



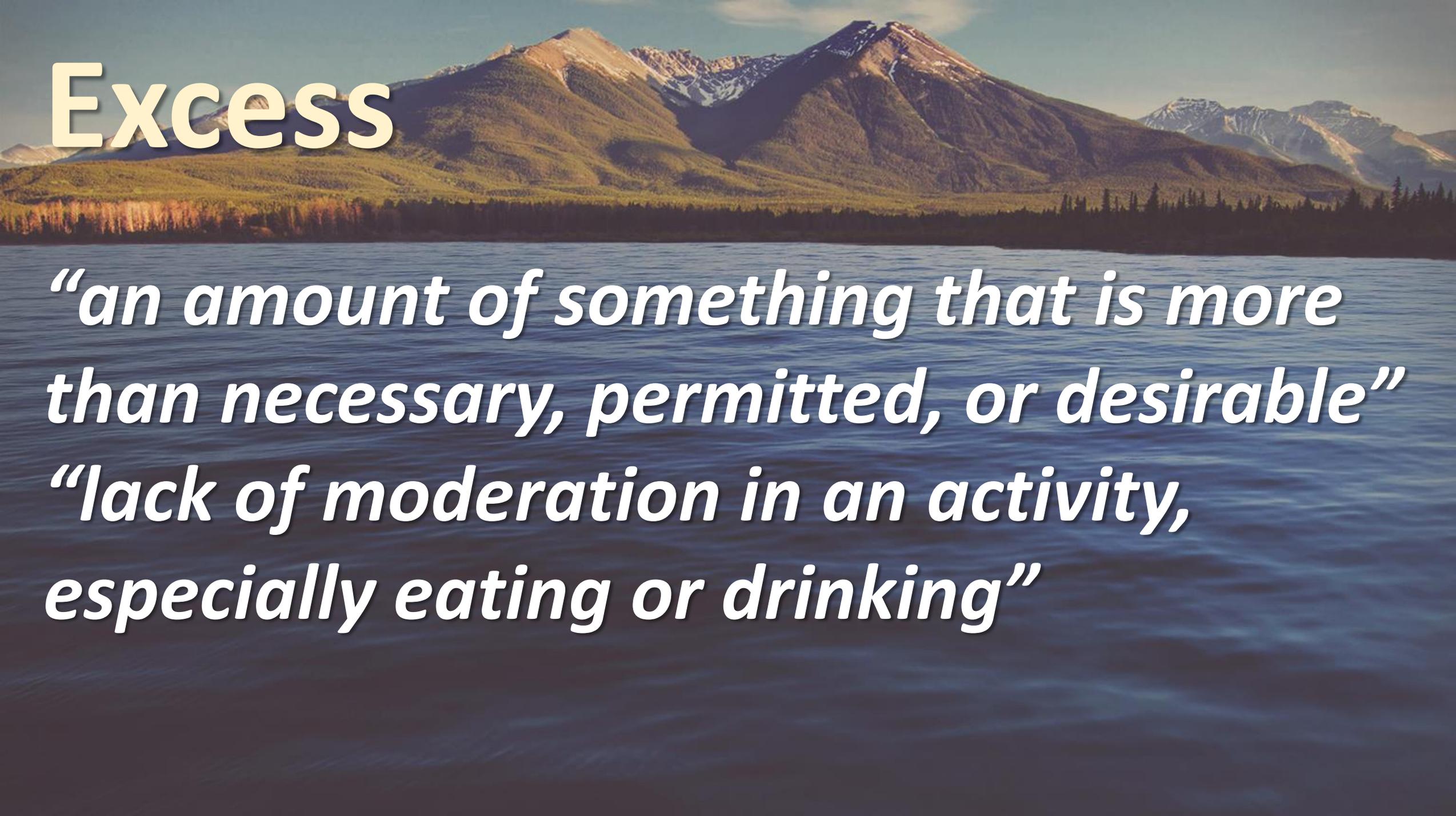
**TRUE WISDOM**  
- FOR -  
**TRUE LIVING**



*“Living with wisdom in a culture  
of excess”*

*Proverbs 23:1-35*

# Excess

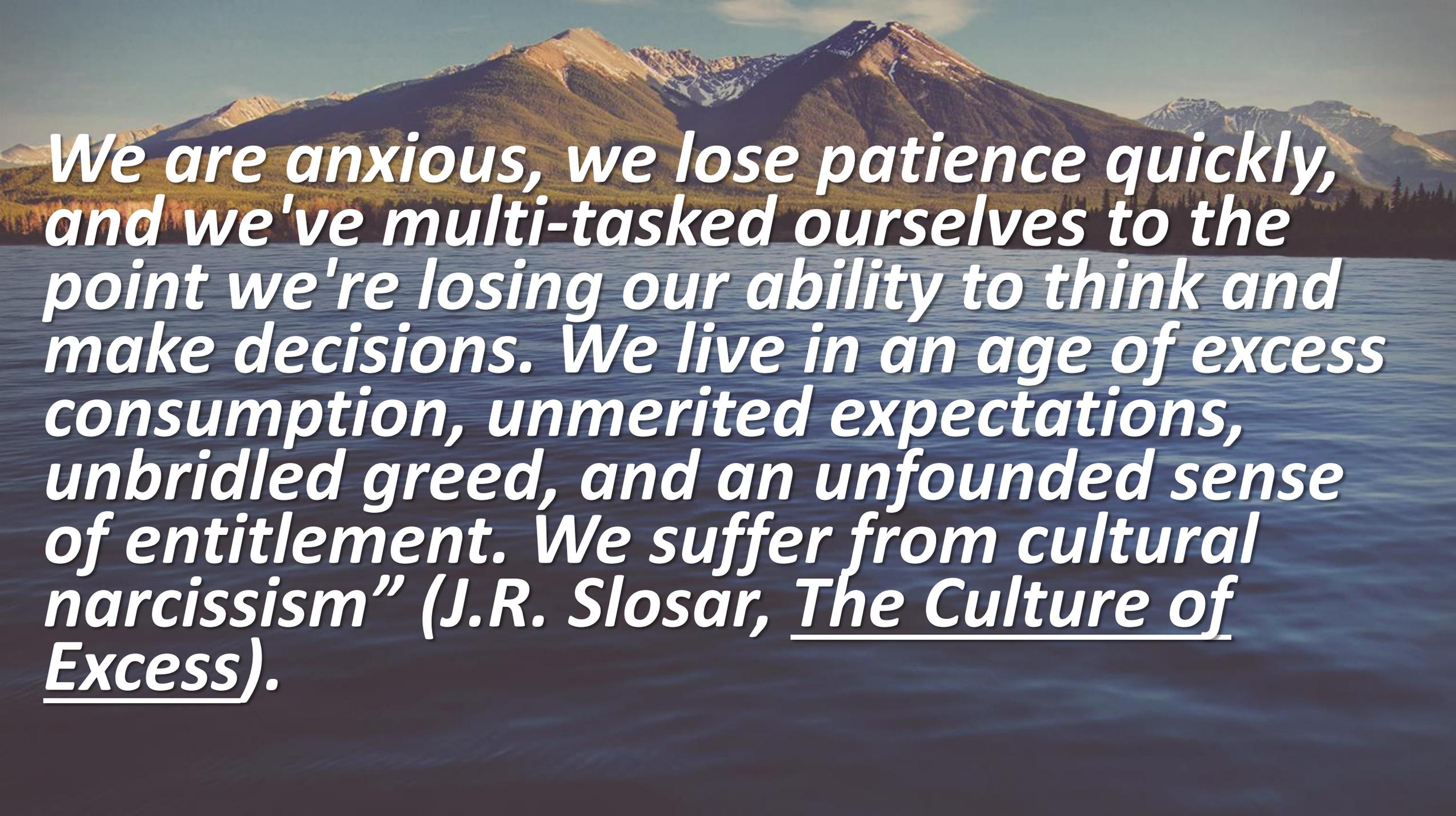


*“an amount of something that is more than necessary, permitted, or desirable”*

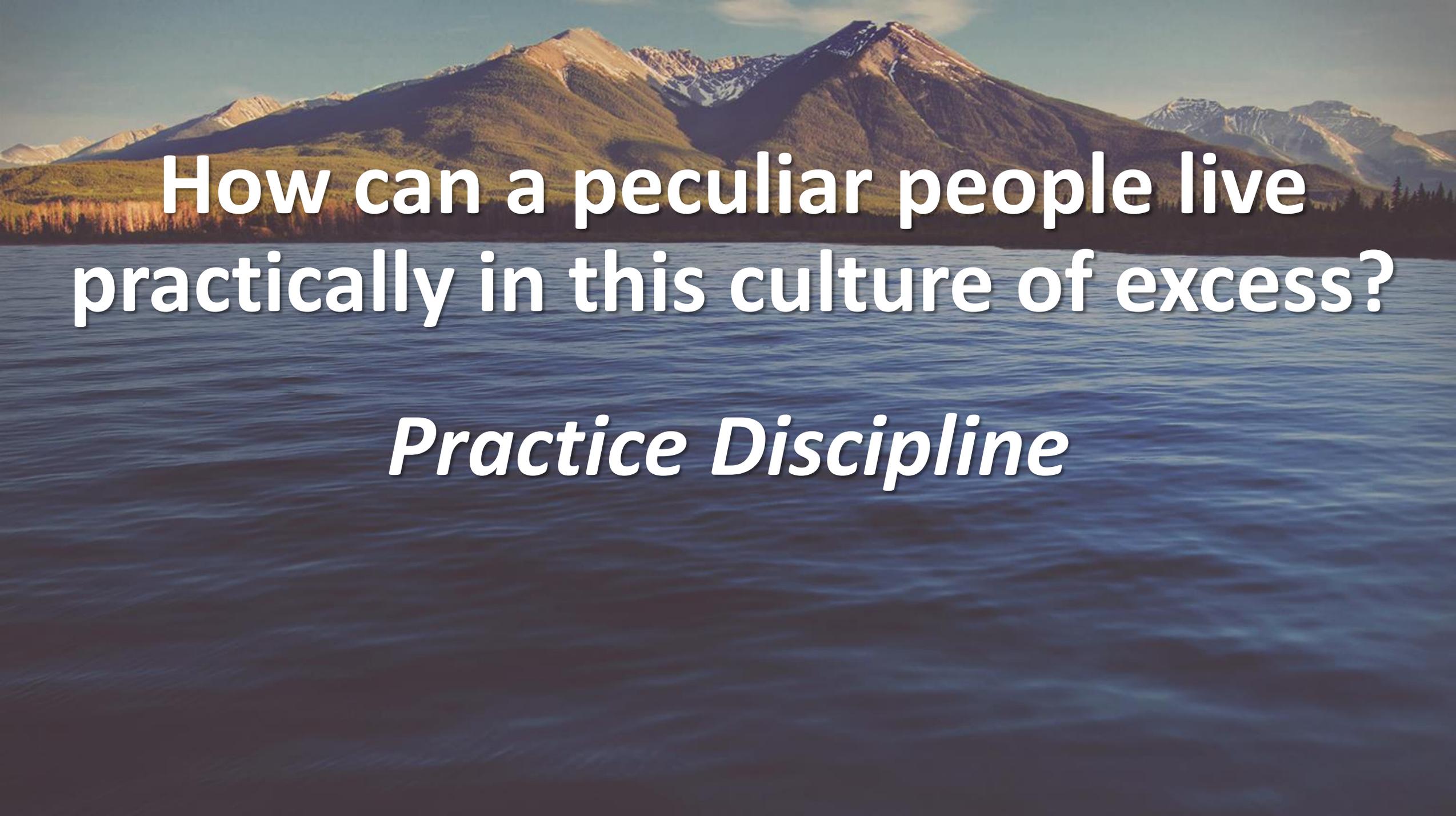
*“lack of moderation in an activity, especially eating or drinking”*



*“America has spun out of control. Just look at the facts: individuals, companies and the government amass huge, financial debts. Our markets collapsed due to unfounded speculation and the overextension of credit to people who never should have been lent money. We're overweight and over-medicated, and our relationships are strained.”*

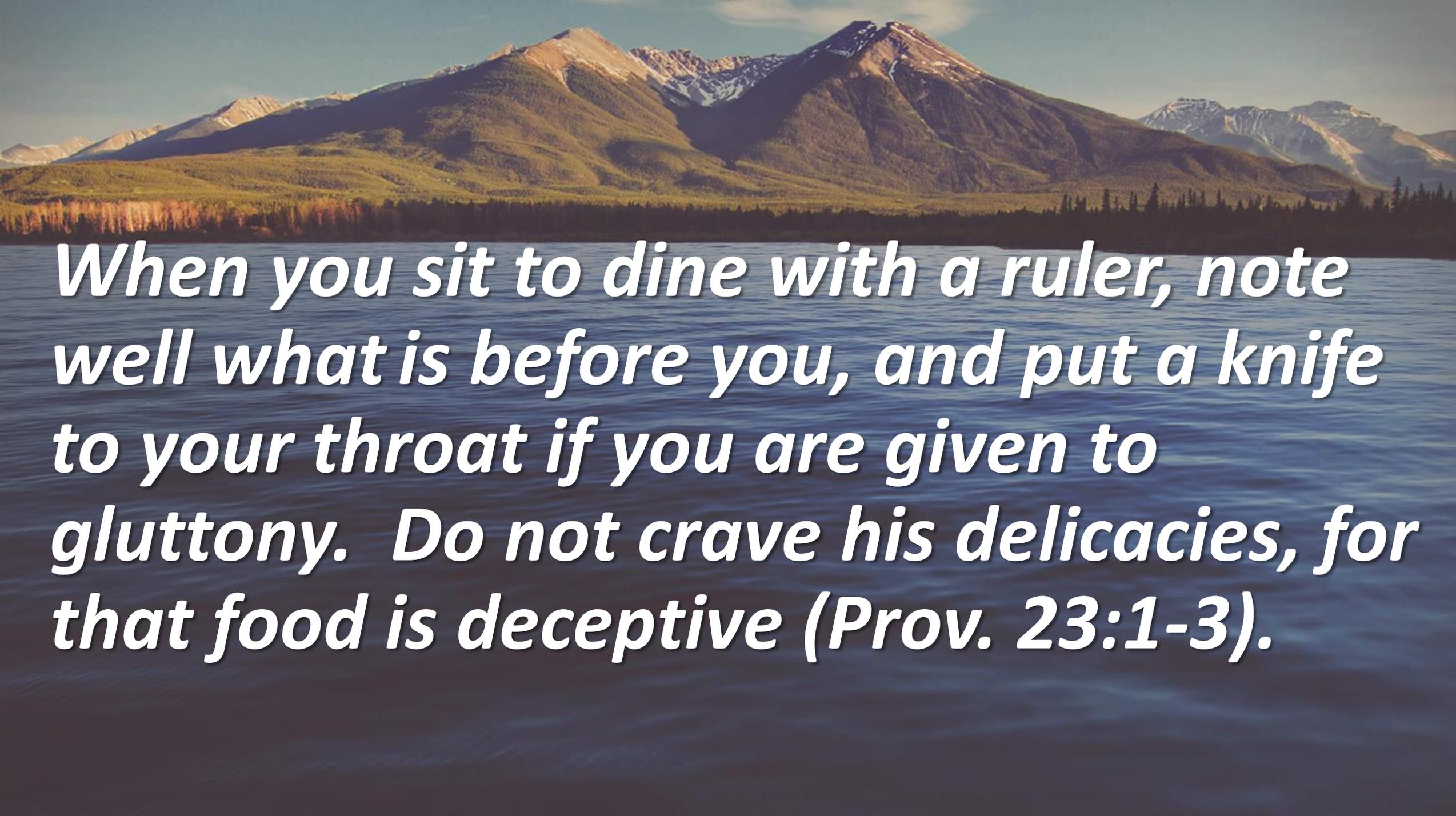


*We are anxious, we lose patience quickly, and we've multi-tasked ourselves to the point we're losing our ability to think and make decisions. We live in an age of excess consumption, unmerited expectations, unbridled greed, and an unfounded sense of entitlement. We suffer from cultural narcissism” (J.R. Slosar, The Culture of Excess).*

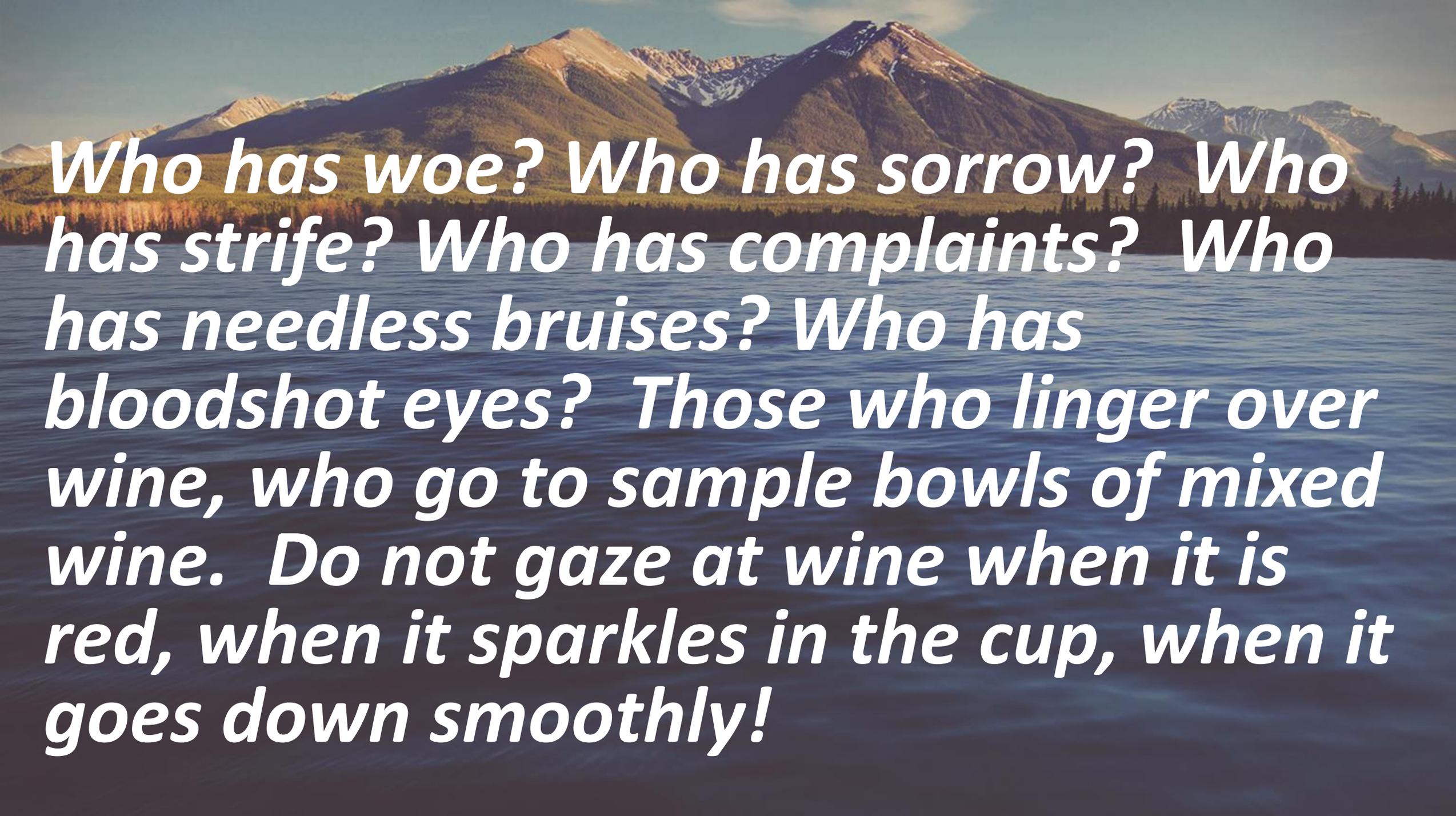


**How can a peculiar people live  
practically in this culture of excess?**

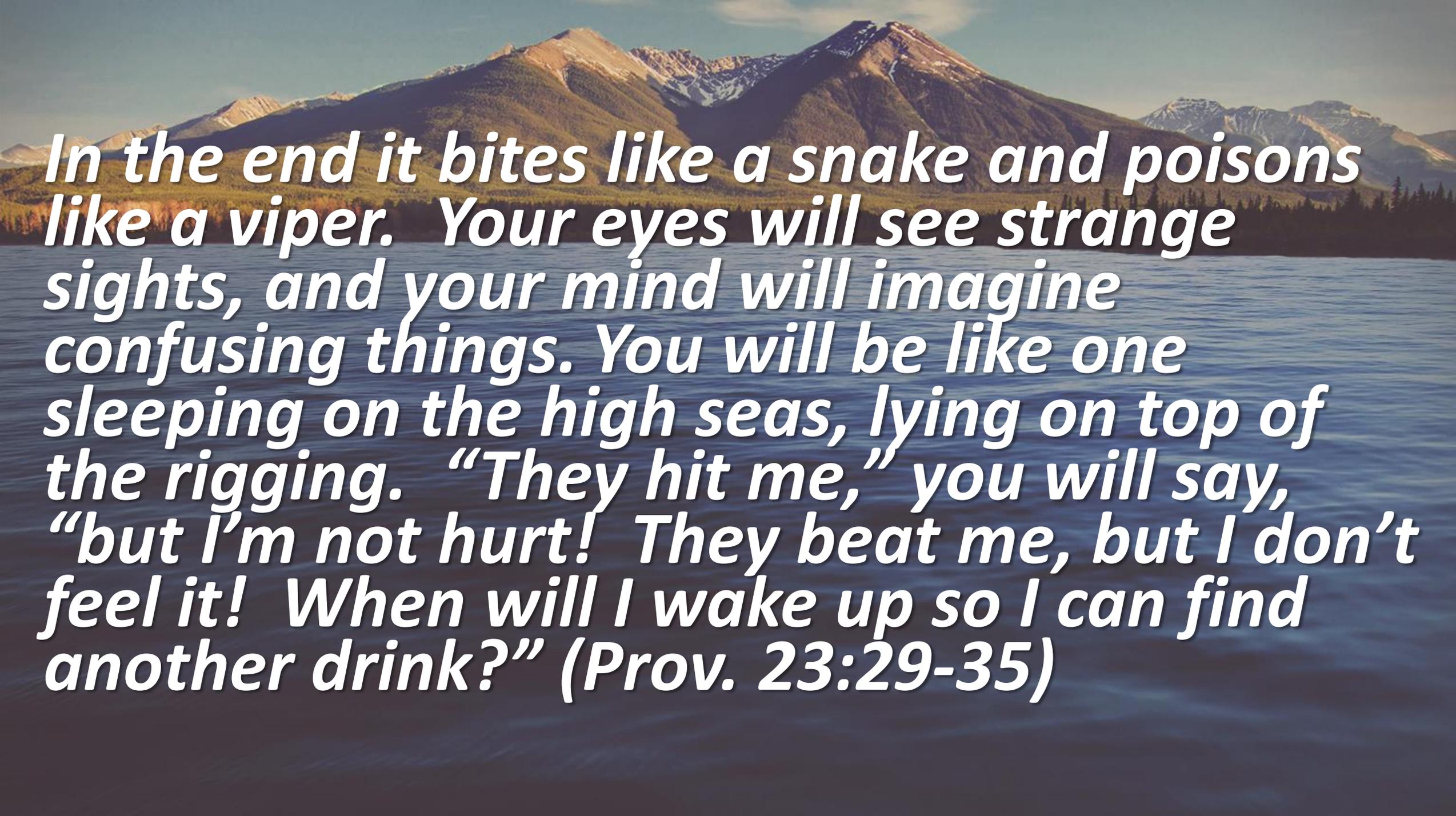
***Practice Discipline***



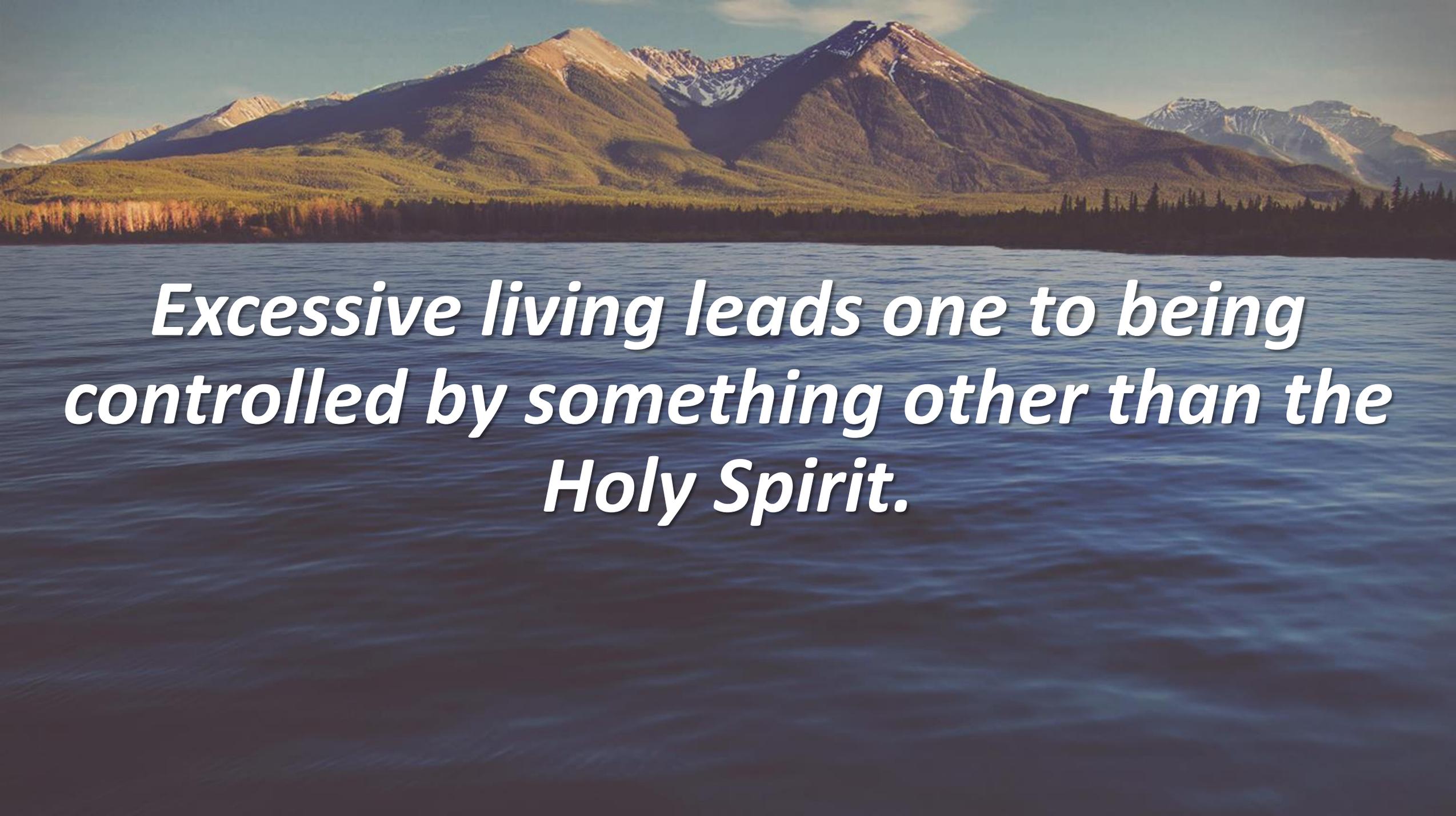
*When you sit to dine with a ruler, note well what is before you, and put a knife to your throat if you are given to gluttony. Do not crave his delicacies, for that food is deceptive (Prov. 23:1-3).*



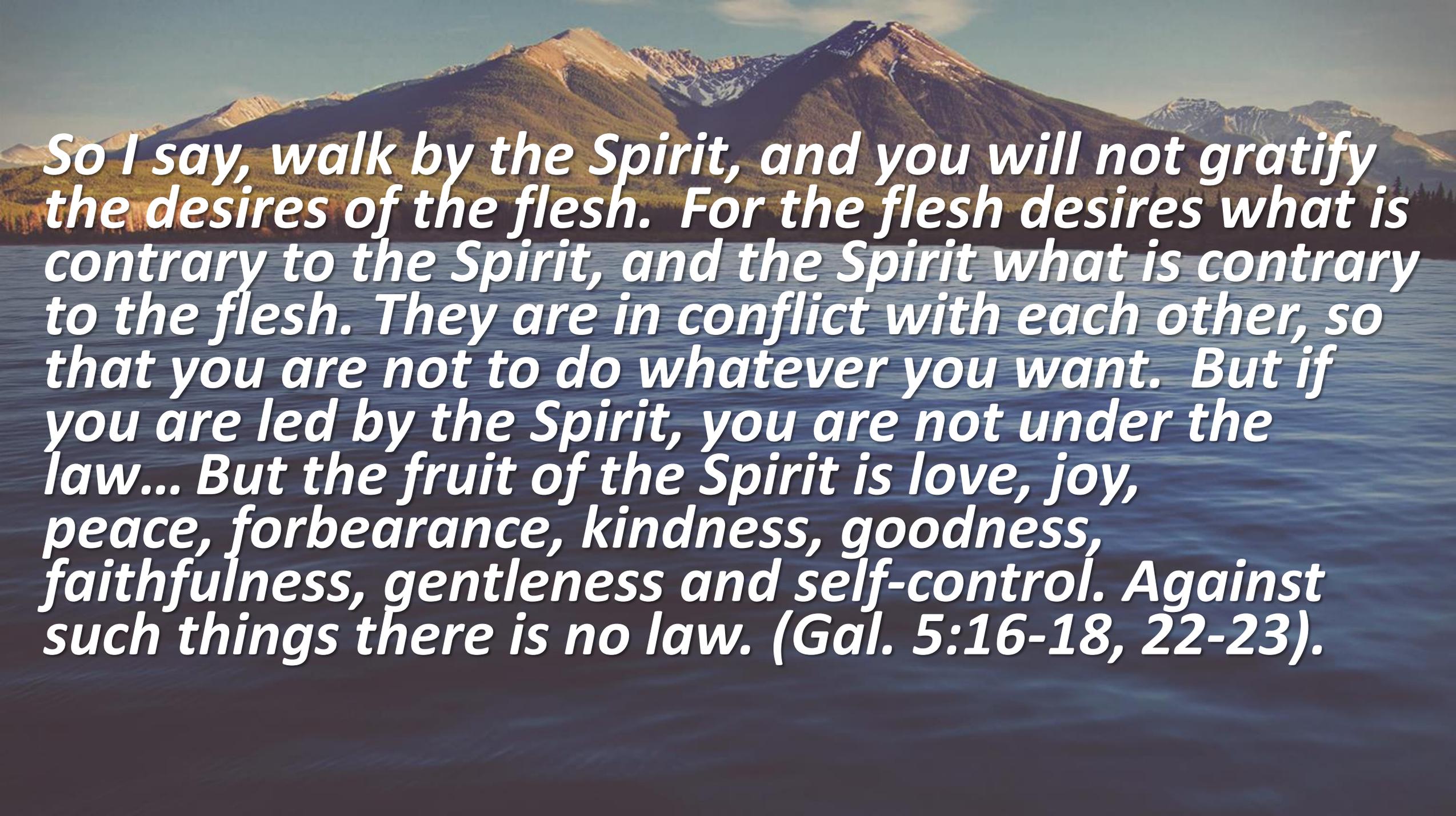
*Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over wine, who go to sample bowls of mixed wine. Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly!*



*In the end it bites like a snake and poisons like a viper. Your eyes will see strange sights, and your mind will imagine confusing things. You will be like one sleeping on the high seas, lying on top of the rigging. "They hit me," you will say, "but I'm not hurt! They beat me, but I don't feel it! When will I wake up so I can find another drink?" (Prov. 23:29-35)*



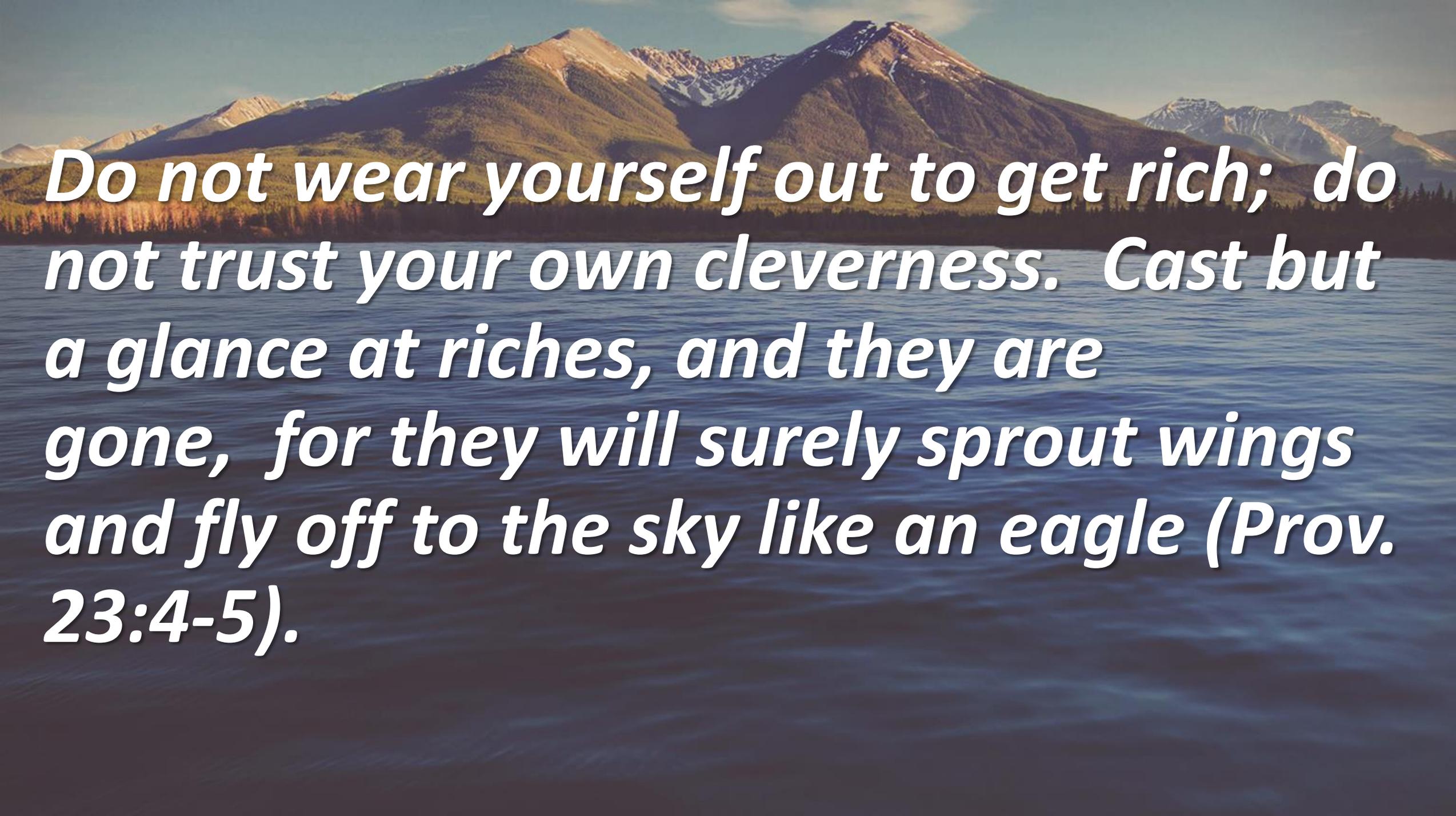
*Excessive living leads one to being  
controlled by something other than the  
Holy Spirit.*



*So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law... But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. (Gal. 5:16-18, 22-23).*



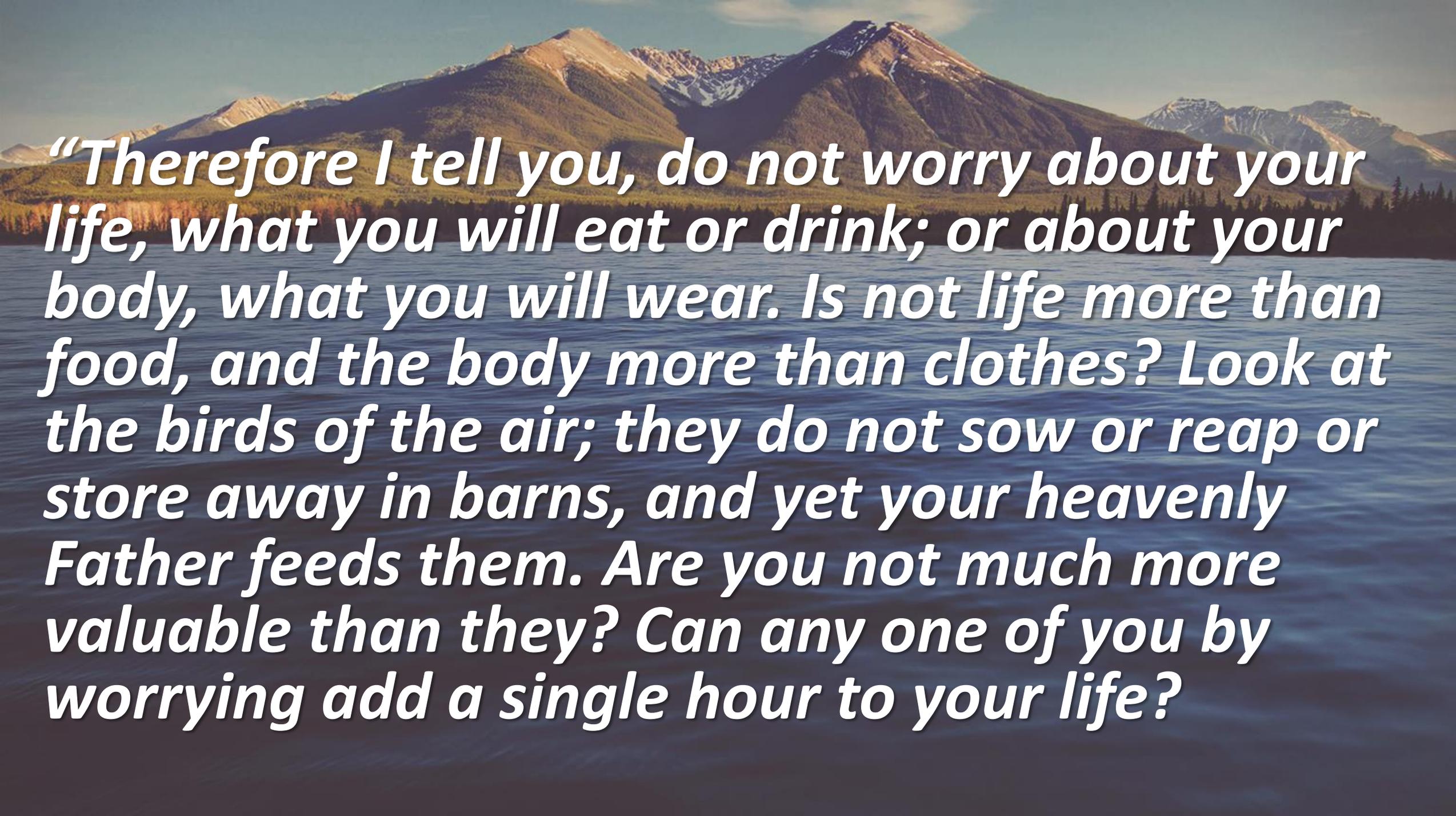
***Pursue Contentment***



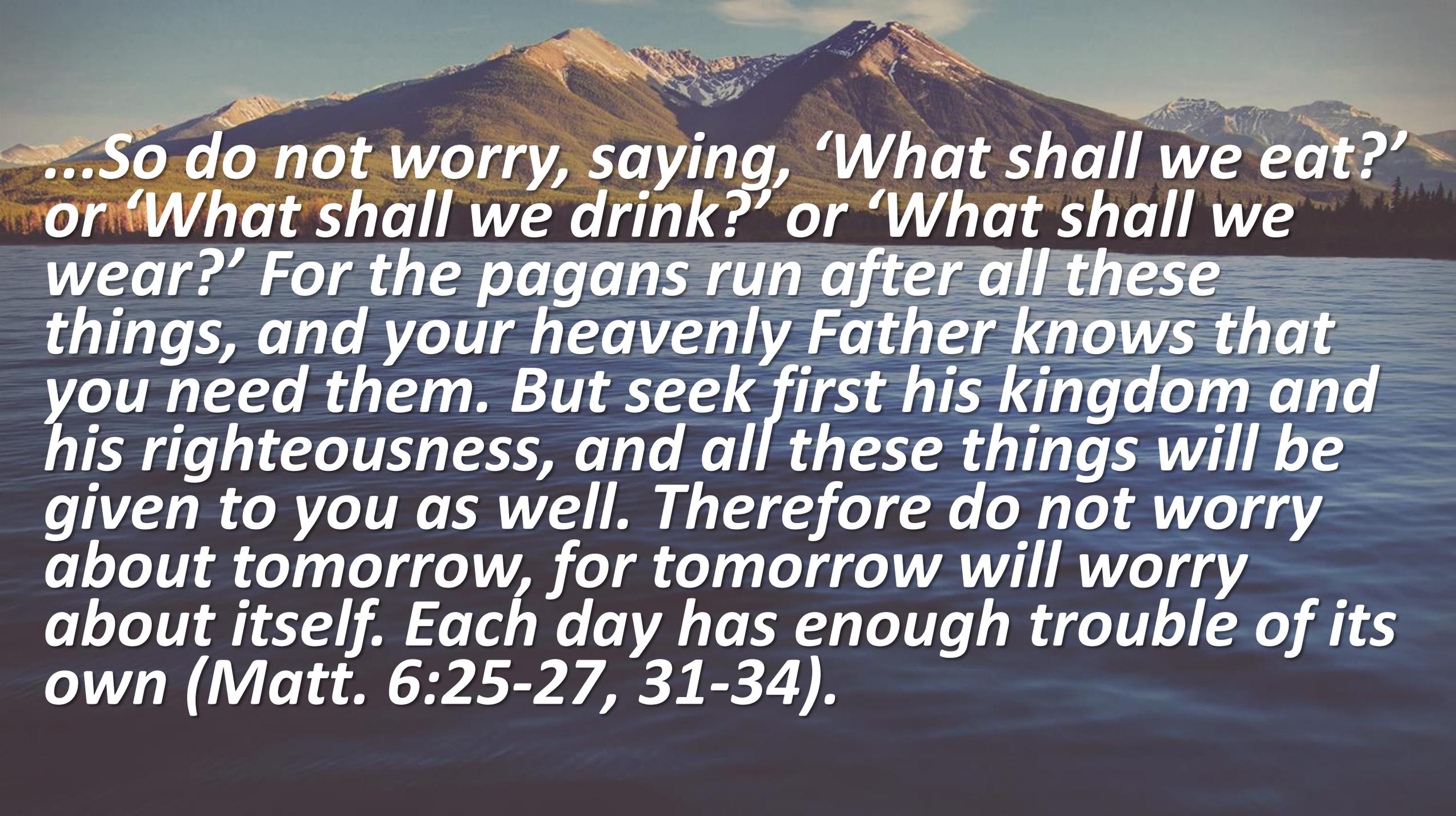
*Do not wear yourself out to get rich; do not trust your own cleverness. Cast but a glance at riches, and they are gone, for they will surely sprout wings and fly off to the sky like an eagle (Prov. 23:4-5).*



*Excessive living prevents one from  
experiencing contentment*



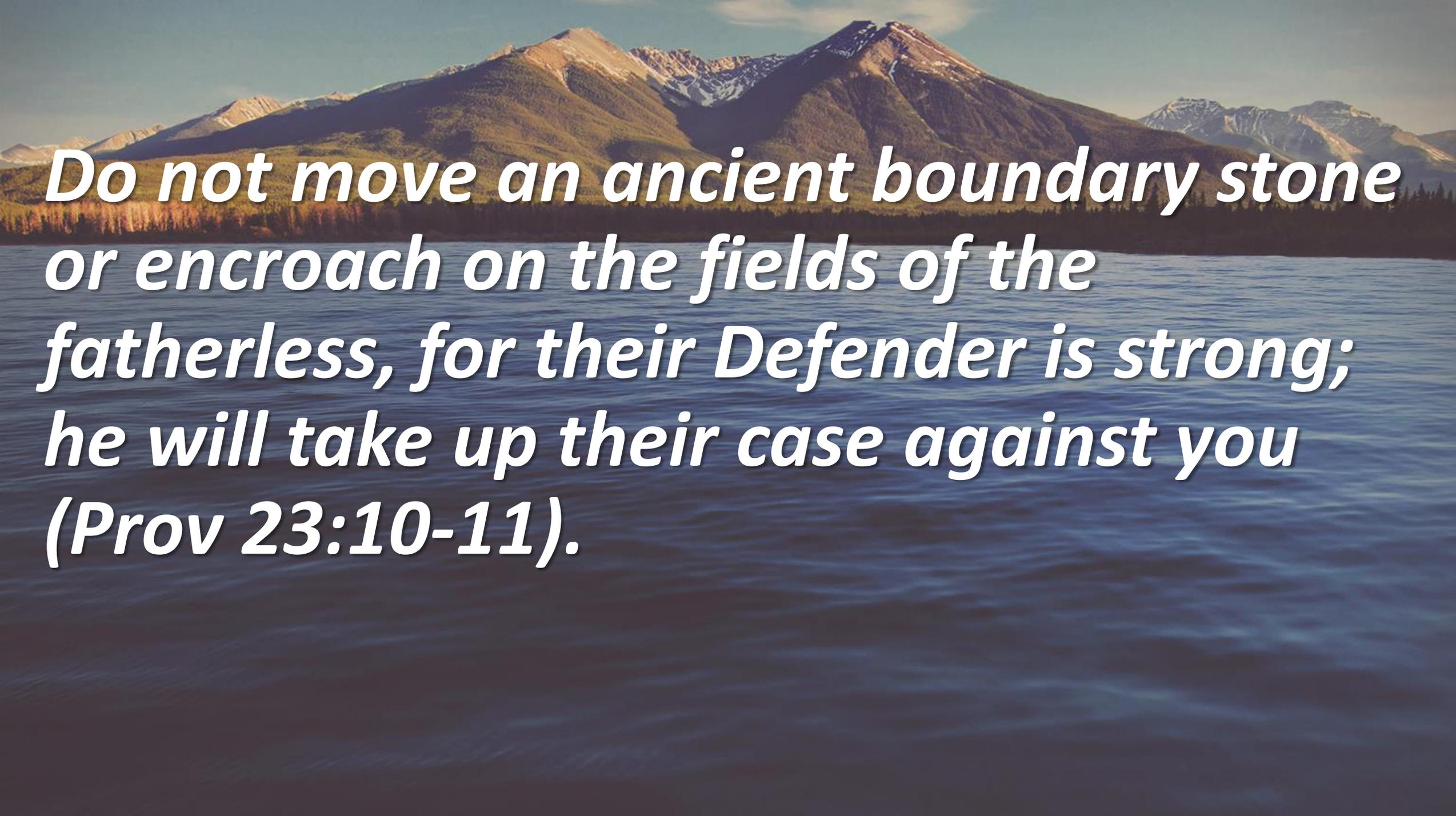
*“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?”*



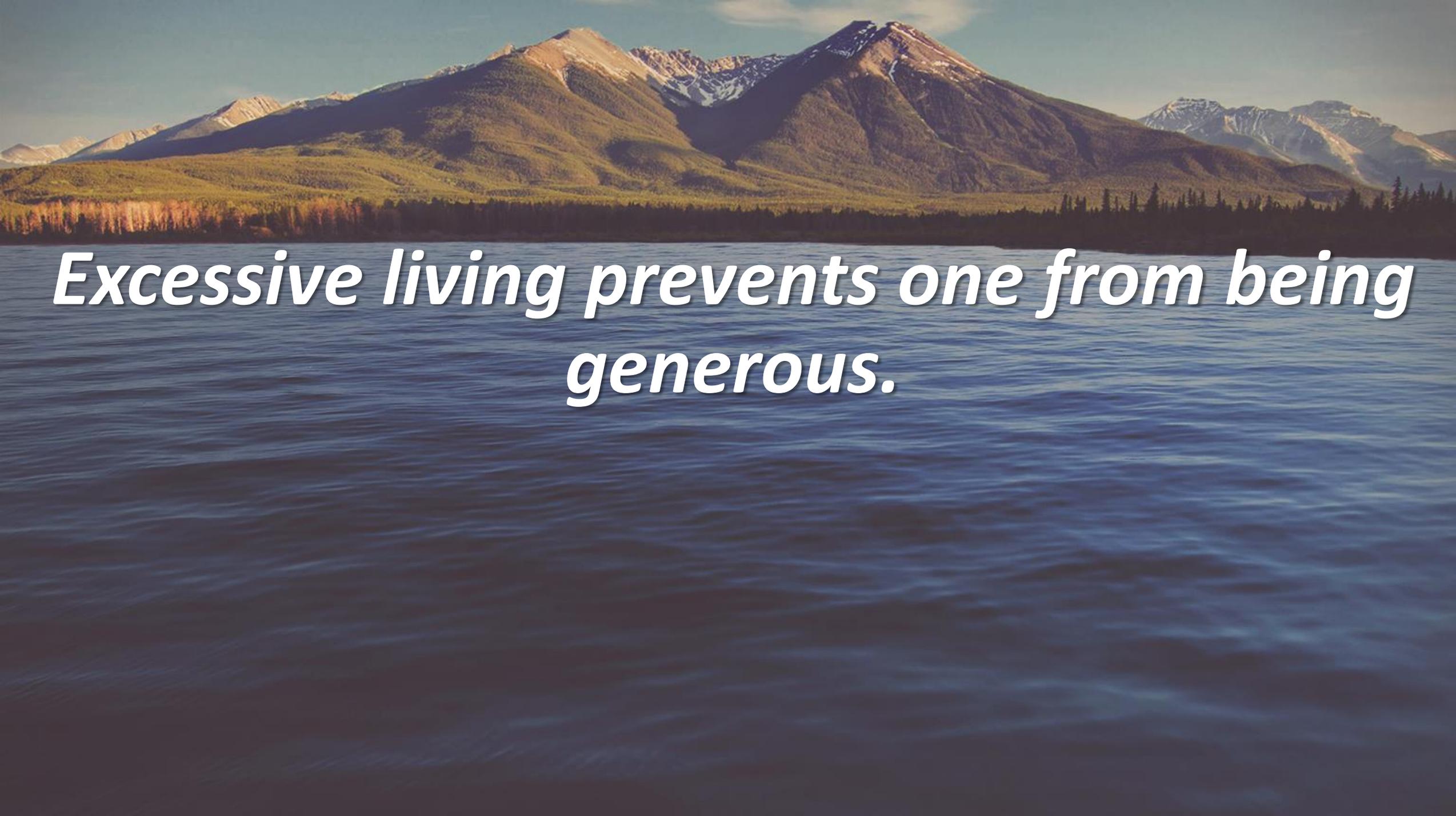
*...So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own (Matt. 6:25-27, 31-34).*



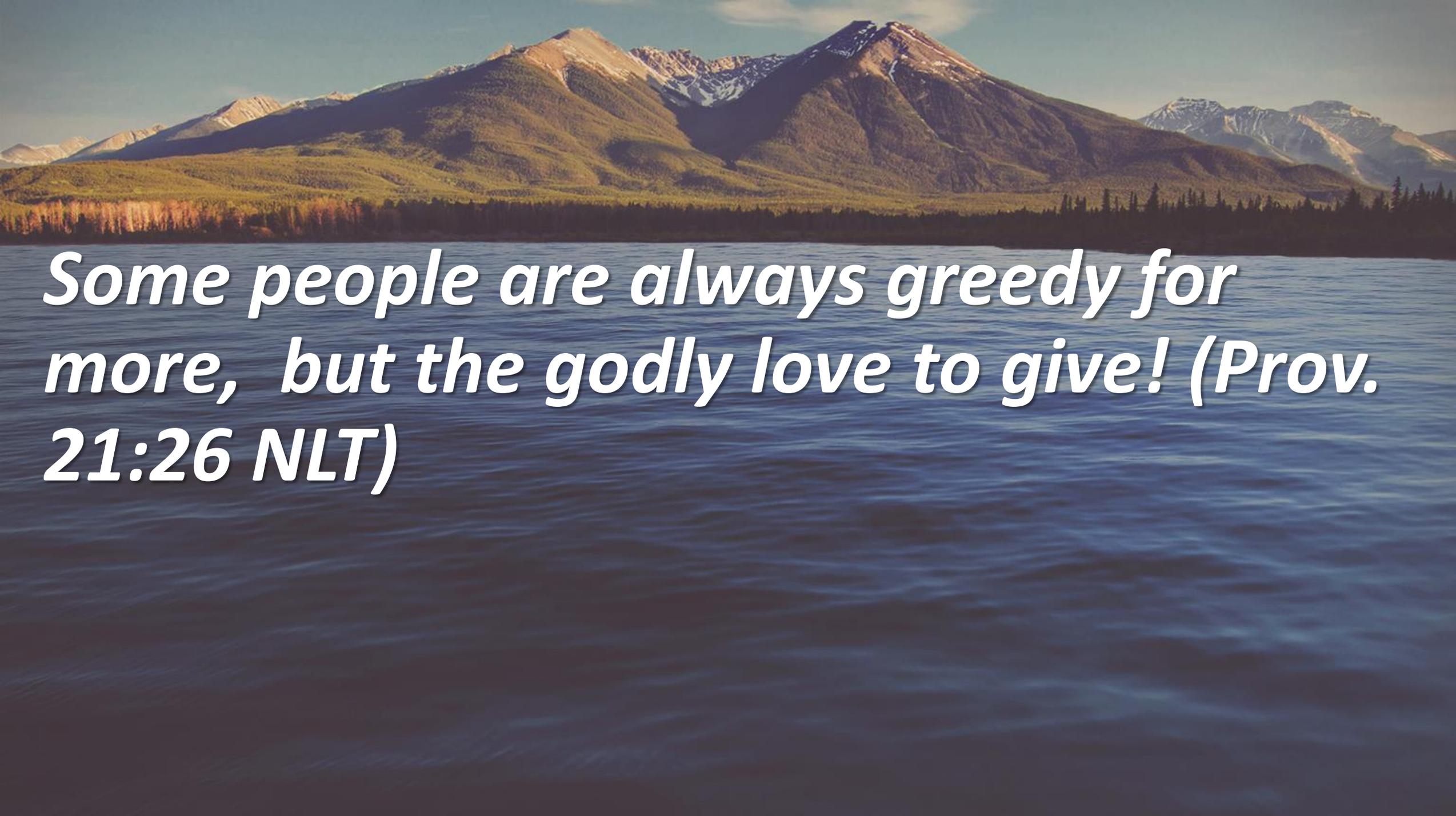
*Provide Generously*



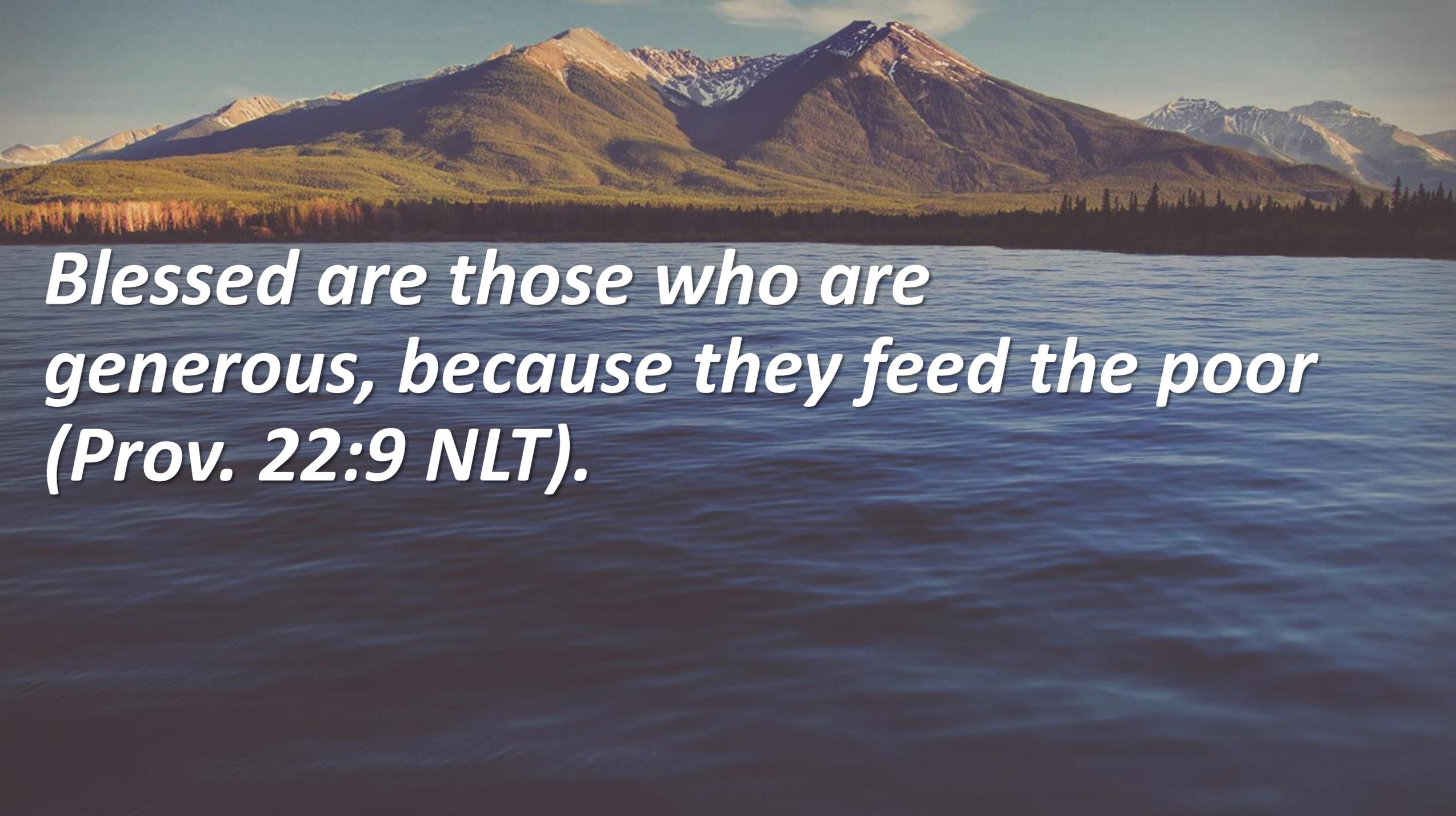
*Do not move an ancient boundary stone  
or encroach on the fields of the  
fatherless, for their Defender is strong;  
he will take up their case against you  
(Prov 23:10-11).*



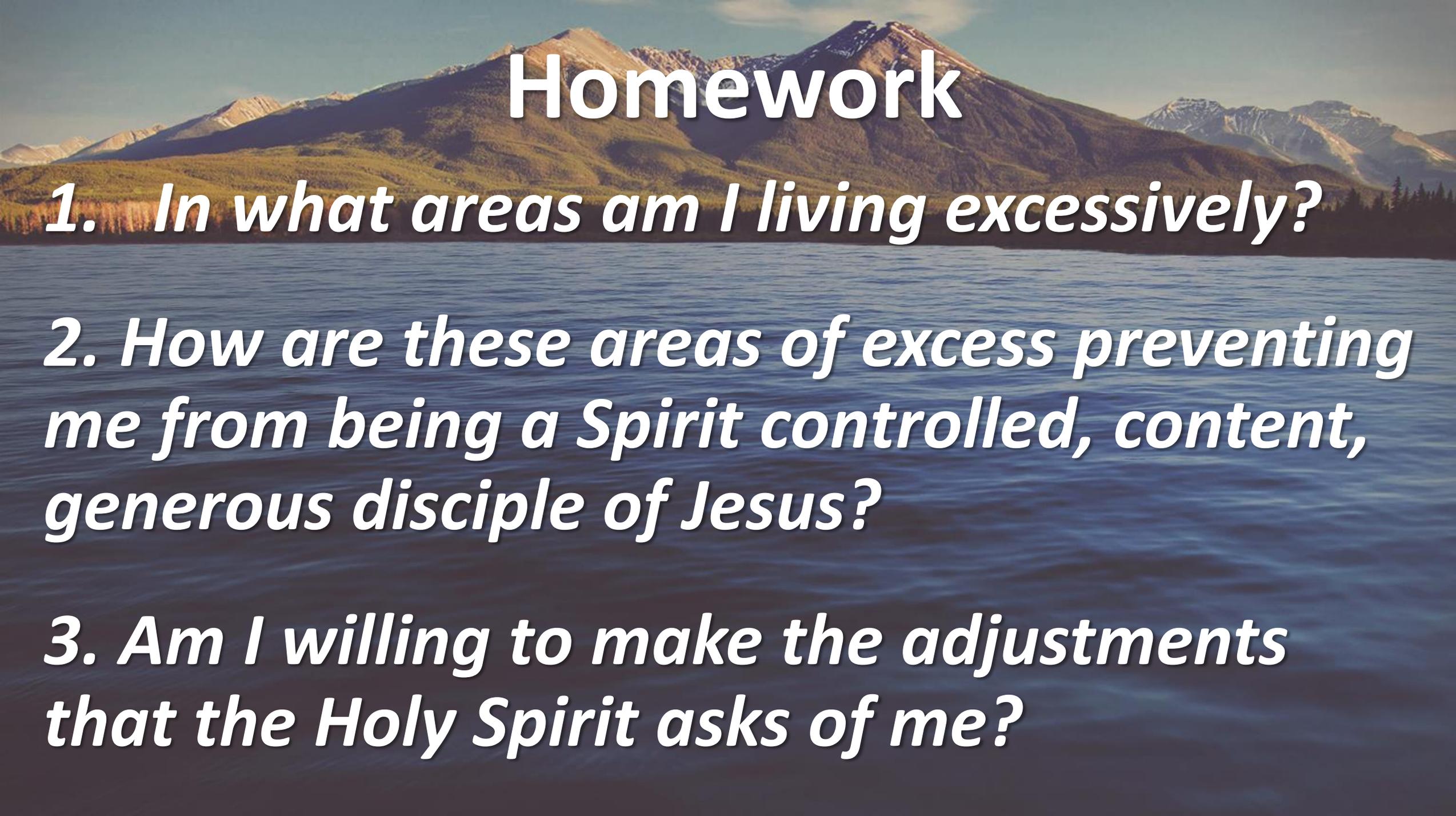
*Excessive living prevents one from being generous.*



*Some people are always greedy for more, but the godly love to give! (Prov. 21:26 NLT)*



*Blessed are those who are  
generous, because they feed the poor  
(Prov. 22:9 NLT).*



# Homework

- 1. In what areas am I living excessively?*
- 2. How are these areas of excess preventing me from being a Spirit controlled, content, generous disciple of Jesus?*
- 3. Am I willing to make the adjustments that the Holy Spirit asks of me?*