

# SEVEN SINS AND SEVEN VIRTUES — Gluttony and Moderation

## Virtue and Vice in their Broadest Context

- ▶ JUSTIFICATION — Forgiveness and the Gift of Life Eternal  
Post-conversion behavior: grace-embodied or grace-indulged
- ▶ SANCTIFICATION — Relationship and a Life-Long Transformation  
Growth in being: incremental metamorphosis into Christ-likeness
- ☼ God-Conscious Living: Hear what you can hear — *2 Peter 1:3-11*

## Definitions and Perspectives

- ▶ GLUTTONY — To eat to excess, especially when habitual.  
Beyond hunger and nutrition. American over-eating, poor-eating, obsessive-eating (diet captivity).  
Food is about more than food. Self-nurture (comfort food). Eating disorders – to what end?  
Expanding Appetites. Insatiable Desires. Taste Refinement and Pursuit Escalation.
- ▶ MODERATION — Being within reasonable limits; not excessive or extreme.  
Less is more, and more is shared. Stop while you're ahead, and know when you've had enough.
- ☼ Neighbor-Conscious Living: Do what you can do — *2 Corinthians 8:1-15*

## Optional Self-Discovery and Self-Mastery

- ▶ SELF-AWARENESS — In Grand Central Station  
The route, timing and destination of your . . . Street Car Named Desire
- ▶ SELF-CONTROL — A Master of Nothing, If Not a Master of Self  
When self-denial is healthy, obedient, even worshipful. Wise and unwise impulse management.
- ☼ Self-Conscious Living: Be who you can be — *Galatians 5:16-26*

## Give Me This Day My Daily Bread

- ▶ DISCIPLINED GOURMETS — Manna and the Meaning of Enough  
GARP investors<sup>1</sup> are opportunistic value investors. We are in the culture, but not subject to it—mindful of the "price" of desire and consumption.
- ▶ LOVING THE BEST THINGS MORE — Seek Ye First the Kingdom of God  
The key to wanting something less is (a) to satisfy real needs and (b) to redirect excessive desires.
- ☼ Kingdom-Conscious Living: Want what you should want — *Ephesians 5:15-21*

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<sup>1</sup> Growth at a Reasonable Price