

Being Fat & Over-eating

By Dr. Kent A. Field, ©1982

As Christians we are taught pretty early that we must not get drunk, must not steal, must not lie, must not be violent, must not have extramarital sex, and many more things to avoid. Many have gone so far as to add to the plainly stated Biblical list with additional "MUST NOT'S" that they believe further express God's desire for us in living more righteously in God's sight. They've added that we must not smoke, must not drink, must not dance, must not watch television, and must not wear certain clothes. But have you ever noticed just how over-weight some of those same people are?! It is NOT our interest, for the purpose of this study to debate the validity of these points, but rather, to raise the Bible points to a seldom discussed issue of sin in the church, "Being Fat & Overeating". Why do we avoid this subject and stuff ourselves at church fellowships and think that's O.K. with God? Could this be the result of yet another sin? Hypocrisy!? Please carefully read the passages offered and see if you are able to agree with most of the summaries offered....

1. Ex.16:3,4 - Israel was *fat* and *unconditioned* and sinfully longed for the days of good food under Egyptian captivity.
2. Ex.16:4,16-21 God lays down the *principle of limiting the amount of food* that each person is to eat.
3. Gen.25:27-34 - Esau *cared more about his stomach than his birthright*. Control your appetite.
4. Prov,25:16,27 - Even the Proverbs teaches to *eat ONLY what you need*.
5. Hag.1:6 - People whose *appetite can't be satisfied are* = to sinful people.
6. Matt,6:25-31 - Even Jesus taught that we are *not to worry about what we shall eat*.
7. 1Cor.11:20-34 - *Sinful appetites* are part of what *perverted the Lord's Supper* in Corinth.
8. Judges 3:17-22 - Fat people were not the norm. *Even God noticed* that Eglon "**was a very fat man!**"
9. 1Sam.2:29 - Those who were *making themselves fat were condemned* by God!
10. Neh.9:25 - Those *who eat until they were filled and fat* are described as those who are *ungrateful*.
11. Job 5:20,27 - The *wicked man* is described as a "*fat faced*" man with "*heavy thighs*" and is "*lazy*" and "*deserves punishment*".
12. Ps.73:3,4 - The *arrogant* and the *wicked* were said to have "*fat*" bodies.
13. Ps.119:70 - The *arrogant* have a *heart that is covered with fat*.
14. Prov.13:4 - But the *diligent* have a fat soul (*not body!*).
15. Ezek.34:16 - Those *who were fat* and strong are those who *God destroyed*.
16. Amos 1:4 - Even *God mocked fat women* by referring to them as "*cows*".
17. Dt. 21:18-20,21 - The *gluttonous man* and a drunkard are both *rebellious* and *worthy of death*.
18. Pro. 23:20,21 - God classes together *gluttonous eaters* or drunkards, as those to *avoid their company*.
19. Pro.28:7 - If you *associate with a glutton* you will *humiliate your father*.
20. Tit.1:12,13 - *Gluttons are lazy* and *need severe reproof* to be faithful,
21. Prov.13:25 - It is a *wicked man's stomach* that *can't be satisfied*.
22. Prov,23:1,2 - *Put a knife to your throat* if you are a *man of great appetite*.
23. Hab.2 : 5 - It is a *haughty man* that *stretches his appetite*, and like death, he can't be satisfied,
24. Prov,30:15,16 - There is a *time to say*; "*Enough!*"
25. Prov.30:21-23 - Because *he is so fat, the earth cannot hold up under a fool* when he is satisfied with food,
26. Prov.9:17(cf.v.13ff) - Eating in secret (*closet eaters*) is *like going to a prostitute* which gives death.
27. Prov.12:1 - *It takes discipline* to lose weight.
28. Prov.11:30 - That which would *hurt your health is lawlessness* - How about Obesity?!
29. Prov.12:25 - *Worry weighs us down* (sometimes literally - consider compulsive eaters!?).
30. Dt.32:15 - Here, *growing fat = growing away from God*.
31. Ezek,34:3 -- *Wicked elders* are described as those who *got fat* off the flock.
32. Gen.3:1,2 - There's *no excuse for eating something that you shouldn't*, even when offered.
33. Dan.1:12 (Ro,14:2ff) - *Vegetables* are *an excellent way of losing weight* and living healthy.
34. 1Kgs.19:7-8 -Elijah traveled *40 days in the strength of one meal*.
35. Matt-4:4 - *Jesus*, our example, *resisted when tempted with food*.
36. Matt.6:17 - Jesus recommends *fasting for reward in prayer*.
37. Matt.26:41 - Ask for *God's help when the body isn't willing like your desire to control yourself*.
38. Phil.4:12 - *Be content in hunger*, not just in plenty.
39. 1Cor.6:12 - *Not all things are expedient* and we *must not be enslaved to food*.
40. 1Cor.9:25ff - Discipline your body for *your soul's sake*. What are the implications here?!
41. James 1:24 - *Don't forget what you look like* when you're away for the mirror, (not just the "mirror of the Word of God... Otherwise the figure used here has no point!