the use of alcoholic beverages than will be found on the subjects of lying, adultery, swearing, cheating, hypocrisy, pride, or even blasphemy.

1) Genesis 9:20-26 - Noah became drunk; the result was immorality and family trouble.

2) Genesis 19:30-38 - Lot was so drunk he did not know what he was doing; this led to immorality

3) Leviticus 10:9-11 - YHWH commanded priests not to drink so that they could tell the difference between the holy and the unholy.

4) Numbers 6:3 - The Nazarites were told to eat or drink nothing from the grape vine.

5) Deuteronomy 21:20 - A drunken son was stubborn and rebellious.

6) Deuteronomy 29:5-6 - YHWH gave no grape juice to Israel nor did they have intoxicating drink in the wilderness.

7) Deuteronomy 32:33 - Intoxicating wine is like the poison of serpents, the cruel venom of asps.

8) Judges 13:4, 7, 14 - Samson was to be a Nazarite for life. His mother was told not to drink wine or strong drink.

9) 1 Samuel 1:14-15 - Accused, Hannah said she drank no wine.

10) 1 Samuel 25:32-38 - Nabal died after a drunken spree.

11) 2 Samuel 11:13 - By getting Uriah drunk, David hoped to cover his sin.

12) 2 Samuel 13:28-29 - Amnon was drunk when he was killed.

13) 1 Kings 16:8-10 - The king was drinking himself into drunkenness when he was assassinated

14) 1 Kings 20:12-21 - Ben-Hadad and 32 other kings were drinking when they were attacked and defeated by the Israelites.

15) Esther 1:5-12 - The king gave each one all the drink he wanted. The king was intoxicated when he commanded the queen to come.

16) Psalm 75:8 - The Lord's anger is pictured as mixed wine poured out and drunk by the wicked.

17) Proverbs 4:17 - Alcoholic drink is called the wine of violence.

21) Proverbs 23:29-30 - Drinking causes woe, sorrow, fighting, babbling, wounds without cause and red eyes.

22) Proverbs 23:31 - God instructs not to look at intoxicating drinks.

23) Proverbs 23:32 - Alcoholic drinks bite like a serpent, sting like an adder.

24) Proverbs 23:33 - Alcohol causes the drinker to have strange and adulterous thoughts, produces willfulness, and prevents reformation.

25) Proverbs 23:34 - Alcohol makes the drinker unstable

26) Proverbs 23:35 - Alcohol makes the drinker insensitive to pain so he does not perceive it as a warning. Alcohol is habit forming.

27) Proverb 31:4-5 - Kings, Princes, and others who rule and judge must not drink alcohol. Alcohol perverts good judgment.

28) Proverbs 31:6-7 - Strong drink could be given to those about to perish or those in pain. Better anesthetics are available today.

29) Ecclesiastes 2:3 - The king tried everything, including intoxicating drink, to see if it satisfied. It did not.  
(Ecclesiastes 12:8)

30) Ecclesiastes 10:17 - A land is blessed when its leaders do not drink.

31) Isaiah 5:11-12 - Woe to those who get up early to drink and stay up late at night to get drunk.

32) Isaiah 5:22 - Woe to "champion" drinkers and "experts" at mixing drinks.

33) Isaiah 19:14 - Drunken men stagger in their vomit.

34) Isaiah 22:12-13 - The Israelites choose to drink; their future looks hopeless to them.

35) Isaiah 24:9 - Drinkers cannot escape the consequences when YHWH judges.

36) Isaiah 28:1 - YHWH pronounces woe on the drunkards of Ephraim.

37) Isaiah 28:3 - Proud drunkards shall be trodden down.

38) Isaiah 28:7 - Priests and prophets stagger and reel from beer and wine, err in vision, and stumble in judgment.

39) Isaiah 28:8 - Drinkers' tables are covered with vomit and filth.

40) Isaiah 56:9-12 - Drinkers seek their own gain and expect tomorrow to be just like today.

41) Jeremiah 35:2-14 - The Rechabites drank no grape juice or intoxicating wine and were blessed.

42) Ezekiel 44:21 - Again God instructed the priests not to drink wine.

43) Daniel 1:5-17 - Daniel refused the king's intoxicating wine and was blessed for it along with his abstaining friends.

44) Daniel 5:1 - Belshazzar, ruler of Babylon; led his people in drinking.

45) Daniel 5:2-3 - The king, along with his nobles, wives, and concubines, drank from the goblets which had been taken from God's temple.

46) Daniel 5:4 - Drinking wine was combined with praising false gods.

48) Hosea 4:11 - Intoxicating wine takes away intelligence.

49) Hosea 7:5 - YHWH reproves princes for drinking.

50) Joel 1:5 - Drunkards awake to see God's judgment.

51) Joel 3:3 - The enemy is judged for selling girls for wine.

52) Amos 2:8 - Unrighteous acts of Israel included the drinking of wine which had been taken for the payment of fines.

53) Amos 2:12 - Israel is condemned for forcing Nazarites to drink wine.

54) Micah 2:11 - Israelites are eager to follow false teachers who prophesy plenty of intoxicating drinks.

55) Nahum 1:10 - The drunkards of Nineveh will be destroyed by YHWH.

56) Habakkuk 2:5 - A man is betrayed by wine.

57) Habakkuk 2:15 - Woe to him that gives his neighbor drink.

58) Habakkuk 2:16 - Drinking leads to shame.

59) Matthew 24:48-51 - A drinking servant is unprepared for his Lord's return.

60) Luke 1:15 - John the Baptist drank neither grape juice nor wine.

61) Luke 12:45 - Christ warned against drunkenness.

62) Luke 21:34 - Drunkenness will cause a person not to be ready for the Lord's return.

63) Romans 13:13 - Do not walk in drunkenness or immorality.

64) Romans 14:21 - Do not do anything that will hurt your testimony as a believer.

65) 1 Corinthians 5:11 - If a Christian brother is a drinker, do not associate with him.

66) 1 Corinthians 6:10 - Drunkards will not inherit the kingdom of YHWH.

67) Galatians 5:21 - Acts of the sinful nature, such as drunkenness, will prohibit a person from inheriting the kingdom of YHWH.

68) Ephesians 5:18 - In contrast to being drunk with wine, the believer is to be filled with the Spirit.

69) 1 Thessalonians 5:6-7 - Christians are to be alert and self-controlled, belonging to the day. Drunkards belong to the night and darkness.

70) 1 Timothy 3:2-3 - Bishops (elders) are to be temperate, sober, and not near any wine.



Colossians 3:1-17 (Go to this verse :: Verse pop-up)

John W. Ritenbaugh

Notice how many active words Paul uses in Colossians 3:1-17 to describe what a Christian must be doing:

"Seek those things which are above" (verse 1).

"Set your mind on things above" (verse 2).

"Put to death your members" (verse 5).

No one calls for Justice, nor does *any* plead for Truth. They trust in vanity; *confusion*, and speak lies; *scriptural untruths*. They conceive mischief; *trouble*, and give birth to evil; *sin*.

Therefore Justice is far from us, nor does Righteousness overtake us. We wait for Light, but *only* see obscurity; for brightness, *but* we walk in darkness.

So judgment is driven backwards, and Justice stands afar off, for Truth is fallen in the street, and equity cannot enter.

...Yahweh saw *this*, and it displeased Him that *there was* no Justice *in the Last Days*.

**Isayah 59:4, 9, 14-15**

THE NEXT TIME SATAN  
REMINDS YOU OF YOUR PAST,

**REMINDE HIM OF  
HIS FUTURE.**

MATTHEW 25:41

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