



Daily Verse and Comment

Philippians 3:18-19

(18) For, as I have often told you before and now say 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 on earthly things.

New International Version

Paul writes in [Philippians 3:18-19](#) that gluttons tend to concentrate on physical things, neglecting their spiritual relationship with [God](#).

We may think such idolatry is rare among us, but the apostle says there are "many . . . whose god is their belly," their appetites, their physical senses. They break the first commandment, "You shall have no other gods before me," because their desire becomes a higher priority than their Creator and Sustainer. Gluttony breaks the rest of the commandments as well:

The second, when we serve or relinquish control to our physical desires. [Colossians 3:5](#) says, "Therefore put to death your members which are on earth: fornication, uncleanness, passion, evil desire, and [covetousness](#), which is idolatry." We "bow down" to a false god when we gratify our lusts of the flesh and of the eyes ([I John 2:16](#)).

The third, when we fail to uphold God's name—and all that it represents—in glory and honor. Many call themselves Christians and claim to follow [Christ](#), but lack the holy character God wants us to have ([I Peter 2:5](#), 9). Is "Glutton" the name God wants His holy people to have? [I Peter 1:15](#) answers, "He who called you is holy, you also be holy in all your conduct."

The fourth, when we use the [Sabbath](#), a feast day, to crave and overeat. Sometimes we do this under the assumption that, since we are fellowshiping, we can eat excessive amounts. Eating or drinking too much

is seeking our own pleasure, which [Isaiah 58:13-14](#) warns against in the context of the Sabbath:

If you turn away your foot from the Sabbath, from doing your pleasure on My holy day, and call the Sabbath a delight, the holy day of the LORD honorable, and shall honor Him, not doing your own ways, nor finding your own pleasure, nor speaking your own words, then you shall delight yourself in the LORD. . . .

The fifth, when we do not wisely use the many years of support and training we received from our parents. A child of any age who does not have [self-control](#) is a worry and an embarrassment to his parents. The glutton, abusing his body with excessive food, may not live even as long as his parents, fulfilling the inverse of the commandment's promise.

The sixth, by systematically and continually destroying the body and mind that God has given into our care. It is slow suicide. If parents are gluttons, they teach their children to do the same, thereby eventually killing them as well. Since our bodies are the Temple of the Holy Spirit ([I Corinthians 6:19](#)), to destroy it knowingly is [sin](#).

The seventh, when we over-eat, over-buy, over-accumulate as a "get" way of life. Our way of life is our religion, and if it is a lifestyle of excessive desire, our religion is in competition with God's way of life. This, in effect, is spiritual [adultery](#), as seen in [Jeremiah 3:6-10](#). God says in verse 9, "So it came to pass, through [Judah's] casual harlotry, that she defiled the land and committed adultery with stones and trees." These idols, worshipped on the high places, became the object of Judah's excessive desire, just as food, drink, or any material thing can be.

The eighth, when we take more than what is balanced and needful, thus more than God has given. In addition, by hoarding for ourselves we steal from others. Certainly, when there are people without enough, for us to consume more than we need is wrong ([Proverbs 22:9](#); [11:24-26](#)). A society that over-consumes at the expense of others is, at the very least, greedy. Wastefulness is a by-product of gluttony, and Americans no longer live by sayings like, "Waste not, want not!" We live in a careless, throw-away society, but the day will come when this gluttonous nation will lose everything and be taken into

captivity. [Proverbs 23:21](#) predicts, "For the drunkard and the glutton will come to poverty."

The ninth, when we are gluttonous while calling ourselves Christians. This is a lie and hypocritical, misrepresenting God. Commonly, gluttons blame a thyroid problem or claim it is a disease, thereby relinquishing responsibility. If this is not true, it is a lie. It is also a lie if we think that giving into excessive desire will not hurt us. God speaks of such self-deception in [Jeremiah 7:8-10](#):

Behold, you trust in lying words that cannot profit. Will you steal, murder, commit adultery, swear falsely, burn incense to Baal, and walk after other gods whom you do not know, and then come and stand before Me in this house which is called by My name, and say, "We are delivered to do all these abominations"?

The tenth, when we are not satisfied with what we have and desire the possessions of others. A glutton wants even more than he has. Children must be taught not to want the biggest piece of cake or the most ice cream. Solomon had one wife, then he wanted another and another and another until he had hundreds. Solomon was a glutton, which his power and wealth made easier.

As James says, if we break one commandment, we break them all ([James 2:10](#)). With gluttony, we can specifically break each one. It is not a trivial matter!

— Martin G. Collins

To learn more, see:

[Gluttony: A Lack of Self-Control \(Part Two\)](#)

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