

# Precept Study: Nugget #3 – Over-eating, Over-indulgence & Surfeiting Leads to Anger

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**In regards to:** The sin of over-eating and over-indulging are vastly overlooked in today's society. It is actually promoted and surely a *stumblingblock* and snare set by the devil. In this Nugget it is revealed how over-eating leads to anger (*along with sickness*). I complement the segment presented with additional scriptures that re-enforce the importance of this message.

As it is written;

- \* Be not unsatiable in any dainty thing, nor too greedy upon meats: (Sir 37:29 KJVA)
  - \* Stretch not thine hand whithersoever it looketh, and thrust it not with him into the dish. (Sir 31:14 KJVA)
  - \* If thou sit at a bountiful table, be not greedy upon it, and say not, There is much meat on it. (Sir 31:12 KJVA)
  - \* Remember that a wicked eye is an evil thing; and what is created more wicked than an eye? therefore it weepeth upon every occasion. (Sir 31:13 KJVA)
  - \* Eat as it becometh a man, those things which are set before thee; and devour not, lest thou be hated. (Sir 31:16 KJVA)
  - \* By surfeiting have many perished; but he that taketh heed prolongeth his life. (Sir 37:31 KJVA)
  - \* A very little is sufficient for a man well nurtured, and he fetcheth not his wind short upon his bed. (Sir 31:19 KJVA)
  - \* For excess of meats bringeth sickness, and surfeiting will turn into choler. (Sir 37:30 KJVA)
  - \* Sound sleep cometh of moderate eating: he riseth early, and his wits are with him: but the pain of watching, and choler, and pangs of the belly, are with an unsatiable man. (Sir 31:20 KJVA)
- Unsatiable: unsatisfied, just can't get enough
  - Dainty: delicacy, highly pleasurable
  - Surfeiting: eating or drinking in excess, to over indulge
  - Choler: ill-temper, anger
  - Moderate: keeping within reasonable limits, restrained, temperate

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[ Words from the Messiah Christ ]

\* ... take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares. (Luk 21:34 KJV)

\* For as a snare shall it come on all them that dwell on the face of the whole earth. (Luk 21:35 KJV)

*Saints and Elect in Christ,*

\* we are called to be; .....sober, just, holy, temperate; (Tit 1:8 KJV)

Temperate: moderate (to operate in moderation)

[ סלה ] SELAH.

Amen & Amen.

So be it.

*All praises, glory, and honor be to the Most High God אלהים  
the God of Abraham, Isaac, and Jacob—in the precious Name of His Son  
ישע the Messiah Christ—Our Lord, Savior, King and Redeemer!  
Eternal Blessings upon the Elect of God, now and forever!*

KJVA = King James Version Apocrypha | Sir = Sirach (also referred to as Ecclesiasticus)

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