

Victory Over Sin Sermon Series
Lesson 10 – Victory Over Appetite
Bible Sermon Notes by Pastor O. Cary Rodgers, Jr.

Appetite is the body's natural desire or craving to eat food stimulated by the sharp pains of hunger. Appetite can also be stimulated by thought, smell, or the sighting of highly desirable foods.

God created us with an appetite to eat to enjoy and physically experience the power and glory of God. Why did God create us to eat? So we can see that our existence, vitality, and life is totally dependent on God. God also created us with taste buds in our mouth so we can literally "taste and see that the Lord is good," "who satisfieth thy mouth with good things." (Psalms 34:8 & 103:5)

Appetite is one of the most powerful needs that God has given us. Without it, we would die; but sin has corrupted our appetite and taste.

Appetite can give you strength or weakness; sickness or health; life or death. What you put in your mouth and stomach will determine the quality and spirituality of your life. It has a direct affect on your relationship with God. It creates an environment of success or failure. Appetite either feeds the sinful flesh or the spirit. It determines who you truly worship and serve.

If you operate in your sinful flesh, your appetite will control you; but if you operate in the Spirit of God, you can control it. We must ALL learn how to put our appetites into submission to the will of God. In order to have a decisive victory over sin you MUST have victory over appetite.

Sin entered into this world on the point of appetite. Jesus gives us an example how to overcome a corrupted appetite in the wilderness of temptation.

Matthew 4:1-4

- 1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.
- 2 And when he had fasted forty days and forty nights, he was afterward an hungred.
- 3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.
- 4 **But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.**

Jesus shows us that we must first depend on the WORD of God as our spiritual bread in order to have victory over a sinful and corrupted appetite. God is the ONLY one who has the power to give us victory.

"In the wilderness of temptation Christ met the great leading temptations that would assail man. There He encountered, single-handed, the wily, subtle foe, and overcame him. The first great temptation was upon appetite; the second, presumption; the third, love of the world. Satan has overcome his millions by tempting them to the indulgence of appetite. Through the gratification of the taste, the nervous system becomes excited and the brain power enfeebled, making it impossible to think calmly or rationally. The mind is unbalanced. Its higher, nobler faculties are perverted to serve animal lust, and the sacred, eternal interests are not regarded. When this object is gained, Satan can come with his two other leading temptations and find ready access. His manifold temptations grow out of these three great leading points." {Ellen White, Counsels on Diet and Food p. 151.1}

How are we to eat?**1 Corinthians 10:31**

31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

Does your eating and drinking glorify God and exemplify the character of God?

What is one of God's health promises for those who have control and victory of their appetite?**Exodus 15:26**

26 And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I *am* the LORD that healeth thee.

Not only are we to keep the moral law of God's commandments, but we are to keep His health laws. God created within us laws of the body to maintain good health, vitality, strength and life. God promises those who keep both the spiritual law of God and the laws of the body, that they will not have the diseases of the Egyptians. The diseases of the Egyptians are the same diseases that we have today such as heart disease, strokes, diabetes, heart attacks, and cancer. Many of these diseases are the result of an appetite that eats foods that are in violation of the laws of the body. True healing takes place for those who have disease, if they stop breaking the laws of health and eat things that keep the body healthy.

God's foods of fruits, nuts, grains, and veggies aid in developing good and healthy blood and circulation. It promotes a healthy environment for the mind and spirit. Satan's junk food such as sodas, flesh burgers, cheese, bacon, and fried chicken work against the body and develop sluggish and corrupted blood with poor circulation. The affect it has on the mind and spirit is detrimental to the soul.

"Present before the people the need of resisting the temptation to indulge appetite. This is where many are failing. Explain how closely body and mind are related, and show the need of keeping both in the very best condition....

All who indulge the appetite, waste the physical energies, and weaken the moral power, will sooner or later feel the retribution that follows the transgression of physical law.

Christ gave His life to purchase redemption for the sinner. The world's Redeemer knew that indulgence of appetite was bringing physical debility and deadening the perceptive faculties so that sacred and eternal things could not be discerned. He knew that self-indulgence was perverting the moral powers, and that man's great need was conversion,-- in heart and mind and soul, from the life of self-indulgence to one of self-denial and self-sacrifice.

...Your usefulness as laborers for God in the work of recovering perishing souls, depends much on your success in overcoming appetite. Overcome the desire to gratify appetite, and if you do this your passions will be easily controlled. Then your mental and moral powers will be stronger. "And they overcame . . . by the blood of the Lamb, and by the word of their testimony." {Ellen White, Counsels on Diet and Foods p. 161 - 162}

It is clear from God's word that we cannot eat just anything our appetite desires.**Genesis 2:16-17**

16 And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat:

17 But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.

God gave us so many good things for us to eat for the glory of God that gives us spiritual and physical strength. Anything that violates the will of God, His law, and causes death God says, "thou shalt not eat of it."

Satan used the medium of a snake to tempt and deceive Eve to eat from the forbidden tree. Satan's tactic of deception has not changed.

The plural word for medium is media. Today, Satan is using the same tactics of temptation to seduce our appetites to eat things that will confuse our minds, strain our connection with God, make us sick, violate the law of the body, and cause us death.

Satan, over the years, has deceived billions of people through the media into eating foods that will literally cause death. Satan deceives many using media advertisement of his foods that kill, steal, and destroy. Just like he used the snake to deceive Eve, he uses actors, cartoon animals, or clowns to make his pitch.

What are some of his lies?

"You deserve a break today"

"I'm lovin' it"

"Unwrap a smile."

"Have it your way."

"Now you're eating!"

"Sometimes you've got to break the rules".

"Finger-lickin' good"

"It's better here."

"The best part of waking up is Folger's in your cup."

All these words are formulated to seduce, entice, and appeal to your appetite by using sight, sound and music. He makes it appear that his food of junk will give happiness, comfort, and joy, but in reality they are agents of disease, sickness, and death. He knows that his foods please the sinful flesh and weaken the morality of man.

We need to learn to eat for strength and not for lust. We must never allow our appetite, taste, buds or stomachs to become our gods.

Philippians 3:18-19

18 (For many walk, of whom I have told you often, and now tell you even weeping, *that they are* the enemies of the cross of Christ:

19 Whose end *is* destruction, whose God *is* *their* belly, and *whose* glory *is* in their shame, who mind earthly things.)

Romans 16:17-18

17 Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye have learned; and avoid them.

18 For they that are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple.

Those who indulge in appetite that please the flesh do not see and understand the spiritual things of God. Their thinking and behavior is against the present truth of God's word. They reject the reformation and transformation that God requires that reflects the character of God. They reject health reform, dress reform, victory over sin, true education, and the medical missionary work.

"If the stomach is not properly cared for, the formation of an upright, moral character will be hindered. The brain and nerves are in sympathy with the stomach. **Erroneous eating and drinking result in erroneous thinking and acting.** {CD 404.3}

Having victory over appetite will give you power to overcome all of Satan's temptations and seductions.

The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character. {CD 163.3}

God has given parents the duty to train their children how to control their appetite. The parents of the Daniel the prophet trained him how control to his appetite. They taught him lessons that are spoken of in Proverbs 23:1-3:

Proverbs 23:1-3

- 1 When thou sittest to eat with a ruler, consider diligently what *is* before thee:
- 2 And put a knife to thy throat, if thou *be* a man given to appetite.
- 3 Be not desirous of his dainties: for they *are* deceitful meat.

As a result, Daniel when he was captured as a slave and taken to Babylon he was determined to remain faithful to God. When he was commanded to eat of the king's foods that would endanger his body and mind he was given permission to eat from the King of king table of fruits, veggies, grain, nuts and seeds.

Daniel 1:8

- 8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.

This is the type of determination and commitment we must have in order to stay faithful to God and not eat the junk food from the world's table.

Daniel 1:15

- 15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.

Daniel and his friends ate fruits and veggies for ten days, as a result God blessed them for their faithfulness. All other captives who submitted to the pressure and temptation to eat from the king's table did not have the moral and physical strength like Daniel.

What are three simple steps to have victory over appetite?

1 – Submit your appetite to God and He will give you the power and strength to have a decisive victory over sin

Philippians 2:13

13 For it is God which worketh in you both to will and to do of *his* good pleasure.

Hebrews 13:20-21

20 Now the God of peace, that brought again from the dead our Lord Jesus, that great shepherd of the sheep, through the blood of the everlasting covenant,

21 Make you perfect **in every good work to do his will**, working in you that which is wellpleasing in his sight, through Jesus Christ; to whom *be* glory for ever and ever. Amen.

2 - Cut OFF the junk

Matthew 18:8-9

8 Wherefore if thy hand or thy foot offend thee, cut them off, and cast *them* from thee: it is better for thee to enter into life halt or maimed, rather than having two hands or two feet to be cast into everlasting fire.

9 And if thine eye offend thee, pluck it out, and cast *it* from thee: it is better for thee to enter into life with one eye, rather than having two eyes to be cast into hell fire.

Make a decision to cut off the foods that kill and eat the foods that heal. Cut off the ads and commercials that promote Satan's food. Cut off fast food restaurants and Satan's junk food. When you cut off these things, you will be cutting off heart disease, cancer, strokes, and other lifestyle diseases.

3 – Replace the bad with the good

Prepare good healthy food that replaces all of your junk and unhealthy food. For example, replace heart clogging dairy cheese with a plant-based option made with nuts and seeds. Replace hamburger made of flesh with various types of bean burgers. Replace soda with water and fruit smoothies. Replace fast food fries with oven baked potato wedges. Replace candy with fruit. Learn new plant-based recipes.

2 Corinthians 5:17

17 Therefore if any man *be* in Christ, *he is* a new creature: old things are passed away; behold, all things are become new.

Old corrupted appetite replaced with the new and good appetite with the glory of God!

Summary: Three simple steps to have victory over appetite

1 - Submit your appetite to God

2 - Cut OFF the junk

3 - Replace the bad with the good