

A wide-angle photograph of a desert landscape at sunset. The foreground is filled with sand dunes featuring distinct, rhythmic ripples. A series of footprints leads from the bottom left towards the center of the frame. In the background, more sand dunes are visible under a sky with soft, colorful clouds in shades of orange, yellow, and blue. The word "Seven" is written in a white, cursive script across the upper left portion of the image.

Seven

WELL-WORN PATHS

Our Last ONE!

Dx: Gluttony

- It is about food.

Dx: Gluttony

“A glutton is one who raids the icebox for a
cure for spiritual malnutrition.”

Frederick Buechner, *Wishful Thinking*

Dx: Gluttony

- It is about food.
 - It may or may not be about weight.

Dx: Gluttony

- It is about food.
 - It may or may not be about weight.
 - Gluttony's daughters: daintily

Dx: Gluttony

- It is about food.
 - It may or may not be about weight.
 - Beware of confusion with the world's standards

Dx: Gluttony

- It is about food.

Dx: Gluttony

- It is about food.
- It is not about food.

Dx: Gluttony

- Gluttony is not ultimately about obesity. It is about what we unite to ourselves.

“Virtuous people avail themselves of the things of this life with the moderation of a user, not the attachment of a lover.”

St. Augustine

Sx: What are the symptoms?

- When something that is good (God-given) is used to fill myself because I feel empty, worthless, or to address my pain.

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- Any “-aholic”

Sx: What are the symptoms?

- When something that is good (God-given) is used to fill myself because I feel empty, worthless, or to address my pain.
- Any “-aholic”
- Never-ending consumption

Other Possible Forms of Gluttony?

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- Our fuel use in our cars

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- Our fuel use in our cars
- Cheap wiper blades (or any such item)

Other Possible Forms of Gluttony?

- Our fuel use in our cars
- Cheap wiper blades (or any such item)
- How we view church

Gen. 3

Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden’?”

Gen. 3

² The woman said to the serpent, “We may eat fruit from the trees in the garden, ³ but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’”

Gen. 3

⁴ “You will not certainly die,” the serpent said to the woman. ⁵ “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”

Gen. 3

⁶ When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

Gen. 3

⁷ Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

Gen. 3

⁸ Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. ⁹ But the Lord God called to the man, “Where are you?”

Gen. 3

¹⁰ He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

What was missing in the story?

Rx and Tx

- Realize the problem

Rx and Tx

- Realize the problem
 - What in your life is a good thing that you are over-consuming or consuming in the wrong way to fill an emptiness inside of you?

Rx and Tx

- Realize the problem
- Jesus through the Holy Spirit

Rx and Tx

- Realize the problem
- Jesus through the Holy Spirit
 - Pray and Repent
 - Invite God to reveal and into the empty places in your life

Rx and Tx

- Realize the problem
- Jesus
- Fasting

Rx and Tx

- Fasting
 - Must be done wisely

Rx and Tx

- Fasting
 - Must be done wisely
 - Must be about the right thing

Rx and Tx

- Fasting
 - Must be done wisely
 - Must be about the right thing
 - Richard Foster: “Fasting reveals what controls us.”

Rx and Tx

- Realize the problem
- Jesus
- Fasting
- Communion

A photograph of a desert landscape featuring large sand dunes. The foreground is covered in sand with distinct, wavy ripples. A series of footprints leads from the bottom left towards the center of the image, winding up a small dune. In the background, more dunes are visible under a dramatic sky with orange, yellow, and blue hues, suggesting a sunset or sunrise. The word "Seven" is written in a white, cursive script across the upper left portion of the image.

Seven

WELL-WORN PATHS