

Unit 1: 7 Deadly Sins

Lesson 1.7 Gluttony (Overindulgence)

Teacher Preparation and Materials Needed:

For the Lesson: Orthodox Study Bible or Holy Bible: Armenian Church Edition

Recommended Orthodox Study Bible [HERE](#).

Recommended Holy Bible: Armenian Church Edition [HERE](#).

Scripture Reference:

Proverbs 23:20-21; Philippians 3:19; Corinthians 9:27; Genesis 25:29-34; Matthew 4:1-11; Numbers 11:4-35

Activities:

Implement based on available time. Detailed instructions and materials lists are provided in the lesson.

Activity 1: Fast or Feast?

Activity 2: Crossword Puzzle

Words of the week:

նկրամոլութիւն - vo-gra-mol-oo-tyoon - gluttony

չափաւորութիւն - chap-a-vor-oo-tyoon - moderation

ժուժկալութիւն - jhoojh-gal-oo-tyoon - temperance

Objective:

Students will understand that gluttony is not just about food, but about giving in to overindulgence and allowing physical cravings to rule over our spiritual lives. They will learn to recognize where they are being excessive, and choose moderation, gratitude, and self-control instead.

Moral Character Focus:

Knowledge: Understand that gluttony is an unhealthy overindulgence that can distract us from God and weaken our self-control.

Understanding: Recognize that gluttony can affect not just food, but media, hobbies, shopping, and even talking.

Application: Identify one area in life where overindulgence has taken root and set a personal goal for healthy moderation.

Values: Develop the virtue of temperance by choosing what is good, in the right amount, for the glory of God.

Memory Verse:

“Their god is their stomach, and their glory is in their shame. Their mind is set on earthly things.”

- Philippians 3:19

Lesson

Lesson Opening & Creating Interest:

**Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տու՛ր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՝ յամենայն ժամ. ի չար խորհրդոց եւ ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos yev paneets yen kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

Lesson Body: Gluttony (Overindulgence)

More Isn't Always Better

Before we start talking about gluttony, we have to be mindful of not being judgmental. We must remember that a person's size does not necessarily indicate overindulgence. Sometimes it can be a medical issue or a genetic composition. Sometimes people become attached to food because it comforts them and makes them feel safe. Often, people adopt this behavior without even noticing it.

Have you ever eaten too much candy and felt sick afterward? Or binged a show until your brain felt like mush? That uncomfortable, out-of-control feeling is what gluttony does to our souls. It is one of those sneaky thoughts that whispers, "More will make you happy." But it's a lie. God created our bodies and our world as good, but when we try to fill our hearts with things instead of Him, we always end up empty.

In the garden of your soul, gluttony is like overwatering a plant. It drowns. Even good things, when taken too far, can become harmful.

What Is Gluttony?

- Gluttony is the sin of overindulgence, giving in to cravings, and letting them rule us.
- The Armenian word for gluttony is ոկրամոլութիւն, meaning "obsession of the throat."
- It's not just about food. Gluttony can also mean:
 - Spending hours on your phone with no purpose
 - Talking endlessly and never listening
 - Needing constant entertainment or stimulation
 - Over-consuming even good things without balance

What Gluttony Can Do:

- Dulls our desire to pray or read Scripture
- Makes us impatient, demanding, and distracted
- Turns gifts into idols
- Damages our health and relationships
- Trains us to live by appetite instead of virtue
- Makes us slaves to inanimate objects

When we over-consume our bodies and underfeed our souls, we lose the ability to hear God.

Words of the Week:

ոկրամոլութիւն - **vo-gra-mol-oo-tyoon** - **gluttony**
չափաւորութիւն - **chap-a-vor-oo-tyoon** - **moderation**
ժուժկալութիւն - **jhoojh-gal-oo-tyoon** - **temperance**

Memory Verse:

“Their god is their stomach, and their glory is in their shame. Their mind is set on earthly things.”
- Philippians 3:19

Example 1. Esau and the Bowl of Stew (Genesis 25:29-34)

Esau came in from the field and was hungry. His brother Jacob offered him a bowl of stew in exchange for his birthright, his inheritance and spiritual blessing.

Esau said, “What good is my birthright if I die of hunger?” And he gave it away.

He wasn’t starving. He just couldn’t wait.

Lesson: *Gluttony makes us trade eternal blessings for temporary pleasures.*

Example 2. Jesus Fasts in the Wilderness (Matthew 4:1-11)

Jesus fasted for 40 days. Satan tempted Him to turn stones into bread. Jesus refused, saying:

“Man shall not live by bread alone, but by every word that comes from the mouth of God.”

Lesson: *Self-control is spiritual strength. Jesus showed us how to master our desires rather than be mastered by them.*

Example 3. The Israelites and the Quail (Numbers 11:4-34)

The Israelites grew tired of manna, the daily bread God provided in the wilderness. They complained bitterly, craving the meat they had eaten in Egypt. They said, “We remember the fish, cucumbers, melons, leeks, onions, and garlic! But now we have nothing but this manna!” God heard their complaints and sent quail, so many that they covered the camp. But instead of taking what they needed with gratitude, the people gathered greedily. Some collected quail for days, hoarding far more than they could eat. While the meat was still in their mouths, before they had finished chewing, God’s anger burned against them. The place was called Kibroth Hattaavah, which means “graves of craving,” because those who had craved meat were buried there.

Lesson: *Gluttony is not just about eating too much. It’s about craving more than what God provides and letting our appetites control us. The Israelites had everything they needed, but they let their desires lead them to destruction.*

What the Bible Says About Covetousness

Proverbs 23:20-21: “Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags.”

Philippians 3:19: “Their god is their stomach.”

1 Corinthians 9:27: “I discipline my body and keep it under control.”

What the Church Fathers Say

“I have learned to be content whatever the circumstances.”

St. Paul (Philippians 4:11)

“The bread in your cupboard belongs to the hungry. The coat hanging unused belongs to the one who needs it.”

- St. Basil the Great

Activity 1: Fast or Feast?

Materials: Index cards, pens

Instructions:

1. Give each student two index cards.
2. On the first card, write: “One thing I consume too much of this week”
 - Examples: snacks between meals, YouTube videos, complaining, video games
3. On the second card, write: “One spiritual practice I will add instead”
 - Examples: pray before meals, read one Bible verse, help with dishes, listen more than I talk
4. Students keep both cards in their pocket or backpack as a reminder.
5. Next week, invite students to share: Did saying “no” to one thing make room for God?

Discuss:

- Was it hard to give something up, even for a few days?
- Did you feel more peaceful when you fed your soul instead of just your cravings?
- What did you learn about self-control?

Teaching Connection: “Just like Jesus fasted for 40 days to grow closer to God, when we say ‘no’ to our appetites, we make room to say ‘yes’ to what really matters. Fasting isn’t punishment—it’s freedom from being controlled by our cravings.”

Special Prayer to the Holy Spirit

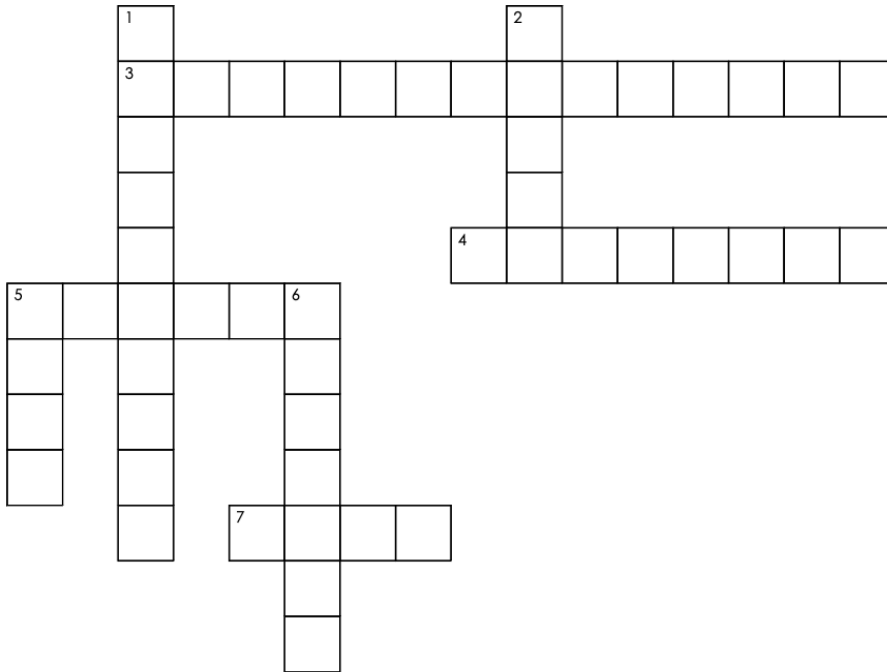
Holy Spirit, true God, with your peace that surpasses all wisdom and understanding, comfort us your servants, by accepting our supplications. Through your benediction, blot out our transgressions worthy of dreadful punishment. Expiate and hear us, remit and forgive our sins. Make us worthy to thankfully glorify you, together with the Father and the Only-begotten Son, now and always and unto the ages of ages. Amen.

Խաղաղութեամբ քով Յոգիդ Սուրբ Աստուած ճշմարիտ, որ ի վեր է քան զամենայն միտս եւ զխորհուրդս, մխիթարեա զանձինս ծառայից քոց, ընդունելով զաղաչանս մեր. անցո ի մէջ զգաստմն պատուհասի յանցանաց մերոց բարերարութեամբ քով: Ներեա եւ լուր մեզ, քաւեա եւ թող զմեզս մեր, արժանաւորեա գոհութեամբ փառաւորել զքեզ ընդ Յօր եւ ընդ Որդւոյն Միածնի, այժմ եւ միշտ եւ յաիտեանս յաիտենից: Ամէն:

Khaghaghootyamp kov Hokeet Soorp Asdvadz jshmareed, vor ee ver eh kan zamenayn meedus yev uzkhorthoortus, mukheetarya zantseenus dzarayeets kots, untoonelov zaghachanus mer. Antso ee mench uztsaoomun badoohasee hantsanats merots parerarootyamp kov. Nerya yv loor mez, kavya yev togh uzmeghus mer, arjhanavorya kohootyamp paravoreyl uzkez unt Hor yev unt Vortvoyn Meeadznee, ayjhm yev meeshd yev haveedyanus haveedeneets. Amen.

Name: _____

Gluttony



Across: →

- 3. Another word for gluttony
- 4. Overindulgence, giving in to cravings
- 5. What gluttony makes us become
- 7. What Jesus did in the wilderness

Down: ↓

- 1. How we should eat in
- 2. The meat God gave Israelites
- 5. What bowl Jacob offered to Esau
- 6. "Their god is their ____" (Phil. 3:19)

Created by Yn Hasmik using the Crossword Puzzle Generator on Super Teacher Worksheets (www.superteacherworksheets.com)

Gluttony

Note to Teacher / Parent: Copy the following word bank onto the back side of the crossword puzzle if you'd like.

Word Bank:

MODERATION

STEW

STOMACH

GLUTTONY

SLAVES

OVERINDULGENCE

QUAIL

FAST

Created by Yn Hasmik using the Crossword Puzzle Generator on
Super Teacher Worksheets (www.superteacherworksheets.com)

Review

Memory Verse Review:

“Their god is their stomach, and their glory is in their shame. Their mind is set on earthly things.” (Philippians 3:19)

Words of the Week:

նկրամոլութիւն - vo-gra-mol-oo-tyoon - gluttony

չափաւորութիւն - chap-a-vor-oo-tyoon - moderation

ժուժկալութիւն - jhoojh-gal-oo-tyoon - temperance

Life Application

What are we going to do with what we have learned today?

Gluttony isn't just about overeating. It's about letting any craving control you instead of God. This week, pick one area where you know you overindulge: maybe it's snacking when you're bored, scrolling through your phone for hours, binge-watching shows, or even talking too much without listening. Practice saying “no” just once a day. When you feel that craving pulling at you, pause and pray instead. Ask God to fill that empty space with His peace, not just temporary pleasure. Remember Esau, who traded something priceless for a bowl of stew because he couldn't wait. Don't let your appetites steal your blessings. Choose moderation, choose gratitude, and choose to feed your soul as much as you feed your body.

Lesson Review:

Questions:

1. What is gluttony and how is it more than just overeating? (*Gluttony is letting our cravings control us. It's not just about overeating. It can be spending too much time on phones, social media, video games, talking too much, or always needing entertainment. It's when any appetite controls us instead of us controlling it.*)
2. How does overindulgence hurt our soul? (*Overindulgence weakens our spirit and makes our cravings more important than God. It makes us selfish and teaches us to chase temporary feelings instead of truth. When we fill our bodies but starve our souls, we can't hear God anymore.*)
3. What did Esau trade for a bowl of stew? Why was that a foolish choice? (*Esau traded his birthright, his inheritance and blessing, for one bowl of stew. This was foolish because he wasn't starving. He just couldn't wait. He gave up something eternal and priceless for something temporary that satisfied him for only a few minutes.*)
4. How did Jesus respond to Satan's temptation in the wilderness? (*Jesus refused to turn stones into bread even though He was very hungry after fasting 40 days. He said, “Man shall not live by bread alone, but by every word that comes from the mouth of God.” Jesus showed us that obeying God is more important than satisfying our physical desires.*)
5. What are some modern forms of gluttony? (*Modern gluttony includes spending too much time on phones, social media, or video games, binge-watching shows, talking constantly without listening, always needing entertainment, shopping too much, and overdoing even good things without balance.*)
6. How can we begin to practice moderation and gratitude? (*We can pick one area where we overindulge and set limits. Say no to second helpings of food or screen time. Replace a craving with prayer or helping someone. Keep track of times we choose moderation. Ask God to fill us with His peace instead of temporary pleasures, and thank Him for what we already have.*)

* *Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesher-ee, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sa-sanetsayts yev voghormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.