

Hard Times: Gluttony
Philippians 3:15-21
August 16, 2026

“A man without self-control is like a city broken into and left without walls.” – Proverbs 25:28

*“But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.”
– 1 Corinthians 9:27*

*“Do you not know that you are God's temple and that God's Spirit dwells in you? ¹⁷ If anyone destroys God's temple, God will destroy him. For God's temple is holy, and you are that temple.”
– 1 Corinthians 3:16-17*

1. Self-Control Is Self-Protection (vs 15-16)

“Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. ¹⁶ Only let us hold true to what we have attained.”

“For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, ⁶ and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness,” – 2 Peter 1:5-6

“Every word of God proves true; he is a shield to those who take refuge in him.” – Proverbs 30:5

2. Be An Example to Others (vs 17-18)

“Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us. ¹⁸ For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ.”

“You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.” – Matthew 5:13

“You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore, whoever wishes to be a friend of the world makes himself an enemy of God.” – James 4:4

3. Trust In God Alone (vs. 19-21)

“Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. ²⁰ But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, ²¹ who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.”

*“Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. ²⁵ Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.”
– 1 Corinthians 9:24-25*