



Eating BBQ & Blue Bell to the Glory of God
1 Corinthians 10:6-33
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I. Introduction

- A. Asclepius
- B. Stats on Obesity, Eating Disorders

II. Proposition

- A. Do not crave food and drink more than God, for that is idolatry, and idolaters will not inherit the kingdom of God.

III. Exposition

A. Do not crave food/drink more than God, for that is idolatry and idolaters will not inherit the kingdom of God.

1. Israel's temptations were written down to warn us against craving evil (10:6): this case food/drink (10:9-10).
2. The Corinthians were willing to feast on food/drink in idol temples, leading them to open idolatry and sexual immorality (8, 10).
 - a. This was a reality for all Gentiles (see Acts 15:20, 29).
3. Today, we are in danger of craving food/drink more than God and looking to food/drink for our salvation.
 - a. We turn to food/drink when we are sad to make us happy, when we are lonely to be a friend, when we are bored to distract us – we turn to food/drink to save us, to be our savior! That is idolatry!
 - 1). Comfort foods as idols – Quitting smoking? Bad day? Then binge on a pint of Blue Bell!
 - 2). Fighting depression? How about a bottle of whiskey? A chocolate bar?
 - b. The problem is that we think we are controlling the idols of food/drink when we turn to the to save us, but idols quickly turn on us and begin to rule us and make us serve them and sacrifice to them.
 - 1). In the end what we thought we controlled becomes our master (1 Cor. 6:12)!
 - a). Quote: Ed Welch (*Addictions*, 50). See 1 Cor. 10:19-22!

4. Ask yourself these questions to see if you are serving the idols of food/drink:
 - a. Do you think about food/drink more than you think about God?
 - 1). Do you plan your day around food/drink?
 - 2). Do you spend your day thinking about what you will eat/drink?
 - 3). Do you become irritable or angry when you're hungry?
 - 4). Do you size up portions and put yourself in position to get the largest?
 - 5). Do you get mad when someone eats the last slice of pizza or the last desert?
 - 6). Do you hide or hoard food? Do you eat in secret?
5. Perhaps food/drink are merely symptoms that expose deeper idols (body image, being accepted, control)?
 - a. Are you consumed with how much you weigh? What your body looks like?
 - b. Do you spend lots of money on diet plans, pills and medical procedures to control your weight?
 - c. Do you spend countless hours at the gym in order to maintain, trim down or to simply eat more?
 - d. Do you binge then purge in order to fit into a certain size of clothing? Maintain certain weight?
6. What sacrifices are you willing to make to the idols of food/drink (or image, acceptance)?
 - a. Constant dieting? Your body (eating disorders)? Time away from family at the gym? \$ on clothes.

B. Flee the idolatry of food/drink or you will be destroyed (10:9, 14; cf. Num. 11:4-6, 31-34)!

1. If you continue worshipping the idol of food/drink, your body will be destroyed (Prov. 23:20-21).
 - a. You will sacrifice your body, relationships, marriage, family, ultimately your soul (Gal. 5:19-21)!
2. One wrong way to flee the idolatry of food/drink: legalistic abstinence, denial (asceticism)!
 - a. Beware of the deep idol of religion – it asks you to serve it by observing religious diets (caff., pork).
 - 1). You must believe the gospel: Jesus declared all foods clean (Mark 7:17-23).
 - a). Therefore, we are warned against about those who would deny us (Col. 2:8-23).
 - b. Beware of the deep idols of identity, beauty, acceptance – they ask you to sacrifice your body (anorexia/bulimia, purging, extreme physical fitness and diets)!
 - 1). You must believe that your identity is in Christ (6:9-10), not how you look (1 Pet. 3:3-6)!
 - a). God wants to change your heart, not your BMI!
 - b). You must STOP listening to the lies of Satan, the world, even your friends/fam.
3. If you struggle with food/drink or the idols of beauty, identity, acceptance, then you must seek help!
 - a. **Renew your mind (about food/drink): look at the promises/warnings of Scripture & believe.**

b. Rely on the Holy Spirit to guide you to change in the strength of God (Rom. 8:12-13).

1). Elyse Fitzpatrick (*Love to Eat; Hate to Eat*, 83).

c. Seek medical counsel and help.

d. Seek support and encouragement from brothers and sisters in Christ – prayer, support.

1). Let's be careful what we say to each other (husbands to wives, parents to children)!

2). Find others who have victory over similar struggles.

e. Fast – it takes our focus off the earthly and places it on the heavenly.

1). Seek medical counsel first if you have questions.

C. So then, how can you eat BBQ and Blue Bell to the glory of God?

1. Recognize that everything belongs to God and He is the provider of food/drink (10:26).

a. God provided food/drink for Adam and Eve in the garden (Gen. 2:8-11, 15-16).

1). Limitation – Tree of the knowledge of good/evil (Gen. 2:17).

b. God provided food/drink for Noah (Gen. 9:1-3).

1). Limitation – May not eat blood (Gen. 9:4).

c. God provided food/drink for Israel (Exodus 16:1-5, 12-18).

1). Limitation – No collection of Manna on the Sabbath (Exodus 16:27-30).

2). Limitation – under the Old Covenant, there were dietary restrictions for distinction.

d. Under the New Covenant, Jesus declared all foods clean (Mark 7:19).

1). Good Example – Peter (Acts); Bad Example – Peter (Galatians)

e. Food is necessary for our sustenance, and God is our provider!

2. Therefore, receive God's provision of food/drink with thanksgiving (10:23-30).

a. Do not grumble against God for not providing what you want. This was Israel's sin (10:9-10).

b. Do not listen to those who try to tell you to abstain from what God has provided (1 Tim. 4:1-5).

c. Instead receive God's provision and give thanks for it (1 Tim. 6:8)!

1). How do you practice thankfulness? How do you teach your children thankfulness?

3. Also, be open for God to use you to provide for those who lack food/drink (James 2:15-16).

a. Don't hide/hoard! Open your home & invite those who can't pay you back. Give to benevolence.

4. Remember that your body is a temple of the Holy Spirit (1 Corinthians 6:12-20).

a. God is not only interested in your soul; He's interested in your body (6:12-14).

- b. Therefore, we are to be careful what we do with our bodies (6:15-20).
 - 1). Eat well and stay physically fit!
 - 2). See a doctor and get a physical before you enter into diet and exercise.

5. Recognize that food/drink represent fellowship and participation in Christ and His body (10:14-18).

- a. Already, through Christ, we have fellowship with God, each other.
 - 1). Lord's Supper (10:14-18).
 - 2). Breaking bread together in our homes (Acts 2:).
- b. Not yet – we are awaiting full participation at the marriage supper of the lamb (Rev. 19).

6. Finally, remember that food/drink are not ultimate, Christ is (Romans 14:13-19)!

- a. Jesus is the food/drink that satisfies and does not perish – Christ (John 4:13-15; 6:27-35, 52-58).

IV. Conclusion:

- A. What do you hunger for?
- B. Let us be thirsty for living water and hungry for the food that does not perish (Revelation 22:17)!
 - 1. Reflection and meditation for a minute – prayer room (someone there to pray with you who understands).

Proverbs 23:19-21 (ESV)

Hear, my son, and be wise,
and direct your heart in the way.

²⁰Be not among drunkards
or among gluttonous eaters of meat,

²¹for the drunkard and the glutton will come to poverty,
and slumber will clothe them with rags.

Galatians 5:19-21 (ESV)

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, ²⁰idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, ²¹envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

Mark 7:17-23 (ESV)

And when he had entered the house and left the people, his disciples asked him about the parable. ¹⁸And he said to them, "Then are you also without understanding? Do you not see that whatever goes into a person from outside cannot defile him, ¹⁹since it enters not his heart but his stomach, and is expelled?" (Thus he declared all foods clean.) ²⁰And he said, "What comes out of a person is what defiles him. ²¹For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, ²²coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. ²³All these evil things come from within, and they defile a person."

1 Peter 3:3-6 (ESV)

Do not let your adorning be external—the braiding of hair, the wearing of gold, or the putting on of clothing—⁴but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious. ⁵For this is how the holy women who hoped in God used to adorn themselves, by submitting to their husbands, ⁶as Sarah obeyed Abraham, calling him lord. And you are her children, if you do good and do not fear anything that is frightening.

Romans 8:12-13 (ESV)

So then, brothers, we are debtors, not to the flesh, to live according to the flesh. ¹³For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

Romans 14:13-19 (ESV)

Therefore let us not pass judgment on one another any longer, but rather decide never to put a stumbling block or hindrance in the way of a brother. ¹⁴I know and am persuaded in the Lord Jesus that nothing is unclean in itself, but it is unclean for anyone who thinks it unclean. ¹⁵For if your brother is grieved by what you eat, you are no longer walking in love. By what you eat, do not destroy the one for whom Christ died. ¹⁶So do not let what you regard as good be spoken of as evil. ¹⁷For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit. ¹⁸Whoever thus serves Christ is acceptable to God and approved by men. ¹⁹So then let us pursue what makes for peace and for mutual upbuilding.

Rev. 22:17 (ESV)

The Spirit and the Bride say, "Come." And let the one who hears say, "Come." And let the one who is thirsty come; let the one who desires take the water of life without price.

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