

The Seven Deadly Sins Part Four - Sloth & Gluttony

James 1:13-15

God cannot be tempted by evil, nor does he tempt anyone; but each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

1 Peter 2:24

He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness...

Sloth is a deadly sin that must die!

1 Timothy 5:13

...they get into the habit of being idle and going about from house to house. And not only do they become idlers, but also gossips and busybodies, saying things they ought not to.

Ezekiel 16:49

Your sister Sodom's sins were pride, laziness, and too much food, while the poor and needy suffered outside her door.

Sloth does not just mean being lazy on the job.

Matthew 25:26

“His master replied, ‘You wicked, lazy servant!’”

1 Timothy 5:8

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.

Sloth puts us in partnership with the devil.

Proverbs 18:9

One who is slack in his work is brother to one who destroys.

Matthew 12:30

“He who is not with me is against me, and he who does not gather with me scatters.”

God considers hard work a virtue.

1 Thessalonians 4:11-12

Make it your ambition to lead a quiet life, to mind your own business and to work with your hands, just as we told you, so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody.

3 John 2

My little children I wish above all things that you prosper and be in health even as your soul prospers.

Sloth creates a stupor in people's lives.

Proverbs 26:13

The sluggard says, "There is a lion in the road, a fierce lion roaming the streets!"

Proverbs 19:15

Laziness brings on deep sleep, and the shiftless man goes hungry.

Sloth always comes with consequences.

Ecclesiastes 10:18

If a man is lazy, the rafters sag; if his hands are idle, the house leaks.

Proverbs 24:30-31

I went past the field of the sluggard, past the vineyard of the man who lacks judgment; thorns had come up everywhere, the ground was covered with weeds, and the stone wall was in ruins.

Hebrews 6:11-12

We want each of you to show this same diligence to the very end, in order to make your hope sure. We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.

Proverbs 12:24

Diligent hands will rule, but laziness ends in slave labor.

Sloth fills our lives with dissatisfaction.

Proverbs 21:25-26

The sluggard's craving will be the death of him, because his hands refuse to work. All day long he craves for more, but the righteous give without sparing.

Proverbs 13:4

The sluggard craves and gets nothing, but the desires of the diligent are fully satisfied.

Proverbs 20:4

A sluggard does not plow in season; so at harvest time he looks but finds nothing.

Proverbs 15:19

The way of the sluggard is blocked with thorns, but the path of the upright is a highway.

How to Deal a Deathblow to the Deadly Sin of Sloth

1. **Make no excuses.**
2. **Live by a life budget.**
3. **Live by choices not feelings.**
4. **Refuse to procrastinate.**
5. **Recognize the reflection our actions have on the gospel.**

Colossians 3:17

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Gluttony is a deadly sin that must die.

Proverbs 23:1-3

When you sit to dine with a ruler, note well what is before you, and put a knife to your throat if you are given to gluttony. Do not crave his delicacies, for that food is deceptive.

Gluttony robs us of our productivity.

1 Corinthians 6:12-13

Everything is permissible for me - but not everything is beneficial. Everything is permissible for me - but I will not be mastered by anything. Food for the stomach and the stomach for food - but God will destroy them both.

Philippians 3:18-19

For, as I have often told you before and now say again even with tears, many live as enemies of the cross of Christ. Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things.

Gluttony makes an idol out of food.

Gluttony becomes a way of dealing with problems and stress.

John 15:26

But when the Comforter comes, who I will send you from the Father, even the Spirit of truth, which comes from the Father, he will testify of me...

How to Deal a Deathblow to the Deadly Sin of Gluttony

1. Eat to live, don't live to eat.

Romans 14:20

Do not destroy the work of God for the sake of food. All food is clean, but it is wrong for a man to eat anything that causes someone else to stumble.

2. Don't snack.

Ecclesiastes 10:17

Blessed are you, O land whose king is of noble birth and whose princes eat at a proper time - for strength and not for drunkenness.

3. Eat the right things.

Romans 14:22-23

But the man who has doubts is condemned if he eats, because his eating is not from faith; and everything that does not come from faith is sin.

4. Fast regularly.

Matthew 6:17-18

But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

5. Become accountable.

James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed.