



Scriptures for Life

Let's Eat! - Proverbs 23:1,2

Welcome to Scriptures for Life with TorahFamily.org. Taking time to focus on the Father's way.

Proverbs 23:1 When you sit to dine with a ruler, note well what is before you, 2 and put a knife to your throat if you are given to gluttony.

Well, that's a diet that can change anybody's eating habits or just bring them to an end. For some reason most have it in their minds that only people who are over weight are gluttons. But this is not true.

I remember years ago setting down to the table on Thanksgiving day in America, a day when many Americans stuff themselves out of tradition. This particular one stands out to me because I know it was the day that YHWH spoke to my heart and told me to stop being a glutton. I remember it like it was yesterday. After I sensed Him saying this in my heart, I remember thinking to myself, "I'm not a glutton. I'm not even 5 pounds over weight." Right then it seemed I heard Him say "Who says you have to be over weight to be a glutton?"

A glutton is someone who is an excessively greedy eater. One who does not control themselves in eating. They don't have to be overweight. They just enjoy stuffing themselves. Are you a glutton?

Let this be a focus in your time of meditation throughout the day. Until next time, Shalom.