









The image features a close-up, top-down view of a muddy surface. The mud is a rich, brownish-tan color and has a highly textured, uneven appearance with various ridges, grooves, and small puddles. The lighting is somewhat directional, creating subtle shadows that emphasize the roughness of the terrain. In the center of the image, the words "TOO MUCH" are written in a large, bold, white, sans-serif typeface. The letters are thick and blocky, with a slight drop shadow that makes them stand out against the darker, textured background. The overall composition is simple and direct, focusing on the contrast between the organic, messy texture of the mud and the clean, geometric lines of the text.

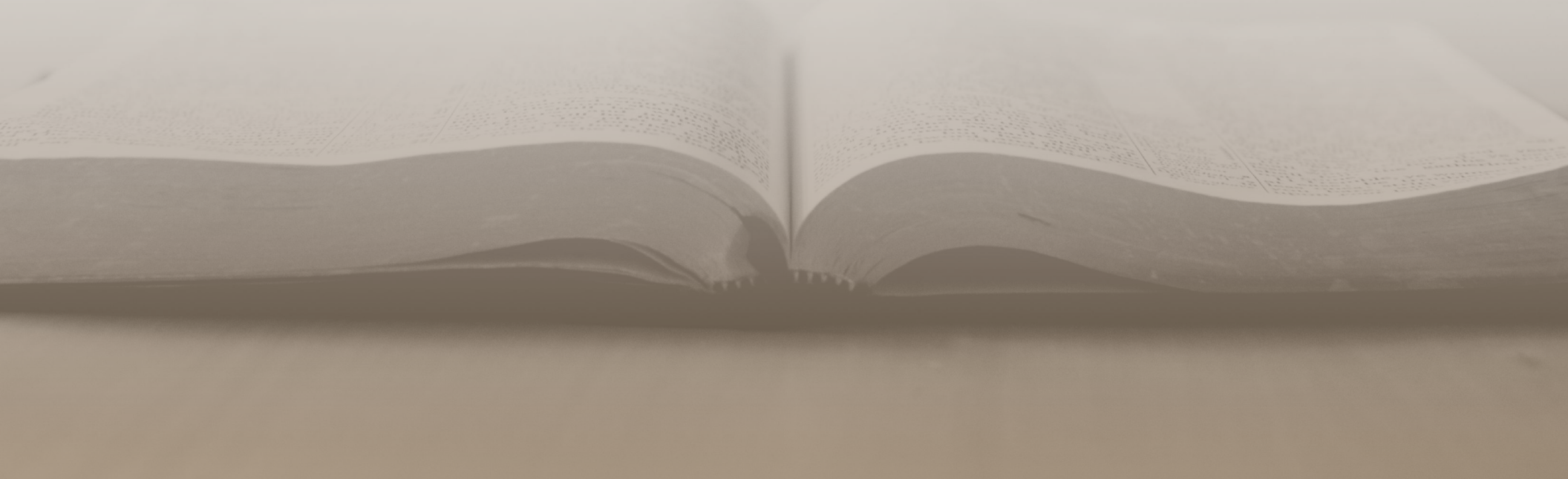
**TOO MUCH**



“The Son of Man came eating and drinking, and they say, ‘Look at him! A glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is justified by her deeds.”

## Matthew 11:19

English Standard Version



# Gluttony Defined

φάγος (phagos) — “glutton”

Matt. 11:19; Luke 7:34

זָלַל (zālal) — “to be loose morally, worthless or prodigal, glutton, riotous (eater), vile.”

Deut. 21:18-21; Prov 23:21; 28:7

ἀσωτία (asōtia) — “luxury, recklessness, dissipation, wildness, debauchery, wastefulness”

Eph. 5:18; Titus 1:6; 1 Peter 4:3-4



The background of the image is a close-up, high-angle shot of brown, muddy ground. A large, irregular puddle of muddy water is in the center, reflecting some light. The mud is textured with small clumps and cracks. The overall color is a range of browns, from light tan to dark chocolate and near-black tones in the shadows.

# TOO MUCH

Avoid the Trap of Excessive Living





What we're not talking about ...

... sharing meals together

... the “seven deadly sins”

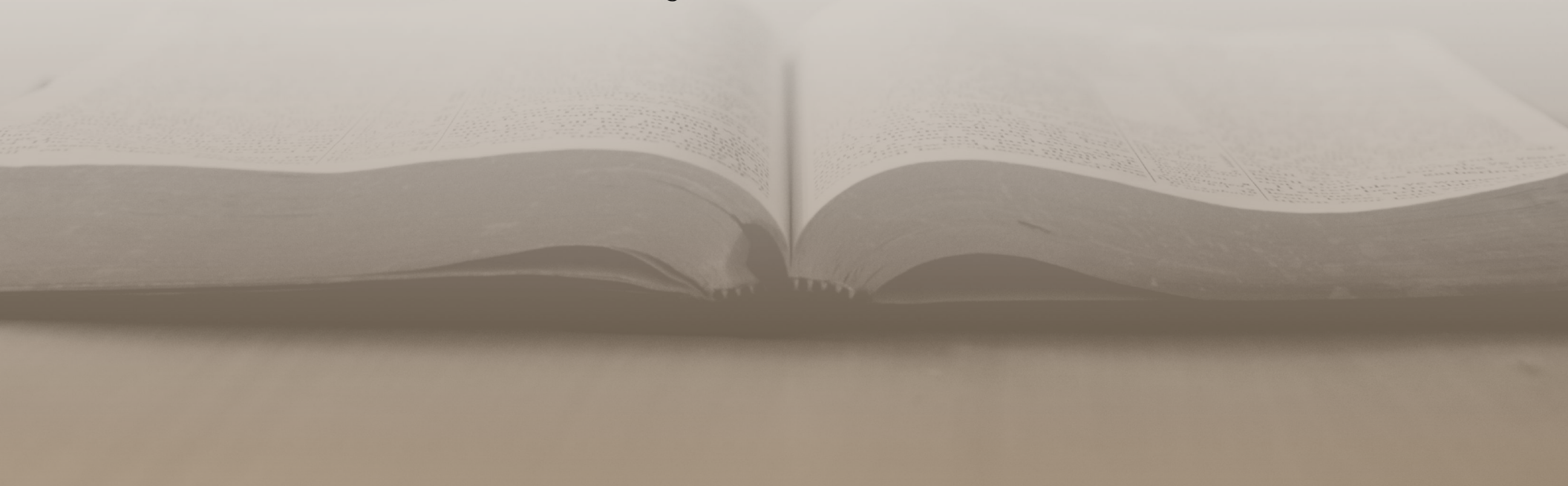
... changing your lunch plans!



“Two things I ask of you; deny them not to me before I die: Remove far from me falsehood and lying; give me neither poverty nor riches; feed me with the food that is needful for me, lest I be full and deny you and say, ‘Who is the Lord?’ or lest I be poor and steal and profane the name of my God.”

## **Proverbs 30:7-9**

English Standard Version







# The BIG<sup>\*</sup> Idea

Gluttony, excess, and luxurious living pose a massive threat to our spiritual wellbeing.

\* Pun not intended



The background is a close-up, top-down view of brown, muddy ground. Several footprints are visible, some filled with a darker, more liquid mud, creating a sense of recent activity or a path through the mud. The texture of the mud is grainy and uneven.

What's wrong with

**TOO MUCH?**



# Leads Us to Forget

Deut. 31:19-20; Luke 12:19

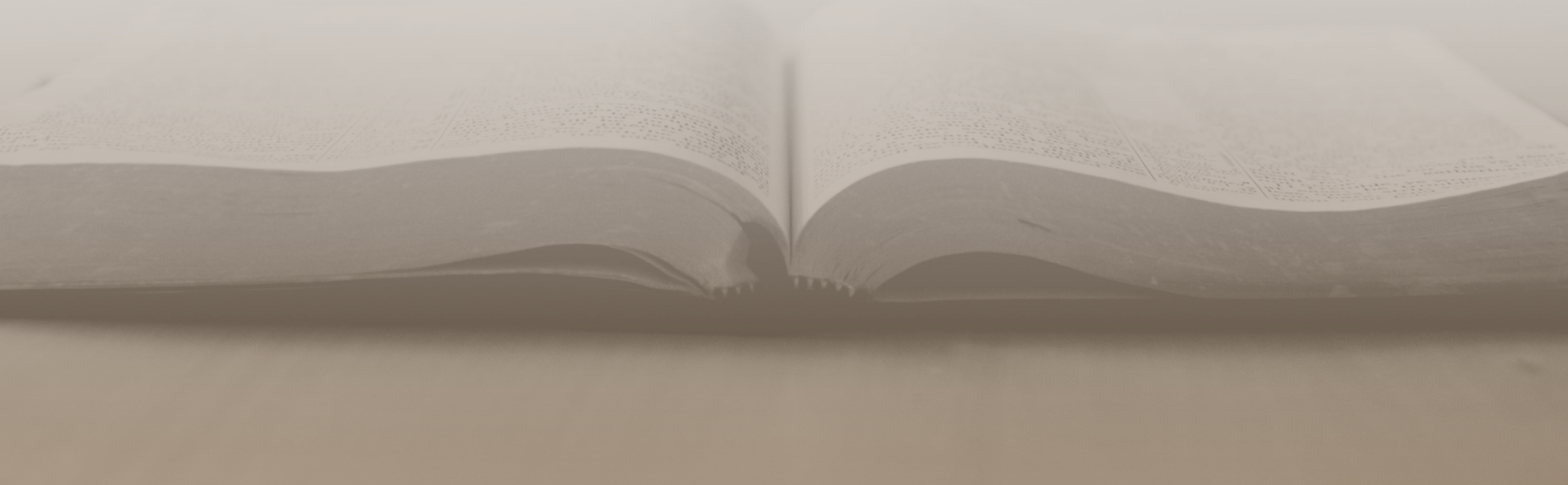




“... For when I have brought them into the land flowing with milk and honey, which I swore to give to their fathers, and they have eaten and are full and grown fat, they will turn to other gods and serve them, and despise me and break my covenant.”

## **Deuteronomy 31:19-20**

English Standard Version







# Fosters a Worldly Focus

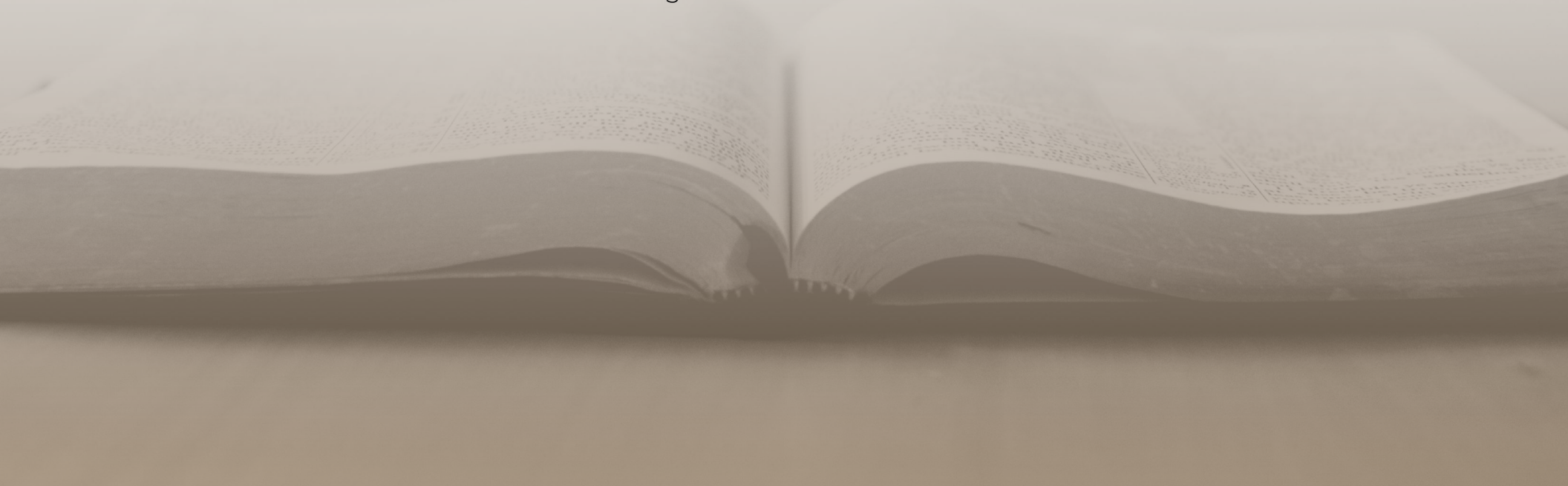
Phil. 3:19; Rom. 16:18; 1 John 2:16



**“Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things.”**

## **Philippians 3:19**

English Standard Version





# Leaves Us Feeling Empty

Luke 15:13-14







# Wastes What Others Could Use

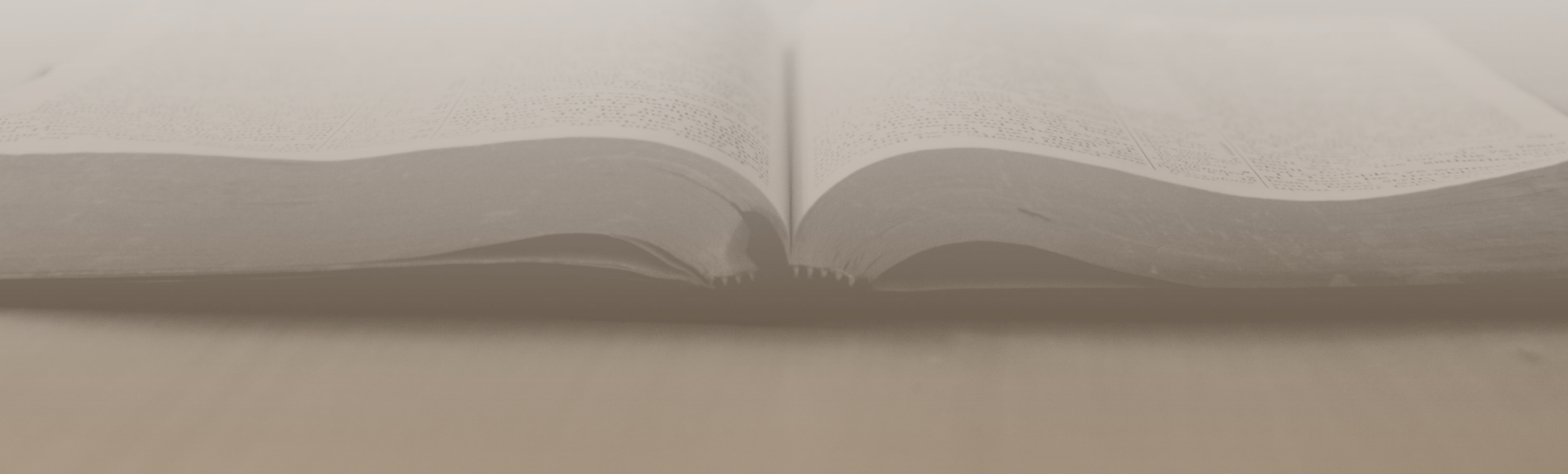
Luke 3:11; 16:19-21



**“ And he answered them, ‘Whoever has two tunics is to share with him who has none, and whoever has food is to do likewise.’ ”**

## **Luke 3:11**

English Standard Version





The background of the image is a close-up of brown, muddy ground. Several footprints are visible, some filled with muddy water, creating a textured and somewhat chaotic appearance. The lighting is somewhat dim, emphasizing the wet and sticky nature of the mud.

How can we avoid

**TOO MUCH?**

**Pray for God to Fill  
You with the Spirit**

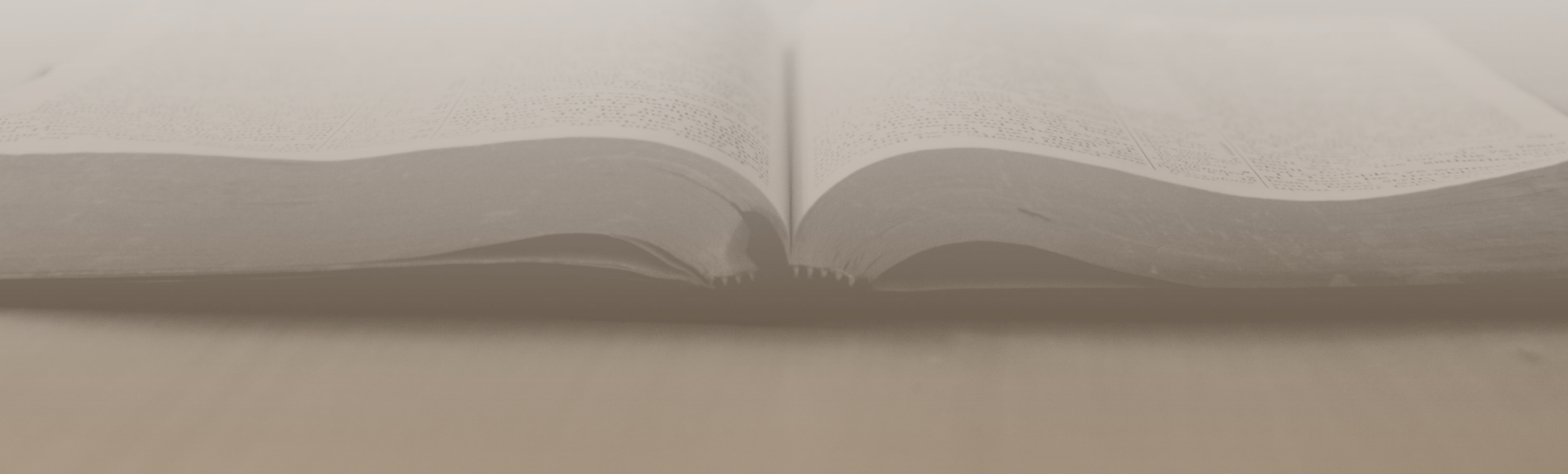
Eph. 5:18



“ And do not get drunk with wine, for that is  
debauchery, but be filled with the Spirit ...”

## **Ephesians 5:18**

English Standard Version



# Discipline Yourself

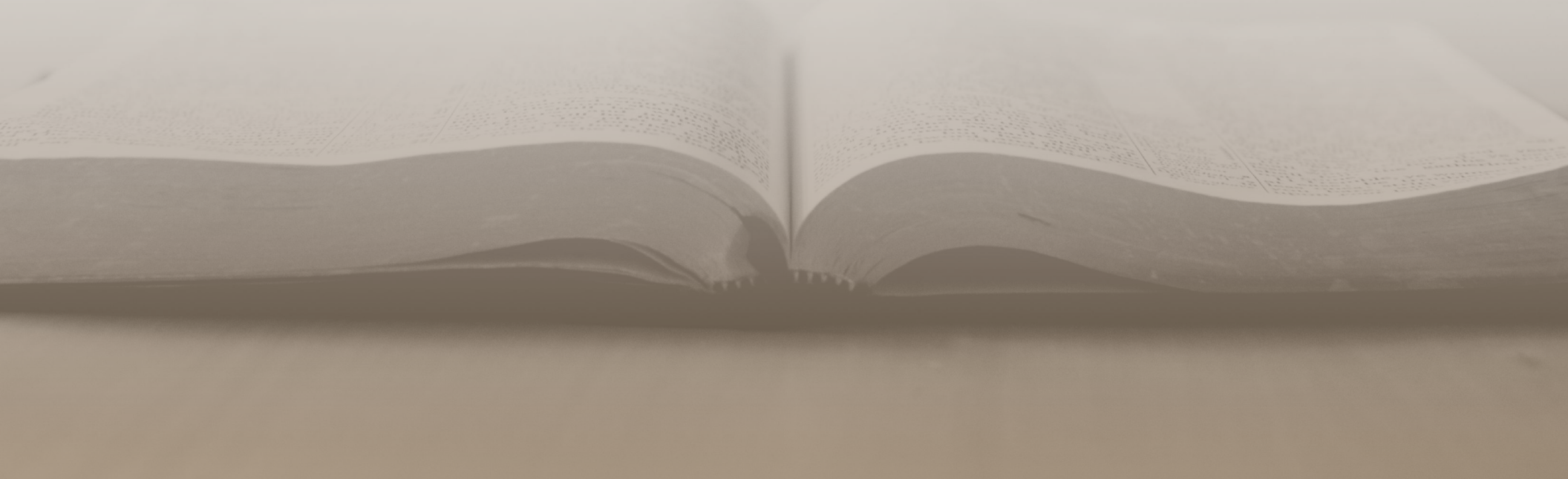
1 Cor. 6:12-13; 9:24-27



“‘All things are lawful for me,’ but not all things are helpful. ‘All things are lawful for me,’ but I will not be dominated by anything. “Food is meant for the stomach and the stomach for food”—and God will destroy both one and the other. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.”

## **1 Corinthians 6:12-13**

English Standard Version



# Be Content With “Enough”

Matt. 6:11; Exod. 16:17-21



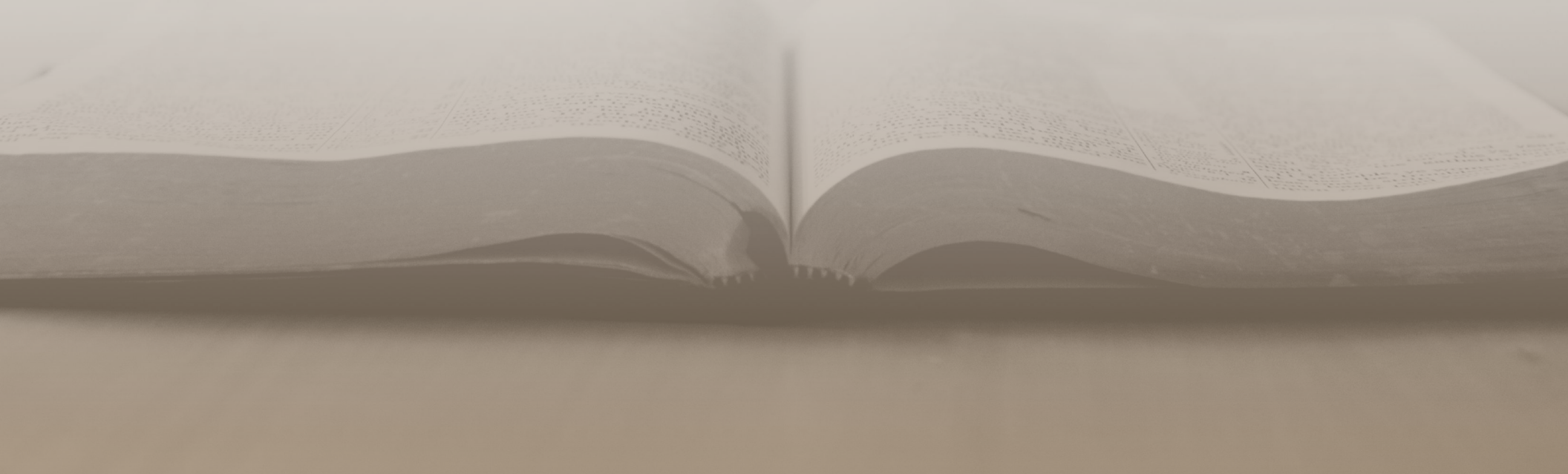
# Find Satisfaction in the Lord

Psalm 73:23-26; Matt. 5:6

“Nevertheless, I am continually with you; you hold my right hand. You guide me with your counsel, and afterward you will receive me to glory. Whom have I in heaven but you? And there is nothing on earth that I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”

## **Psalm 73:23-26**

English Standard Version





The background is a close-up, top-down view of brown, wet mud. Several footprints are visible, showing the texture of the mud and the shape of the steps. The mud is uneven, with some areas being more saturated and others more crumbly.

What's your

**TOO MUCH?**