

(3-29-15)

INTEMPERANCE! (PART 1)
(GLUTTONY)

TEXT: Song of Solomon 7:12 Let us get up **early** to **the vineyards**; let us see if the vine flourish, whether the tender grape appear, and the pomegranates bud forth: **there will I give thee my loves.**

Galatians 5:21 Envyings, murders, **drunkenness, revellings, and such like**: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace...

23 Meekness, **temperance**...

1 Corinthians 9:25 And every man that striveth for the mastery **is temperate** in all things.

27 But I keep under my body, and **bring it into subjection**: lest that by any means, when I have preached to others, I myself should be a castaway.

Ezekiel 16:49 Behold, this was the iniquity of thy sister Sodom, pride, **fulness of bread**, and abundance of idleness was in her and in her daughters...

"...they were very **intemperate** in their diet...they little regarded to employ themselves..."
(Matthew Poole)

Luke 17:28 Likewise also as it was in the days of Lot; they did eat...

"...**temperance** which is the fruit of the spirit, means that a man should use moderately what is good, and abstain altogether from that which is poisonous..."

(*The London Tee-total Magazine*, 1840)

"'By abstaining from sensual indulgences,' says Aristotle, 'we become **temperate**.' Xenophon declares that the term '**temperance**' means, first, moderation in healthful [things], and second, abstinence from things dangerous, as the use of intoxicating wines...Thomas Aquinas says: 'There are things contrary to soundness or a good condition of life, and the **temperate** man does not use these in any measure, for this would be a sin against temperance'..."

(*The Cyclopaedia of Temperance and Prohibition*, 1891)

Deuteronomy 32:15...thou art covered with fatness; then he forsook God...

Proverbs 21:17 He that loveth pleasure shall be a poor man: he that loveth wine and oil shall not be rich.

Proverbs 23:2 And put a knife to thy throat, if thou be a man given to appetite.

Proverbs 25:27 It is not good to eat much honey...

Philippians 3:19 Whose end is destruction, **whose God is their belly**...

1 Peter 4:3 For the time past of our life may suffice us to have wrought the will of the Gentiles, when we walked in lasciviousness, lusts, **excess of wine, revellings, banquetings**, and abominable idolatries:

4 Wherein they think it strange that ye run not with them to **the same excess** of riot, speaking evil of you:

1 Corinthians 6:13 Meats for the belly, and the belly for meats: but God shall destroy both it and them. Now the body is not for fornication, but for the Lord; and the Lord for the body.

Acts 17:18 Then certain philosophers of **the Epicureans**, and of the Stoicks, encountered him...

"Pleasure is our first and kindred good. It is the starting-point of every choice...inasmuch as **we make feeling the rule** by which to judge every good thing."

(Epicurus, *Letter to Menoeceus*)

Proverbs 23:21 For **the drunkard and the glutton shall come to poverty**: and drowsiness shall clothe a man with rags.

Psalms 9:17 The wicked shall be turned into hell, and all the nations that forget God.

-The average 19 year old Military Academy cadet, in 1870s weighed 144 pounds. 133 in the 1890s. 156 in the Roaring 1920s. In 1963 the average 10 year old boy weighed 74 pounds. In 2002, it was 85 pounds. In 1960, the average height of a man, age 20 to 74 was 5'8", and 166 pounds. The height in 2002, was 5'9", but the weight is now 191 pounds. Scales in stores in the 1950s, show a 6' man at 175lbs. 154 at 5'8".

Luke 21:34 And take heed to yourselves, lest **at any time your hearts be overcharged with surfeiting, and drunkenness**, and cares of this life, and so that day come upon you unawares.

36 Watch ye therefore, and pray always, that ye may be accounted worthy to escape all

these things that shall come to pass, and to stand before the Son of man.

Surfeit: "To feed with meat or drink, so as to oppress the stomach and derange the functions of the system; to overfeed and produce sickness or uneasiness."

(*Webster's*, 1828)

"Roman decadence is vividly portrayed in ancient literary sources...Feasting was a significant part of Roman society, so much so that satires were written mocking the frivolity of such affairs. **Augustus [27 B.C.-A.D. 14]**...attempted to control **public and private gluttony** by enforcing severe laws...But mere laws could not stifle the desire for delicacies and extravagant eating..."

(*Archeology*, Volume 54 Number 6, November/December 2001)

"Over the last three decades, fast food has infiltrated every nook and cranny of American society...The early Roman Republic was fed by its citizen-farmers; the Roman Empire, by its slaves. A nation's diet can be more revealing than its art or literature."

(Eric Schlosser, *Fast Food Nation: The Dark Side of the All-American Meal*, 2012)

Emperor Tiberius (14-37)

Emperor Caligula (37-41)

Emperor Claudius (41-54)

Emperor Nero (54-68)

Emperor Vitellius (69)

"Whatever these people [Romans] might have been, in the early periods of their commonwealth, when a [magistrate] could dine upon roasted turnips - as wealth and power increased, they sunk into the grossest luxury...(Very unlike indeed was that profligate and luxurious race of men, the Romans, under the emperors, to their temperate, and virtuous ancestors)...It was customary with many of the Romans, to indulge in eating no less than five times a day...The annals of the empire, are almost the annals of gluttony. The life of **Tiberius**, is little better than an unvaried scene of the most disgusting, and unnatural vices...it was customary with him to consume whole nights, in eating... (moderate men seldom ate more than **twice** during the day; namely, about noon, when they dined, and in the evening, when they supped. The dinner was a very slight meal)...**Vitellius** also must not be overlooked, in the enumeration of Roman gluttons...But the excesses of the table were not confined to the palaces at Rome; they were found in the houses of private citizens..."

(Richard Warner, *Antiquitates Culinariae*, 1791)

"The Emperor Nero is well known for his many vices, and gluttony was one of them. Suetonius, the Roman biographer, tells us that 'his feasts now lasted from noon till midnight, with an occasional break for diving into a warm bath...' And the Emperor Caligula had a talent for inventing the most peculiar delicacies, his best-known being a draught of priceless pearls dissolved in vinegar...The Roman host had an even wider range of meats and vegetables to serve at his feast than we have today (although potatoes were unknown)...Banquets lasted for hour after hour...Suetonius reflected sadly on the decline of the Roman Empire, which he was convinced was partly due to the gluttony of

the Romans..."

(*Look and Learn*, #417, Jan. 10, 1970)

"Vitellius was addicted to all sorts of vices, but chiefly to luxury and cruelty."

(*The History of the Twelve Caesars*, 1791)

"In all the villas and municipal towns through which he passed [he held] carousing festivals...He was followed by an unwieldy multitude, not less than sixty thousand men in arms, all corrupted by a life of debauchery...even beyond the natural bent of the vilest slaves..."

(Tacitus)

"It is not easy to express his [Vitellius'] vices with dignity, or even decency. Tacitus fairly calls him a hog..."

(Gibbon, *Decline and Fall of Roman Empire*)

"[Emperor **Vitellius**] was chiefly addicted to the vices of luxury and cruelty. **He always made three meals a day**, sometimes four: breakfast, dinner, and supper, and a drunken revel after all. This load of victuals he could well enough bear, from a custom to which he had enured himself, of frequently vomiting...He was not only a man of an insatiable appetite, but would gratify it likewise at unseasonable times, and with any garbage that came in his way..."

(C. Suetonius Tranquillus, *The Lives of the Twelve Caesars*, A.D. 121)

Ecclesiastes 10:16 Woe to thee, O land, when thy king is a child, and **thy princes eat in the morning!**

"In oriental as in classical lands it was customary, in **ancient times, as now, to have but two meals in the day**, and the evidence, including that of Josephus, goes to show that the second or evening meal was the principal one...to 'eat (a full meal) in the morning' was a reproach (Ec 10:16). The full meal was not to be taken until a little before or after sunset, when the laborers had come in from their work...Lu 17:7...The noon meal, taken at an hour when climatic conditions called for rest from exertion...was generally very simple, of bread soaked in [vinegar] with a handful of parched corn (Ru 2:14...or of bread and broiled fish (Joh 21:13)..."

(*International Bible Encyclopedia*, 1915)

"For more than a thousand years the one meal plan was the established rule among the civilized nations inhabiting the coast-lands of the Mediterranean...At the period of their greatest power, the Greeks and Romans ate only one meal a day...For more than a thousand years the one-meal system was the rule in two countries that could raise armies of men - every one of whom would have made his fortune as a modern athlete - men who marched for days under a load of iron...The Romans of the Republican age broke their fast with a biscuit and a fig or two [dinner, around noon], and took their principle meal

[supper] in the cool of the evening...Among the many things that have been offered as an explanation for their physical, mental and moral decline has been their sensuous indulgence in food which came with power and riches."

(Dr. Herbert M. Shelton, *The Hygienic System: Orthotrophy*, 1935)

1 Kings 17:4 And it shall be, that thou shalt drink of the brook; and **I have commanded** the ravens to feed thee there.

6 And the ravens brought him **bread and flesh in the morning, and bread and flesh in the evening**; and he drank of the brook.

7 And it came to pass after a while, that the brook dried up...

Luke 14:12 Then said he also to him that bade him, When thou makest **a dinner or a supper**...

"British people - and many others across the world - have been brought up on the idea of three square meals a day as a normal eating pattern, but it wasn't always that way...Breakfast as we know it didn't exist for large parts of history. The Romans didn't really eat it, usually consuming only one meal a day around noon, says food historian Caroline Yeldham. In fact, breakfast was actively frowned upon. 'The Romans believed it was healthier to eat only one meal a day,' she says...By the 1920s and 1930s the government was promoting breakfast as the most important meal of the day...From the Roman times to the Middle Ages everyone ate in the middle of the day, but it was called dinner...Workers had often toiled in the fields from daybreak, so by midday they were hungry...By midday workers had often worked for up to six hours..."

(*BBC News Magazine*, Nov. 15, 2012)

"You've probably heard the advice that eating small meals throughout the day is how you win the battle of the bulge. The claim is that frequent snacking, as long as it's healthy, keeps your metabolism humming, staves off hunger, and controls blood sugar. The end result: You eat less. Except it may not work that way. A study from the University of Ottawa found that on a low-calorie diet, there was no weight loss advantage...A second study...concluded, eating six meals a day actually made people want to eat more."

(www.webmd.com, June 28, 2014)

"There is no biological reason for eating three meals a day."

(Paul Freedman, Yale University history professor; editor of *Food: The History of Taste*)

"We grew up believing in three meals a day...People around the world, even in the West, have not always eaten three squares. The three-meals model is a fairly recent convention...The idea of children being allowed to choose their own meals and mealtimes would have been shocking a few decades ago...But the family dinner table is verging on the obsolescent...The food industry wants you to buy more food, thus it urges us to eat as much and as often as possible. It's an easy sell, because Americans have always liked snacks...A snack boom began in the mid-20th century and hasn't stopped...The long-term effect is that any time of day has become a time to eat...They're being manipulated into it,

guilted into thinking: I'm so busy all week and I have so little quality time with my kids that the least I can do for them is let them eat as they like..."

(Anneli Rufus, AlterNet, Sept. 23, 2011)

"Food companies have invested millions to convince us that breakfast is essential...When we wake up, our body is in a ketogenic (fat-burning) state. That's when your body's best at burning the extra fat you have. Interrupt it with a sugar-loaded breakfast, and you'll be keeping that extra fat around your waist...That means that if your last meal was at 9pm, you should be able to not eat until 1pm next day without a problem. This period of fasting help you cleanse your body, burn additional fat and produce growth-hormone with all its beneficial effects."

(The Breakfast Myth, <http://8fit.com/blog/the-breakfast-myth/>)

"Biased research reporting, the authors explain, entails distorting research findings...Allison and his team...found that scientists collectively do not know as much about the relationship between skipping breakfast and obesity as previously thought..."

(<http://www.uab.edu/news/latest/item/3736-new-study-shows-changing-breakfast-habits-may-not-affect-weight>, September 09, 2013)

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