

Devotional: Living Unrestrained and in Overindulgence (Part 2)

Christian Devotion about being clothed in Jesus and denying the flesh

But clothe yourselves with the Lord Jesus Christ, and make no provision for [nor even think about gratifying] the flesh in regard to its improper desires. - Romans 13:14 (AMP)

When we live unrestrained, we will overindulge in anything that appeals to us. Often, we overindulge in food without thinking about it. Overindulgence is actually "gluttony", which is a sin in the eyes of the Lord—yet we seldom ever hear this talked about in our Christian circles, and certainly not from the pulpit! But we have all been guilty of this at some point in our lives. Do you know that overindulgence is anything as small as taking that extra biscuit when you're already full? Having self-control in this area is particularly hard especially around the holidays and celebration festivities, be it: Birthdays, Christmas, Thanksgiving or Easter. We tend to go all out and literally "stuff" ourselves—and we don't even consider what we're doing. Can we expect God to be happy with that? Not only is it "greedy" (which according to the bible is "idolatry"), but it is actually bad for our health. We need to be good stewards of our bodies, after all, our bodies are the temple of the Lord.

But greed is not just in the area of food. We can be greedy for other things as well—especially in material possessions, power & money. I believe the root cause of living unrestrained is "discontentment". If we were truly contented, we wouldn't want more. This is why it is so important to find our contentment in Jesus, and as we do, He fills us with Himself and supplies us with all that we need—which brings contentment to our souls. Everything the world offers cannot compare and doesn't bring that kind of contentment.

Choose with me today, to put on the Lord Jesus and not give in to the flesh.

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Additional Scriptures: [1 Pet.4:1-3\(AMP\)](#); [Luke 12:15\(AMP\)](#); [1 Tim.6:6-10\(AMP\)](#); [Ecc.5:10\(AMP\)](#); [Heb.13:5\(AMP\)](#); [1 Cor.10:31\(AMP\)](#); [1 Cor.6:12-15\(AMP\)](#); [Prov.25:16\(AMP\)](#); [Rom.8:13\(AMP\)](#); [Prov.29:18\(AMP\)](#)

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