

# Appetite and It's Influence on Digestion

## Sermon #1

### Proverbs 23:1-9

“What are all of the food ads and food packaging created for? It's for your APPETITE!”

“When you control your appetite you also control your diet. When you control your diet you also change your health and your future. This is true for both physical and spiritual health.” *Hampton Drum*

The benefits of good digestion and a pleasant response to a good meal are more energy, relaxation, good sleep, a happy belly and a happy life. Can we not say that physically we can have an appetite for something that will not set well with our digestive system? In the same way Solomon is saying that the uncontrolled spiritual appetite can cause many complications when it comes to digesting life.

### I. The precaution that is given to control your spiritual appetite.

#### A. A wrong influence can create an unhealthy appetite.

#### Proverbs 23:1

*When thou sittest to eat with a ruler, consider diligently what is before thee:*

#### B. A worthy suggestion to curb an unhealthy appetite.

#### Proverbs 23:2

*And put a knife to thy throat, if thou be a man given to appetite.*

“When a person gets sick to his stomach from drinking, his stomach has more sense than his head.” *Adrian Rogers*

### II. The perception we need to control our spiritual appetite.

#### A. He warns us that a wrong appetite is powerfully deceitful.

#### Proverbs 23:3

*Be not desirous of his dainties: for they are deceitful meat.*

Why are they deceitful?

- They urge us to enjoy a temporary pleasure and forget the long-term consequences.

- They are proposed to be more pleasurable than they really are. They are propped up by the mystery of the unknown and the glamor of the wealthy.
- They always make you pay more than they are worth.
- They are more about prestige than they are about nourishment. (The result is arrogance and spiritual poverty.)
- They rob you of future fulfillment and happiness because life equity has been wasted on temporary pleasure.

**B. He warns us that a wrong appetite is profoundly detrimental.**

**Proverbs 23:5-8**

*Wilt thou set thine eyes upon that which is not? for riches certainly make themselves wings; they fly away as an eagle toward heaven. (V.6) Eat thou not the bread of him that hath an evil eye, neither desire thou his dainty meats: (V.7) For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee. (V.8) The morsel which thou hast eaten shalt thou vomit up, and lose thy sweet words.*

**III. The profit we reap from a controlled spiritual appetite.**

**A. The belief that comes from developing a good spiritual appetite.**

**Psalms 34:8**

*O taste and see that the LORD is good: blessed is the man that trusteth in him.* (The more you taste of the Lord's goodness, the more you will trust the Lord.)

How to create a healthy appetite:

- We create a healthy appetite by what we put on the plate. Remember whatever we read, watch or listen to develops an appetite.
- We create a healthy appetite by wisdom. We know that the Devil uses temptation to develop an appetite that leads to addiction but, God uses obedience to create a healthy appetite that leads to healing.

**B. The benefit providence that comes from developing a good spiritual appetite.**

**Psalms 34:9**

*O fear the LORD, ye his saints: for there is no want to them that fear him. (V.10) The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing. (V.11) Come, ye children, hearken unto me: I will teach you the fear of the LORD.* (Developing a godly appetite causes us to become confident and satisfied within life.)

## The Spiritual Health of Godly Swallowing Sermon #2

### Proverbs 9:6-11

Swallowing is the Point of No Return

The reality of an experience becomes a part of your life when you swallow. The devil wants you to swallow it, because he knows you will have to endure the agony of digesting it.

### I. Careless consideration can bring weakness through what we swallow. (V.6-8)

Some things should not be swallowed.

#### Proverbs 9:6

*Forsake the foolish, and live; and go in the way of understanding.*

- Identify the appearance of sin and don't swallow.

#### 1 Thessalonians 5:22

*Abstain from all appearance of evil.*

- Identify the places of sin and don't swallow.

#### Proverbs 5:3

*For the lips of a strange woman drop as an honeycomb, and her mouth is smoother than oil: (V.4) But her end is bitter as wormwood . . .*

#### Proverbs 5:8

*Remove thy way far from her, and come not nigh the door of her house:*

### A. The wicked have no discretion about what they swallow.

#### Proverbs 9:7-8

*He that reproveth a scorner getteth to himself shame: and he that rebuketh a wicked man getteth himself a blot. (V.8) Reprove not a scorner, lest he hate thee:*

We see in this passage a total spiritual blindness to the effect of swallowing wickedness.

- They defend the right to swallow unhealthy behavior into their life.
- They attack anyone who would precaution them about what swallowing wickedness can do to their spiritual health.

- They choose to ignore the ill effects that others have experienced from swallowing such disobedience.

**Proverbs 13:18**

*Poverty and shame shall be to him that refuseth instruction:*

**B. The wise are discerning about what they swallow.**

**Proverbs 9:8-9**

*... rebuke a wise man, and he will love thee. (V.9) Give instruction to a wise man, and he will be yet wiser: teach a just man, and he will increase in learning.*

**Proverbs 28:23**

*He that rebuketh a man afterwards shall find more favour than he that flattereth with the tongue.*

What a wise man understands about what he swallows.

- He understands once it is swallowed it will have to be digested and it will become a part of his spiritual biography.
- He understands that swallowing wickedness will have a dire effect on his spiritual digestion.

**II. Careful consideration brings strength through what we swallow. (V.9)**

**A. Deep insight grows when we learn to swallow well.**

**Proverbs 9:9**

*Give instruction to a wise man, and he will be yet wiser:*

**1 Samuel 23:16**

*And Jonathan Saul's son arose, and went to David into the wood, and strengthened his hand in God.* (Godly reproof helps us to know what to leave and what to take from the menu of life!)

**B. Strong integrity grows when we learn to swallow well.**

**Proverbs 9:9**

*... teach a just man, and he will increase in learning.* (It grows because reasons for conduct are questioned, actions are scrutinized, behavior is kept in check and correction to attitude are made.)

**Proverbs 27:17**

*Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.* (What is integrity? It is setting limits and standards and making commitments that will keep life on the highest plain of integrity.)

### **III. Correct consideration brings stability to the result of swallowing. (V.10-11)**

#### **A. Correct swallowing brings about the right flow for Godly digestion.**

##### **Proverbs 9:10**

*The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding.*

“Good health is just as much knowing what not to eat as it is knowing what to eat. We all have food we know that if we eat it that it will have ill effects on our body. It is the same way with our spiritual swallowing.”

*Hampton Drum*

The Lord’s swallowing instructions:

##### **James 3:14-18**

*But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth. (V.15) This wisdom descendeth not from above, but is earthly, sensual, devilish. (V.16) For where envying and strife is, there is confusion and every evil work. (V.17) But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy. (V.18) And the fruit of righteousness is sown in peace of them that make peace.*

#### **B. Correct swallowing brings about the right future from Godly digestion.**

##### **Proverbs 9:11**

*For by me thy days shall be multiplied, and the years of thy life shall be increased.*

## The Healthy Spiritual Digestion of Hard Time Sermon #3

### James 1:2-4

Sometimes we forget that the purpose of digestion is to mature the body for the benefit of health.

#### Why is maturity so important?

- Maturity is important because all adults know that children are going to have to fly solo one day.
- Maturity is important because it gives you the ability to benefit from hard times instead of being crippled by them.
- Maturity is important because it gives you the ability to teach the next generation wisdom.

#### I. The right attitude helps to digest trials into maturity. (V.2)

##### A. How we are to compute the trial before it comes.

#### James 1:2

*My brethren, count it all joy . . .*

#### Divers Temptation:

#### 1 Peter 1:6

*Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations:*

#### Manifold Grace:

#### 1 Peter 4:10

*As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God.*

##### B. How we are to comprehend the trial before it comes.

#### James 1:2

*. . . when ye fall into divers temptations;*

1. Trial: a testing comes from an external situation and works itself inward.
2. Temptation: a solicitation that comes to the inward parts and works itself out.

“God will test us, but, God will not tempt us. God tests us to make us stand. Satan tempts us to make us fall.

*Adrian Rogers*

We must never forget that the devil's plan is to bring about spiritual immaturity in our trials.

### **What will the devil do to Prevent Good Spiritual Digestion of a Trial?**

- He will try to inject anxiety into your life so you will respond with worry instead of joy.
- He will try to inject impatience into your life so you will respond out of desperation instead of faith.
- He will try to inject foolishness into your life so you will respond out of spontaneity instead of wisdom.
- He will try to infect you with spiritual parasites like bitterness, anger, guilt, regret, etc.

### **1 John 3:2**

*Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is.*

## **II. The right acknowledgment helps to digest trials into maturity. (V.3)**

Not everyone that grows old grows up! There is a vast difference between age and maturity.

### **A. Trials give us the sense to have patient faith.**

#### **James 1:3**

*Knowing this, that the trying of your faith . . .*

- Patience is the voice that reminds us that the trial is only temporary.
- Patience is the voice that reminds us to endure the trial and keep our purpose in focus.
- Patience is the voice that reminds us to allow the Holy Spirit to express His fruits during the trial.
- Patience is the voice that reminds us that God has been faithful in past trials and He will be faithful in this one.

#### **Colossians 1:10-11**

*That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; (V.11) Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness;*

### **B. Trials give us the strength to have persevering faith.**

#### **James 1:3**

*Knowing this, that the trying of your faith worketh patience.*

## **III. A right appropriation helps to turn trials into maturity. (V.4)**

James appeals to us to recognize that every test, every trial and every tribulation with all its' accompanying sorrow and disappointment, is a God-given opportunity for growth and development.

**A. We are to appropriate a right purpose in our trials.**

**James 1:4**

*But let patience have her perfect work,*

- The perfect work of patience helps us respond out of concentration and not desperation.
- The perfect work of patience helps us see the end result from the beginning of the trial.
- The perfect work of patience helps us see the deficiencies the Lord is trying to correct in our character.

**Job 23:10**

*But he knoweth the way that I take: when he hath tried me, I shall come forth as gold.*

(Maturity helped Job look beyond the immediate and see the results.)

“Perfect means to be fully and completely developed or mature. Complete refers to being whole. Without trials, Christians cannot develop to maturity or wholeness.”

*David Jeremiah*

**B. We are to appropriate a mature patience in our trials.**

**James 1:4**

*. . . that ye may be perfect and entire, wanting nothing.*

**Digesting Life in the Stomach of Prayer**  
**Sermon #4**

**James 5:10-18**

**Daniel 6:10**

*Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.*

**1 Kings 18:42**

*So Ahab went up to eat and to drink. And Elijah went up to the top of Carmel; and he cast himself down upon the earth, and put his face between his knees,*

**Exodus 10:10**

*And he said unto them, Let the LORD be so with you, as I will let you go, and your little ones: look to it; for evil is before you.*

**Acts 16:25**

*And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.*

**I. An example of patient digestion in the Stomach of Prayer.**

**A. Job is set forth as an example of patiently digesting a difficult event.**

**James 5:10**

*Take, my brethren, the prophets, who have spoken in the name of the Lord, for an example of suffering affliction, and of patience.*

“The word patience is used seven times. In this passage, the word prayer is used seven times. Prayer is the key for dealing with situations that require patience.” *David Jeremiah*

**B. Job is set forth as an example of patiently depending on the divine.**

**James 5:11**

*Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy.*

**II. An example of productive digestion in the Stomach of Prayer.**

### **A. The truth serves as a productive enzyme for healthy digestion.**

**James 5:12**

*But above all things, my brethren, swear not, neither by heaven, neither by the earth, neither by any other oath: but let your yea be yea; and your nay, nay; lest ye fall into condemnation.*

“An important element in human chemistry, an *enzyme* is a protein manufactured by a cell, and is a catalyst in various biological functions. For example, enzymes help break down larger molecules of starch, fat and protein during digestion.” *Vocabulary Dictionary*

#### **How Does Bible Truth Help Break Down Experiences So They Can Be Digested?**

- It breaks them down by identifying the amount of truth in the event.
- It breaks them down by deciding what to do with the truth that has been given. Will it become wisdom to navigate life with or does it become a truth that initiates change?
- It breaks them down by identifying how to resolve them. Does something need to be forgiven, does something need to be confessed or does something need to be repented of?

### **B. The trust of prayer enables the Spirit to give healthy digestion.**

**James 5:13-14**

*Is any among you afflicted? let him pray. Is any merry? let him sing psalms. (V.14) Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:*

#### **Prayer Brings the Power of Grace into Our lives**

He gives grace by healing the physical and the spiritual . . .

He gives grace by healing the spiritual and enabling us to live through the physical . . .

He gives grace by helping us accept the spiritual and the physical as they are . . .

### **III. An example of powerful digestion in the Stomach of Prayer.**

#### **A. The power of faith in prayer that brings a healthy digestion.**

**James 5:15**

*And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.*

**James 5:16**

*Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.*

Faith is the probiotic in spiritual digestion that brings the power of Christ into our need. Sin in the spiritual world does the same thing that antibiotics do in the physical stomach. It kills our natural ability to put our faith and trust in God.

**B. The person of faith that brings about a healthy digestion.**

**James 5:17-18**

*Elias was a man subject to like passions as we are, and he prayed earnestly that it might not rain: and it rained not on the earth by the space of three years and six months. (V.18) And he prayed again, and the heaven gave rain, and the earth brought forth her fruit.*

## The End of Digestion: Emptying the Toxic Waste from Your Life

### Sermon #5

#### **Psalms 51:1-7**

Our digestive system has a number of natural ways to expel toxins from it. If it tastes bad we spit it out. We have a gag reflex that will vomit it out and a gastric system that goes into distress and expels it. Expelling the toxins from the body is important to keep it healthy. The same is true in spiritual digestion.

#### **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.*

### **I. The end of digestion and God's plan for cleansing your life.**

#### **A. The Lord has compassion because He knows the necessity of our cleansing.**

#### **Psalms 51:1**

*Have mercy upon me, O God, according to thy lovingkindness:*

#### **Psalms 103:2-4**

*Bless the LORD, O my soul, and forget not all his benefits: (V.3) Who forgiveth all thine iniquities; who healeth all thy diseases; (V.4) Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;*

#### **B. The Lord has concern for us because He knows the danger of neglected cleansing.**

#### **Psalms 51:1**

*. . . according unto the multitude of thy tender mercies blot out my transgressions.*

### **II. The end of digestion and God's part in cleansing your life. (V.2-4)**

“The Devil is the tempter. He tempts you to sin, saying that you can get away with it. After you sin, he becomes the accuser. He pours guilt all over you, saying now you'll never get away with it. He aims to knock you off balance, get you out of the will of God, fill you with discouragement and make you feel that you can never, ever again come back.” *Adrian Rogers*

#### **A. The necessity of God in expelling the toxins from our lives.**

**Psalms 51:2**

*Wash me thoroughly from mine iniquity, and cleanse me from my sin.*

**Proverbs 28:13**

*He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.*

**B. The necessity of God in exonerating us from the toxins of our life.**

**Psalms 51:3**

*For I acknowledge my transgressions: and my sin is ever before me. (V.4) Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest.*

**III. The end of digestion and our part in cleansing our life. (V.5-7)**

**A. To expel the toxins, we must be truthful about its effect on our life.**

**Psalms 51:5**

*Behold, I was shapen in iniquity; and in sin did my mother conceive me. (V.6) Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom.*

Where does David want cleansing to take him?

**1 Samuel 16:7**

*But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the LORD seeth not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart.*

Why is it critical to expel the toxins from our lives?

- The left over sin in our lives will blur our judgement. (Satan will say “you committed that sin before, what’s the big deal of committing it again?”)
- The devil seeks to remind us of our past sin as a foundation to build another sin on.
- The presence of sin in our life continues to draw death into our lives. (It will cause you to lie and deny its affect, covet for something you shouldn’t have and hurt someone else because of your sin.)
- Sin cripples our testimony and causes us to become a stumbling block to others.

**B. To expel the toxins, we must trust Him to take it from our life.**

**Psalms 51:7**

*Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.*

Hyssop signifies a totally divine work of atonement.

**Exodus 12:22-23**

*And ye shall take a bunch of hyssop, and dip it in the blood that is in the bason, and strike the lintel and the two side posts with the blood that is in the bason; and none of you shall go out at the door of his house until the morning. (V.23) For the LORD will pass through to smite the Egyptians; and when he seeth the blood upon the lintel, and on the two side posts, the LORD will pass over the door, and will not suffer the destroyer to come in unto your houses to smite you*