

CARE RESOURCES

GLUTTONY

HOW TO OVERCOME GLUTTONY AND STOP COMFORT EATING

What is the spiritual root issue with a spirit of gluttony and how to overcome gluttony. Does it have something to do in how we feel about self? Did you know how you feel about self changes the metabolism as well?

IS GLUTTONY A SIN?

In the turn of the century, early 1900's you hardly heard of heart attacks, cancer, and other types of diseases like today. The Bible does talk about drunkenness and gluttony. Did you know drunkenness and gluttony is a spirit? Do you feel good about yourself?

THE SPIRITUAL ROOTS OF GLUTTONY

What is the spiritual roots of gluttony? It is an unloving spirit working on you to overeat. Is Gluttony a sin?

- Sin of gluttony is a problem. In the turn of the century we are eating 4 pounds of sugar a year. Sugar is a poison. Today, we are consuming 130 pounds per person per year. Most of our prepared food and even spices have sugars added to them. In the early 1900's diabetes were very few, and over 10 million have diabetes today1.
- Today, saturated fats is much higher in our foods. In the turn of the century, heart attacks were not common problem like today. The death rate annually from hardening of arteries and degenerative heart disease in the United States is the highest in the world compared to everywhere else who does not have fast-food restaurants. Life Insurance Companies has shown that a man 45 years of age, who increases his weight by 25 pounds over standard weight, reduces his life expectancy 25%.
- The reason we are fatter, is the types of fat we eat. People are eating polyunsaturates in margarine and oils believing it is good but are misled and they don't look for hydrogenated on the labels. The hydrogenated in your oil or butter is plastic.

HOW TO OVERCOME GLUTTONY

We are overweight and eating the wrong things in our diet. So, what does a person need to eat? Eat a caveman diet. What is the caveman diet – eliminating processed foods by eating meat, vegetables and fruit that are fresh and not in a can or frozen food. If you want to lose weight, eat as natural as you can such as:

- Fruits and vegetables, including leafy greens,
- Eat meat three times a week,
- Eat less and more often,
- Don't eat junk food,
- Eat fewer sweets,
- Stay away from boxed dinners, and
- Eat fewer carbohydrates and starches from bread.
- Include exercise such as a rebound trampoline in your house while watching TV overcome overeating.

HOW DO YOU HANDLE YOUR EMOTIONS?

If you cannot control your food intake and overeat for comfort, you may have a spirit of gluttony. You may need deliverance from the sin of gluttony, and then you can overcome gluttony.

- When you feel rejected, do you eat for comfort?
- Do you, when you feel lonely reach for cookies?
- When you feel stressed, need to drink some alcohol to deal with your stress or some type of unhealthy food?

All this is a false pathway to peace. This is when you use something else besides God to take care of your need such as loneliness, need for love, etc.

DELIVERANCE FROM A GLUTTONY SPIRIT

Read this prayer of deliverance from a Spirit of Gluttony out loud to overcome gluttony:

Father God I forgive those who rejected me and hurt me. I let go of any bitterness I have towards anyone. Amen. Father God, forgive me for eating food as a false pathway to peace. Instead of going to you because I feel lonely or rejected or stressed, forgive me for not going to you.

Forgive me father for drunkenness and gluttony and any other addictions such as to sugar, coffee, etc. or to any drugs or medicines. Father God, I come to these spirits of gluttony, habits, false pathways to peace, loneliness, rejection, etc. I repent, renounce and I cast these spirits out of me and send them to dry places now in the name of Jesus Christ of Nazareth.

Father God, I know addictions to food come from not loving myself and when I feel depressed, I go to food for comfort. I repent and renounce for not loving myself and having a spirit of self-hatred. I also forgive myself for all my past sins and regrets. I let myself go free and choose to see me as a child of the most high God who is the king of the universe. I also see me as God's perfect handiwork. Amen.

SPIRIT OF GLUTTONY PRAYER DELIVERANCE

Also address these other spirits by repenting and renouncing these spirits related to gluttony:

- Nervousness
- Alcohol
- Unforgiveness
- Compulsive Eating
- Resentment
- Retaliation
- Anger
- Wrath
- Hatred
- Violence
- Murder with the tongue
- Frustrations
- Bondage to food
- Self-pity
- Slavery
- Self-reward
- Fantasy
- caffeine
- Spirit of Fear
- Diet pills
- Indulgence

- Self-hatred, self-rejection
- Past regrets, self-pity
- Addictions to food
- Craving for Alcohol
- Craving for Particular Foods
- False Pathway to Peace
- Not taking care of the temple
- Addictions to any kind
- I like to eat

SPIRIT OF GLUTTONY PRAYER DELIVERANCE

Overcome gluttony spirits: I bind these spirits, break its power off of me, cast these spirits to the dry places now in the name of Jesus Christ of Nazareth. Amen.

Father God, fill me with your love, your peace, and hope and with your spirit of self-control in the name of Jesus Christ of Nazareth. Help me to run to you instead of food. Amen. Thank you for the deliverance from Gluttony.



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If you would like to speak to someone about your situation, we would love to help you and pray with you. Please contact the El Shaddai FGC Offices or you can email us at info@taniab.co.za