

Bible Study 4

Topic: Too Much a One Ting Good Fi Nutten - Part I

Transitioning from the Sermon

A. The Main Points of the Sermon

1. Maintain a balanced diet
2. Avoid Excesses
3. Change Your Lifestyle

B. Conclusions of the Sermon

Taking care of our bodies is part of being wise and it is part of being godly. We can do this by having a right attitude towards food and towards our nutritional health. It is clear that there are some things that are unhealthy and should be avoided. Let us learn the art of moderation and the practice of self-discipline when it comes to our approach to food. Let us embrace the divine perspective.

Scripture Readings - Proverbs 23:20-21; 25:16 (NIV)

Prov. 23: 20-21

- ²⁰ Do not join those who drink too much wine or gorge themselves on meat,
²¹ for drunkards and gluttons become poor, and drowsiness clothes them in rags.

Prov. 25:

- ¹⁶ If you find honey, eat just enough too much of it, and you will vomit.

Objectives

The congregation will be able to:

1. Appreciate the value of wise nutritional choices.
2. Describe the dangers of eating and drinking excessively.
3. Describe the dangers of excess, salt, sugar and fat.
4. Define hypertension and Type 2 diabetes.

Material Needed

1. PowerPoint Presentation
2. Laptop
3. Projector and Screen
4. Zoom account or other online platform such as Microsoft Teams if studies are conducted online

Introduction

We may be familiar with the Jamaican proverb *“tuh much a wan ting gud fi nutten.”* In fact, when it comes to food, we may safely propose that too much of anything may prove to be detrimental. Alcoholic beverages and red meat – and even honey - are examples.

Meat is a staple in the diet of many persons. Meat also has many health benefits. However, meat consumption has also been linked to some unhealthy conditions.

Test your knowledge

1. Alcoholic beverages come in many varieties. List the types of alcoholic beverages that you know.
2. How many “cuts” of beef do you know? (You can visit <https://www.beststopinscott.com/a-guide-to-meat-the-8-cuts-of-beef/> for a little help).

Exposition of the Text

The Book of Proverbs belongs to a category of biblical material known as Wisdom Literature. According to Barry Bandstra, the essential message of these books is the correlation between blessing and moral uprightness.¹ The purpose of the book is to provide instruction and advice, especially to youth on the best life they should live, much of which are practical tips for making the right choices. The three verses which we are focusing on are related to health in general and wine and meat consumption in particular, and more specifically, exercising restraint in the consumption of these two food items. The writer suggests that the result of habitual and persistent drunkenness and gluttony is poverty. In fact, overindulgence of a healthy item such as honey can be harmful.

Test your knowledge

Provide an interpretation for this Jamaican proverb: *“Wha sweet yuh soon sowa yuh!”* or *“Wah sweet nanny goat ago run im belly.”*

Focus on the Main Point

The text points to the dangers of certain bad habits. Two such habits to avoid are alcoholism and gluttony. Young people are often influenced and enticed by their peers to embrace these harmful habits.

¹ Barry Bandstra, *Reading the Old Testament*, 1999, (p. 394.)

This text urges us to avoid excesses and implies that moderation is the key to the consumption of food. So, while Timothy was instructed to “...use a little wine because of your stomach and your frequent illnesses” (1 Tim 5:23) Paul’s general advice to Christians is to possess “self-control” (Gal. 5:23).

In 2 Peter:5-9 we read of the responsibility which Christians ought to take on and the fruitful growth which they should demonstrate. Peter lists eight resources which Christians should actively possess. One item on that list is **self-control**. This means being able to master one’s emotions, impulses and desires. Peter’s instructions come from the background of his effort to refute false teachings which had arisen in the church. One of these false teachings was that knowledge freed people from the need to control their passions.

In 1 Cor 9, Paul uses the example of the self-discipline of athletes to encourage Christians to “exercise self-control in all things (v. 25).”

Application

The question of what and how much to drink is an important question each of us must deliberately and consciously make. Each person may have differing tolerance levels for alcohol, food and even honey, but we must set limits to our consumption levels for our health’s sake and that of others. Here is the guidance provided to Americans by their health system:

According to the ["Dietary Guidelines for Americans 2020-2025," U.S. Department of Health and Human Services and U.S. Department of Agriculture](#), adults of legal drinking age can choose not to drink or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed. Drinking less is better for health than drinking more.²

Video

Effects of excess alcohol and excess eating. Measuring fat excess using BMI and what do the range of values mean? What are the values for excess salt, sugar and fat? Most common metabolic abnormalities, what is hypertension, what is diabetes?

Activities

Activity 1

Visit the National Council on Drug Abuse’s website at <http://ncda.org/im/publications/fact-sheets/fact-sheet-alcohol/> What similarities do you see between the list under “Effects of Chronic Abuse” and Proverbs 23:21?

²<https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking> accessed on September 4, 2021.

Activity 2

Brainstorm question: What foods can we use to help lower blood pressure? We will create a list of low salt foods and foods high in potassium.

Instructions for Brainstorm

The purpose of a brainstorm is to allow us to share as many ideas about a topic as possible in the quickest way possible. To do this, we follow these guidelines:

- i. Anyone can share
- ii. No commenting about others' ideas, negative or positive during brainstorm. No laughing at or degrading others' ideas.
- iii. No questions until after the brainstorm.
- iv. Clarification waits until after: When all the ideas are out, go over/ask about anything that needs clarification. Here facilitators can correct erroneous ideas if needed.

Conclusion

A time of personal reflection is useful to examine our past conduct and to resolve by God's grace to make the necessary changes. Give some thought and responses to these two questions:

1. What unhealthy habits do I have towards alcohol and meat?
2. What decisions do I need to make regarding alcohol and meat consumption?
3. What spiritual disciplines will I engage in to strengthen my self-control?

Closing Prayer

Gracious God, You have provided all good things for life and human flourishing. Yet, too often we abuse the good what you have given us and have caused harm to ourselves and to others. We ask for your forgiveness and seek your strength to resolve to grow in knowledge and self-control. Help us to abhor that which is evil and cling to the good in our eating and drinking habits so that we live godly and holy lives.

In Christ Jesus' name we pray, Amen