

**TITLE:**

***"You Are  
What You  
Eat"***

**TEXT(s):**

**Proverbs 23:1-7**

**INTRODUCTION:**

**BIBLICAL MEALS:**

*Jewish Passover / Exodus*

*Tabernacles/Booths*

*Pentecost*

*Purim*

*Parables/Examples*

*Communion/Holy Eucharist*

**INTRODUCTION:**

**SIGNIFIES/INTIMATES:**

Trust

Honor

Friendship

Belonging/Family

**INTRODUCTION:**

**DO NOT eat  
anything!!!**

**DO NOT eat from  
everyone!!!**

**INTRODUCTION:**

**METAPHORICAL:**

Appetites

Hunger

Dreams

Desires

Aspirations

**SERMONIC PNT.**

**#1:**

**Proverbs 23:1**

**"When you sit down  
to eat with a ruler,  
consider carefully  
what is before you;"**

**#1:**

**Proverbs 23:2**  
"And put a knife  
to your throat if  
you are a man  
given to

**SERMONIC PNT.**

**#1:**

**Proverbs 23:3**  
"**Do not** desire his  
**delicacies**, for  
they are **deceptive**  
**food.**"

**SERMONIC PNT.**

**#1:**

Emphasis is on  
**MODERATION &**  
**RESTRAINT!**

**SERMONIC PNT.**

**#2:**

**Proverbs 23:4**  
"**Do not** overwork to  
be **rich**; because of  
your own  
understanding."

**SERMONIC PNT.**

**#2:**

**Proverbs 23:5**  
"Will you **set your**  
**eyes** on  
**...riches...fly away**  
like an eagle..."

When a the devil  
and his demons  
know your  
appetites...  
*...they can*  
**MANIPULATE you!**

The devil can have  
you:

*...dancing no music;  
...scratch, no itch;  
...sing, no music;  
...shuck and jive;*

SERMONIC PNT.

#3:

**Proverbs 23:6-7**  
"Do not eat the  
bread of a  
miser... *For as he  
thinks... so is he.*"

SERMONIC PNT.

#3:

**Psalms 119:11**  
"YOUR WORD have  
I *hidden in my  
heart* that I might  
not sin against  
YOU "

SERMONIC PNT.

#3:

As you THINK in  
your heart, so are  
YOU!!!

**CONCLUSION:**

PSM 119:97, 103  
"Oh, how I love YOUR  
*law!* How *sweet* are  
YOUR words to my  
*taste,* sweeter than  
*honey* to my mouth!"

**CONCLUSION:**

PSALM 34:8  
"Oh, *taste* and see  
that the Lord is  
GOOD; blessed is  
the man who *trusts*  
in HIM!"

**CONCLUSION:**

**PSALM 34:9**

"Oh, *fear the LORD*,  
you HIS saints!  
There is *no want*  
*(lack)* to those who  
*fear HIM.*"

**CONCLUSION:**

**PSALM 34:7**

"The Angel of the  
Lord *encamps all*  
around those who  
*fear HIM*, and  
*delivers* them."