



Bible Thematic Lessons

from **Godly Pearls**

Making Jesus Christ known, one story at a time.



A NOTE TO CHRISTIAN EDUCATORS:

Thank you for downloading this Bible Thematic Lesson.

This first page contains different sections to help you when planning for your class, for example, Home-school, Sunday School, Bible Study, Bible Club, Mission class, etc.

We suggest that you print pages 2 - 5 and distribute them to your students.



Topic:
APPETITE



Read the Bible References: The Bible references can be read by different children if possible. Or the teacher can read them.



Goal of Lesson:

- To encourage students to allow God to take control of their appetite.



Lesson Takeaway:

Appetite can be healthy or unhealthy. When an appetite becomes unhealthy, God can help you practice self-control by saying "no".



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Date:



Topic:

APPETITE



Bible References:

Proverbs 23:1-3; 1 Timothy 6:10;
Daniel 1:1-15.



Explain the meaning of appetite.

Appetite refers to the natural desire to satisfy a bodily need. Appetite mostly refers to food, but in this study, we will examine other needs including sleep, sex, money, and power. It is important to understand that having an appetite for any of the needs we have mentioned is healthy, but it can become unhealthy when there is an excessive or compulsive drive to meet these needs at all costs. Appetite can get out of control and that is why you need God to help you keep your appetite under control.



What does the bible say about unhealthy appetite?

There are many examples of people in the bible who could not control their appetite and there are also examples of those who controlled their appetite. Let us examine some of them.

- Judas. In John 12:1-6, we read of how Judas was disappointed that Mary anointed the feet of Jesus with expensive oil. You would think he cared about the poor, but the bible says, "...he was a thief, and had the money box; and he used to take what was put in it" (John 12:6). In John 18:2-3, Judas betrayed Jesus after collecting thirty pieces of silver from the chief priests. Judas' appetite for money was unhealthy. He was a greedy man.
- Demas. In 2 Timothy 4:9-10, Paul said "Demas has forsaken me, having loved this present world, and has departed for Thessalonica".



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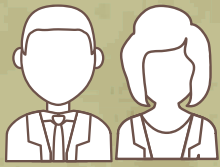
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What does the bible say about unhealthy appetite? (Contd.)

- Demas followed Paul on a missionary trip where they travelled to different places to tell people about the good news of Jesus (Philemon 1:24; Colossians 4:14). At a point, Demas chose to leave because he preferred “the world”. The world is filled with fun, parties, good food, movie nights, etc. and the missionary trip was a difficult one. Demas had an unhealthy appetite to enjoy life.
- Herod. In Acts 12:20 – 23, King Herod gave a speech to a group of people, and they kept shouting, “The voice of a god and not of a man!”. Immediately, the angel of the Lord struck him, he was eaten by worms and died. Herod loved to hear people praising him. He had an unhealthy appetite for the praise of men.
- Esau. In Genesis 25:29 – 34 and Hebrews 12:16,17, Esau gave away his right as the first born to his twin brother, Jacob, because of food. Esau had an unhealthy appetite for food.
- Samson. In Judges 16:1-21, Samson had immoral relationships with different women. He had an unhealthy appetite for sex and was full of lust.
- The Rechabites. In Jeremiah 35:1 - 6, the bible describes how the Rechabites said no to the offer to drink wine because Jonadab, their father asked them never to drink wine. They had control over their appetite.
- Daniel. From our text in Daniel 1:1-15, Daniel said no to eating the king’s food and drinking his wine because the food was sacrificed to idols. He chose to honour God by not eating the king’s food. He had a healthy appetite for food.



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How can God help us to control our appetite today?

First, let us think about these questions. Is it sinful to want to have money, eat good food, sleep well, have sex, or power? Is it sinful for people to praise you? Is it sinful to have fun?

A simple answer to all these questions is “no”. However, if what your body is asking you to do will not bring honour to the name of God, if it will not make God happy, then, it is sinful to do it.

For example, rather than going to school, if you spend your time playing video games and sleeping, you are not in control of your appetite for life and fun. If you are not married, and you are having sex as a young boy or young girl, then, you are not in control of your appetite for sex. If you steal money so you can get the latest phone, you are not in control of your appetite for money and the world.

To be in control of your appetite, you must ask God and allow Him to help you. Let us look at some things you can do to control your appetite, through the grace of God.

1. You can practice self-control with the help of God. When you recognize an unhealthy appetite, you can say “no”. You don’t have to always say “yes” to whatever your body is asking you to give it (see Proverbs 23:1-3; Galatians 5:22 – 23).
2. Don’t be consumed by the things in this world – the fun, parties, travels, adventures, etc. (1 John 2:15-17).
3. Meditate on the word of God. Fill your heart with the word of God (see Colossians 3:2, 16; Psalm 119:11).
4. Don’t worry about what you don’t have. Trust God to always provide all that you need (see Matthew 6:25 – 34).
5. Don’t be too concerned about meeting your physical needs at all costs. There are more important things than food, drink, etc. (Romans 14:17).
6. Be content with what you have (see 1 Timothy 6:6-7).
7. If you allow God to help you control your appetite, you will soon find out that by His grace, you can always say “no” to unhealthy appetite.



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Memorize:

Daniel 1:8 – "But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself".



Questions:

- i. What do you think might happen if you are always giving in to the body's craving for sleep, food, or fun?
- ii. What can you do when your appetite becomes unhealthy? How can God help you to maintain a healthy appetite?



Remember: Appetite can be healthy or unhealthy. When an appetite becomes unhealthy, God can help you practice self-control by saying "no".



Let us pray:

Dear God, thank you for your great love for me. Sometimes, my appetite wants to get out of control, and I am tempted to say yes to what my body asks for. Please give me the strength and grace to say no. Help me to do what will bring honour to your name. I ask these in Jesus' name. Amen!



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