

You're invited to join us @ Loudoun Baptist next Sun, November 2 as we continue our **The Monster's Within** teaching series.

Invite your friends and family and join us at 11am.

Next Steps:

- Memorize Galatians 5:16-17
- Become a Follower of Jesus
- Before Eating a Meal Over the Next 7 Days, I will Ask Myself If I am Fueling or Feeding My Body
- Fast From One Favorite Treat this Week.

Application Guide:

1. When you think about your own relationship with food, what examples come to mind of times when "food served you" vs. times when "food steered you"?
2. How do you typically respond after moments of overindulgence—Shame, Denial, or Surrender? How does Prov.24:16(rising again) speak to that?
3. What do your eating habits reveal about where you look for comfort, reward, or escape?

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Gluttony Vs. Self-Control

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Memory Verses: *"This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other."*

- Galatians 5:16-17

**WHEN CRAVINGS ARE
IN THE _____ SEAT,
THE SPIRIT TAKES
THE _____ SEAT**

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FOOD STOPS _____ US & STARTS STEERING US

"When thou sittest to eat with a ruler, consider diligently what is before thee."

~Proverbs 23:1

BE CAREFUL WITH YOUR _____

EAT FOR HEALTH—NOT _____

"Be not desirous of his dainties: for they are deceitful meat."

~Proverbs 23:3

"That every one of you should know how to possess his vessel in sanctification and honour."

~1 Thessalonians 4:4

_____ CONTROL IS SELF-CONTROL

"Put a knife to thy throat, if thou be a man given to appetite."

~Proverbs 23:2

GLUTTONY IS REALLY _____

"Whose end is destruction, whose god is their belly."

~Proverbs 3:19

"Esau...for one morsel of meat sold his birthright."

~Hebrews 12:16

PLAN FOR _____ NOT FOR INDULGENCE

"Put ye on the Lord Jesus Christ, and make not provision for the flesh."

~Romans 13:14

"I have learned, in whatsoever state I am, therewith to be content."

~Philippians 4:11

1. LEARN TO EAT WITH _____

"Consider diligently what is before thee."

~Proverbs 23:1

2. DISCIPLINE YOUR PLATE _____

IT BECOMES YOUR POISON

"But I keep under my body, and bring it into subjection."

~1Corinthians 9:27

3. REMEMBER THE GOAL IS NOT PERFECTION, BUT _____

"For a just man falleth seven times, and riseth up again."

~Proverbs 24:16

When _____ Wants Control,

The Best Response

Is To Immediately

Give the _____ Control!