

REVIEW OUR TRICOTOMY: Flesh, Soul (mind will & emotions) & Spirit

Illustrate Flesh fighting with the Spirit for control of the Soul

REVIEW THE ENEMY:

Ephesians 6:12 “For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

Who is our enemy? _____

Romans 7:15 “I do not understand what I do. For what I want to do I do not do, but what I hate I do.”

How does the enemy get us to behave? _____

Share something you regretted doing or not done something. _____

UNGODLY EATING HABITS:

Tonight I want to talk about how the enemy fights for our spirit by attacking our flesh and soul through ungodly eating habits and not fasting. I am not speaking about being over or under weight from illness, injury or medication. I am addressing how our health affects our ability to serve GOD, whether fat or skinny.

Satan attacks our soul (mind, will and emotions) with food in order to get our spirit from GOD.

Philippians 3:18-20 ¹⁸ For, as I have often told you before and now tell you again even *with tears*, many live as enemies of the cross of Christ. ¹⁹ *Their destiny is destruction, their god is their stomach*, and their glory is in their shame. Their mind is set on earthly things. ²⁰ But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ,

How could Satan replace GOD with food, thereby using a person’s stomach for their destruction?

- You go to food when seeking _____ instead of going to prayer.
- You go to food to _____ instead of praise GOD.
- You go to food to as a reward.
- Ungodly _____ about others eating habits.
- Excessive amount of _____ or _____ excitement for a meal or snack that interferes with your GOD time.
 - I can’t wait to get out of church and get to lunch, the party or Christmas dinner.
 - I can’t wait to share what I cooked with everyone.
- _____
- _____

Satan attacks our flesh with food in order to get our spirit from GOD.

GLUTTONY

a person who eats and drinks excessively or voraciously.

a person with a remarkably great desire or capacity for something: *a glutton for work; a glutton for punishment.*

WHAT DOES GOD SAY ABOUT GLUTTONY?

Matthew 11:19 and Luke 7:34 The Son of Man came eating and drinking, and you say, 'Here is a glutton and a drunkard, a friend of tax collectors and sinners.'

Deuteronomy 21:18-21 ¹⁸ If someone has a stubborn and rebellious son who does not obey his father and mother and will not listen to them when they discipline him, ¹⁹ his father and mother shall take hold of him and bring him to the elders at the gate of his town. ²⁰ They shall say to the elders, "This son of ours is stubborn and rebellious. He will not obey us. He is a glutton and a drunkard." ²¹ Then all the men of his town are to stone him to death. You must purge the evil from among you. All Israel will hear of it and be afraid.

Gluttony hinders you from serving the kingdom by stealing your;

- Health by lowering your _____ and stamina
- Time by filling your schedule with _____ appointments
- Money by requiring you to spend money on co-pays, deductibles and medications
- Attitude by interfering with your _____
- _____
- _____
- _____

What does GODLY eating look like? Review Gluttony hinders you from serving the kingdom

- Types and amounts of food that _____ hinder you from serving the kingdom
- Types and amounts of food that _____ your ability to serve the kingdom

Why do you pray before you eat? _____

Do you pray about what and how much you should eat? _____

List some bad eating habits: _____

List some good eating habits: _____