**Taking Care of the Body:**  **Gluttony vs. Physical Fitness**

 In our addiction-prone society, almost all adults have some **Pain-Killing Escape from Reality, Responsibility, and Relationship**. These PKER’s can include ***substances*** (like drugs, alcohol, tobacco, and junk food), ***habits*** (like sex, gambling, working, hoarding, spending, and all manners of screen addictions), and even ***people***we want to fix, figure out, or stay attached to). **This is bondage**, and it results from both the **Gluttony** of enslavement to our desires, and the neglect of keeping our habits in balance (**Physical Fitness**).

**Constructive, temporary, moderate uses of PKER’s and ASH’s in Scripture**

Drugs and alcohol were used for **medicinal purposes,** to prevent or treat illness, and to relieve pain **(1 Tim 5:23).**

They were used to give a **temporary left of the spirits terminal illness**, or going through agonizing **losses that were major, non-routine, and not of their own doing (Prov 31: 6,7; Psalm 104: 14-15)**

**Sweet food and wine** are enjoyed by celebrating their delicious **taste and good feelings as gifts from God.** Receiving them from God with thanksgiving in worship is a means of consecrating these substances as holy (**Deut 8: 7-10, Ecc 2: 24-25 and 3:13; 1 Tim 4: 3-4**).

These substances are used to celebrate **achievements, wholesome fellowship**, **and good news,** such as when Jesus made enough wine for an all night party (**John 2: 1-11**). Other examples are found in **Matt 9: 14-15, Matt 26: 26-29, Luke 7: 33-34, and Luke 24: 29-31**.

**Destructive, harmful and immoderate uses of PKER’s and ASH’s in Scripture**

**Look at all they can take away from you:**

**Freedom to say no**: **I Tim 3:8** and your **Incentive to care, act (Matt 26: 36, 40-41)**

**Alertness (Luke 21:34) and judgment, memory (Prov 31: 4,5)**

**Your witness, and ability to lead your family and church (1 Tim 3: 1-4, Tit 1:7)**

**Your spiritual appetite for God (Mt 6:24.25, 31-33; Mt 26: 40-41; Eph 5:18)**

**Your attractiveness** (God may not be as concerned about this as you are): **1 Sam 16: 7**

**Health** (The many medical problems associated with obesity, drug abuse, smoking, and alcoholism could not have been explained to biblical listeners.)

**The faith, trust, respect, peace, and joy of companions weaker in their faith.** Before indulging in ASHes or PKER’s around people who consider your behavior offensive, read **Rom 14**, especially verses **3, 21, and 23.** It closes this way: If you’re not sure, don’t do it.

Saving the best for last, for a great, colorful picture of the glutton, feast on **Prov 23:29-35**. And whatever you do, remember **Romans 14.**