

WELCOME!

Psalm 132:7
We will go
into His
tabernacles:
we will worship
at his footstool

FEAST OF TABERNACLES

KEEPING THE COMMANDMENTS OF GOD
AND THE FAITH OF JESUS CHRIST

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John 7:37 In the last day, that great day of the feast
Jesus stood and cried, saying, If any man thirst,
let him come unto me, and drink.



**TRUTH ON THE
WEB MINISTRIES**

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EPH 6:17 AND TAKE...THE SWORD OF THE
SPIRIT WHICH IS THE WORD OF GOD
A CHURCH OF GOD IN WOODSTOCK, ILLINOIS



Your word is a lamp to my feet
and a light for my path

We Still Have to Eat

Lessons From a
Recovering Glutton

An Unexpected Journey

- Grew up in the greater COG's.
- Very active in our youth group
 - Cycling
 - Basketball
 - Volleyball
 - Hiking
 - Track and field



An Unexpected Journey

- Baptized in June 1997
- Started a family.
- Had a great vigor for finding what truth I could find.
- I would read booklets, magazines, the Bible, be on internet forums and websites seeking what I could find.

An Unexpected Journey

- Found that booklets, magazines and websites may not necessarily have the truth.
- Had a great career.
- Overweight, always tired and sluggish.
- Couldn't keep up with the kids the way I should.
- Started to get worried about my health.







Question:

What has happened to you?

Complacency

“self-satisfaction especially when accompanied by unawareness of actual dangers or deficiencies”

-<https://www.merriam-webster.com>

“a feeling of quiet pleasure or security, often while unaware of some potential danger, defect, or the like;”

-<https://www.dictionary.com>

Complacency

Proverbs 13:4

The soul of the sluggard desireth, and hath nothing: but the soul of the diligent shall be made fat.

Luke 12:19 – 21

And I will say to my soul, Soul, thou hast much goods laid up for many years; take thine ease, eat, drink, and be merry. But God said unto him, Thou fool, this night thy soul shall be required of thee: then whose shall those things be, which thou hast provided? So is he that layeth up treasure for himself, and is not rich toward God.

Proverbs 1:32

For the turning away of the simple shall slay them, and the prosperity of fools shall destroy them.

Zephaniah 1:12

And it shall come to pass at that time, that I will search Jerusalem with candles, and punish the men that are settled on their lees:

Hebrews 5:11-12

Of whom we have many things to say, and hard to be uttered, seeing ye are dull of hearing. For when for the time ye ought to be teachers, ye have need that one teach you again which be the first principles of the oracles of God; and are become such as have need of milk, and not of strong meat.

Question:

What has happened to you?

Answer:

I became complacent

Question:

What has happened to you?

Answer:

I became complacent

I had let myself go physically
and spiritually.

WHERE DO WE SET THE BAR?



STATURE OF JESUS
(SIN NO MORE)

TRY HARD, RESIST SIN DUTIFULLY (BUT MAY ON OCCASION FALL)

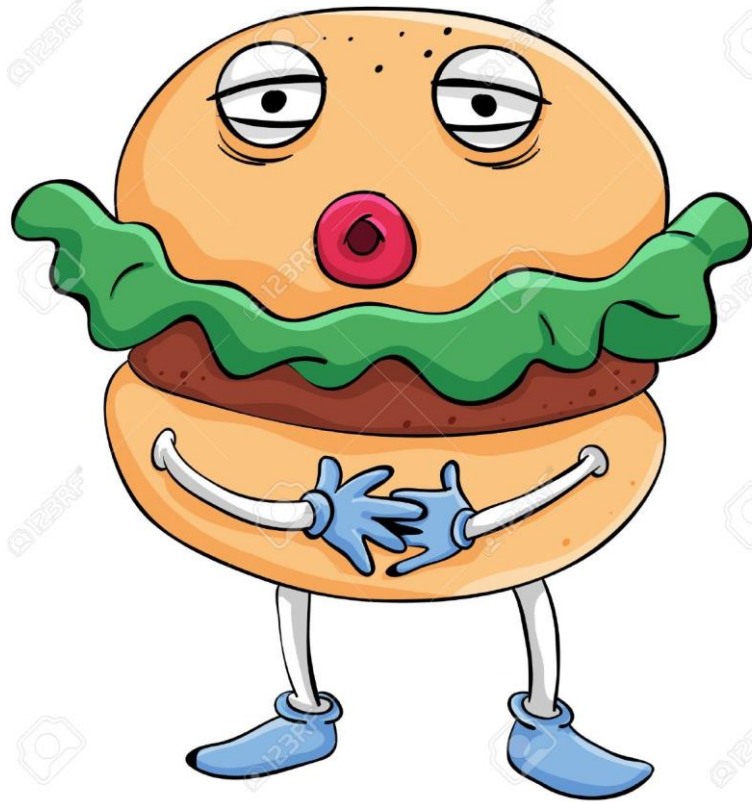
GIVE SOME EFFORT SOMETIMES (YA WIN SOME YA LOSE SOME)

SAY NO ONCE THEN GIVE IN (JUST FEEL BAD AND SAY YOU REPENT)

JUST WANT TO DO GOOD BUT LOSE TO SIN DAILY (NEVER VICTORIOUS IN THIS LIFE)

**My Complacency led me to find
something to fill a void.
To fill my emptiness.**

FOOD!



1 Corinthians 3:16

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

Philippians 3:17-21

Brethren, be followers together of me, and mark them which walk so as ye have us for an ensample. (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 Christ: Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.) For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ: Who shall change our vile body, that it may be fashioned like unto his glorious body, according to the working whereby he is able even to subdue all things unto himself.

Deuteronomy 21:18-21

If a man have a stubborn and rebellious son, which will not obey the voice of his father, or the voice of his mother, and that, when they have chastened him, will not hearken unto them: Then shall his father and his mother lay hold on him, and bring him out unto the elders of his city, and unto the gate of his place; And they shall say unto the elders of his city, This our son is stubborn and rebellious, he will not obey our voice; he is a glutton, and a drunkard. And all the men of his city shall stone him with stones, that he die: so shalt thou put evil away from among you; and all Israel shall hear, and fear.

Ezekiel 16:49

Behold, this was the iniquity of thy sister Sodom, pride, fulness of bread, and abundance of idleness was in her and in her daughters, neither did she strengthen the hand of the poor and needy

Proverbs 28:7

Whoso keepeth the law is a wise son: but he that is a companion of riotous men shameth his father.

1 Corinthians 10:1-7

Moreover, brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the sea; And were all baptized unto Moses in the cloud and in the sea; And did all eat the same spiritual meat; And did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ. But with many of them God was not well pleased: for they were overthrown in the wilderness. Now these things were our examples, to the intent we should not lust after evil things, as they also lusted. Neither be ye idolaters, as were some of them; as it is written, The people sat down to eat and drink, and rose up to play.

Proverbs 23:19-21

Hear thou, my son, and be wise, and guide thine heart in the way. Be not among winebibbers; among riotous eaters of flesh: For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.

Characteristics of Gluttony.

- Eating to fill an emptiness (Emotional eating)
 - **1 Peter 5:6-7** Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.
 - **Psalms 55:20** - Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.
- Eating as an exercise of power – We eat because we can
- Selfishness
 - **2 Timothy 3:2-9** For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, highminded, lovers of pleasures more than lovers of God; Having a form of godliness, but denying the power thereof: from such turn away. For of this sort are they which creep into houses, and lead captive silly women laden with sins, led away with divers lusts, Ever learning, and never able to come to the knowledge of the truth. Now as Jannes and Jambres withstood Moses, so do these also resist the truth: men of corrupt minds, reprobate concerning the faith. But they shall proceed no further: for their folly shall be manifest unto all men, as theirs also was.
 - **Philippians 2:21** - For all seek their own, not the things which are Jesus Christ's

Characteristics of Gluttony.

- Greed

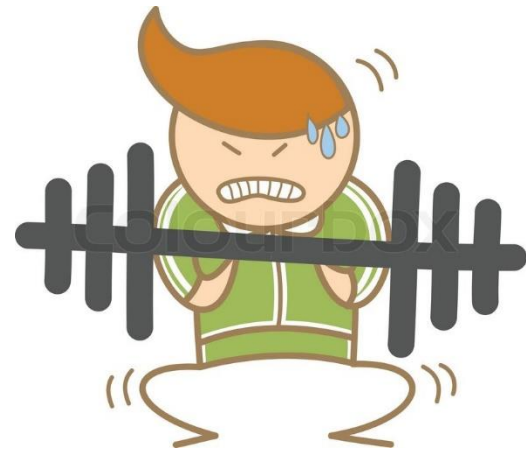
- **Proverbs 15:27** - He that is greedy of gain troubleth his own house; but he that hateth gifts shall live.
- **Luke 12:15** And he said unto them, **Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth.**
- **1 John 2:16-17** For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.
- **Matthew 6:24** **No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.**
- **Matthew 6:25-26** **Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?**

Decided to do something about it.

FITNESS IS 20% EXERCISE
AND 80% NUTRITION.



YOU CAN'T OUTFIT
YOUR FORK.



Parts of us are stronger than the other.

2 Corinthians 13:5

Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?

Job 13:23

How many are mine iniquities and sins? make me to know my transgression and my sin.

Lamentations 3:40

Let us search and try our ways, and turn again to the Lord.

Parts of us are stronger than the other.

Ezekiel 18:27-29

Again, when the wicked man turneth away from his wickedness that he hath committed, and doeth that which is lawful and right, he shall save his soul alive. Because he considereth, and turneth away from all his transgressions that he hath committed, he shall surely live, he shall not die.

Haggai 1:5-7

Now therefore thus saith the Lord of hosts; Consider your ways. Ye have sown much, and bring in little; ye eat, but ye have not enough; ye drink, but ye are not filled with drink; ye clothe you, but there is none warm; and he that earneth wages earneth wages to put it into a bag with holes. Thus saith the Lord of hosts; Consider your ways.

We need a rest. Need to restore ourselves

Exodus 20:8-11

Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.

Matthew 11:28-30

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.

We Need Hydration - Living water

Nutritionist recommend that everyone drink enough water

- $\text{Bodyweight}/2 = \text{ounces of water to drink per day}$
- $200\text{lbs}/2 = 100 \text{ ounces of water per day.}$
- Increase energy
- Help flush toxins from the body
- Lowers blood pressure
- Lowers Cholesterol
- Prevents Headaches
- Helps increase metabolism which helps with weight loss
- Cancer prevention
- Many others...

We Need Hydration - Living water

Scripture recommends that we should all drink in water as well.

- Our own body needs so much water to perform well. How much more does our spirit need Jesus Christ
- **John 7:37-38** In the last day, that great day of the feast, Jesus stood and cried, saying, **If any man thirst, let him come unto me, and drink. He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.**
- **Isaiah 12:2-6** Therefore with joy shall ye draw water out of the wells of salvation. And in that day shall ye say, Praise the Lord, call upon his name, declare his doings among the people, make mention that his name is exalted. Sing unto the Lord; for he hath done excellent things: this is known in all the earth. Cry out and shout, thou inhabitant of Zion: for great is the Holy One of Israel in the midst of thee.

We Need Hydration - Living water

Scripture recommends that we should all drink in water as well.

- **Revelation 22:1-2** And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb. In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

Discouragement can lead to disaster

- **John 16:33** - These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.
- **Joshua 1:9** - Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.
- **Hebrews 4:16** - Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.
- **John 14:27** - Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.
- **James 4:10** - Humble yourselves in the sight of the Lord, and he shall lift you up.

We cannot cheat.

- **James 1:13-18** Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death. Do not err, my beloved brethren. Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning. Of his own will begat he us with the word of truth, that we should be a kind of first fruits of his creatures.
- **1 Timothy 6:8** And having food and raiment let us be therewith content. But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition.

We cannot cheat

- **1 Corinthians 10:12-13** Wherefore let him that thinketh he standeth take heed lest he fall. 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.
- **Galatians 5:22-25** But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit. Let us not be desirous of vain glory, provoking one another, envying one another.

We cannot cheat

- We need to be able to identify our temptations. So we can run from them. With eating it is hard because "We Still Have to Eat" which is why identifying our temptations are so important.

Nutrition is important. We need to continuously put in what is good and take out the bad.

What are we putting in our bodies?

What are we feeding our spirit with?

Nutrition is important. We need to continuously put in what is good and take out the bad.

1 Corinthians 6:19-20

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

1 Corinthians 10:31

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

Ephesians 5:18

And be not drunk with wine, wherein is excess; but be filled with the Spirit;

Nutrition is important. We need to continuously put in what is good and take out the bad.

Is Sugar More Addictive Than Cocaine?

<http://www.wbur.org/hereandnow/2015/01/07/sugar-health-research>

Temptation and sin are addictive – lust of the flesh

Nutrition is important. We need to continuously put in what is good and take out the bad.

Romans 6:1-4

What shall we say then? Shall we continue in sin, that grace may abound? God forbid. How shall we, that are dead to sin, live any longer therein? Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death? Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

Romans 6:12-14

Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God. For sin shall not have dominion over you: for ye are not under the law, but under grace.

Nutrition is important. We need to continuously put in what is good and take out the bad.

John 6:47-58

Verily, verily, I say unto you, He that believeth on me hath everlasting life. I am that bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die. I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world. The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat? Then Jesus said unto them, **Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day. For my flesh is meat indeed, and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him. As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me. This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever.**

Nutrition is important. We need to continuously put in what is good and take out the bad.

Revelation 2:7

He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.

Remember what is truly important.

- We need to be well rounded but the spiritual is what really matters.
- We need to build our spiritual lives first. Cannot let the spiritual falter.
 - **1 Timothy 4:8** For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.
 - **Proverbs 16:8** - Better is a little with righteousness than great revenues without right.
 - **Matthew 6:31-33** Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.
 - **Philippines 1:10-11** That ye may approve things that are excellent; that ye may be sincere and without offence till the day of Christ; Being filled with the fruits of righteousness, which are by Jesus Christ, unto the glory and praise of God.

Remember what is truly important.

- We need to build our spiritual lives first. Cannot let the spiritual falter.
 - **Philippines 3:8-10** Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ, And be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith: That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death;
 - The bar is the Son, Jesus Christ.

Diligence. Need to change our Mindset.

Romans 12:1-2

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Ephesians 4:20-24

But ye have not so learned Christ; If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.

Diligence. Need to change our Mindset.

Colosians 3:2-4 Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with him in glory.

2 Peter 3:14

Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of him in peace, without spot, and blameless.

1 Peter 1:10

Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall: For so an entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ.

Diligence. Need to change our Mindset.

Colosians 3:23-24 And whatsoever ye do, do it heartily, as to the Lord, and not unto men; Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ.

Romans 12:2

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

2 Corinthians 8:7

Therefore, as ye abound in every thing, in faith, and utterance, and knowledge, and in all diligence, and in your love to us, see that ye abound in this grace also.

Diligence. Need to change our Mindset.

2 Peter 1:5-7 And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.

1 Corinthians 9:24-27

Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

Everything we do we need to do with all our might.

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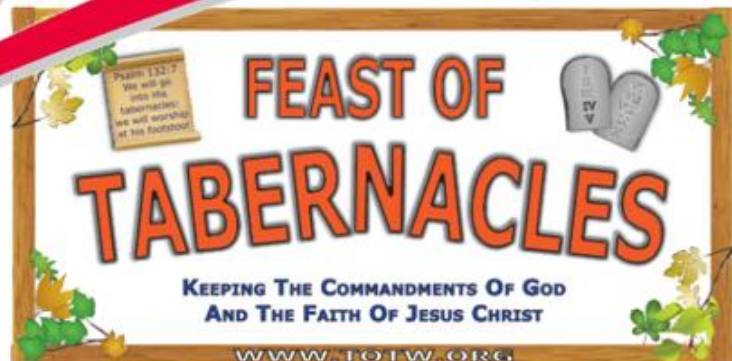
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Holy Bible

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CHURCH OF GOD AT WOODSTOCK

