

## INDULGENCES IN THE CWL

For the past three weeks, we have been studying the principle of becoming teachers of basic doctrinal truths to other believers – “For though by this time you ought to be teachers.” (Heb.5:12)

Heb.5:12 has two important phrases for Christians to understand about the principle of becoming teachers of basic doctrines.

The first phrase that is important to this principle is, “**for though by this time,**” which actual means, “in view of the length of time that has passed since you have become trained in basic doctrines of the Christian Way of Life (CWL).”

The second phrase that is important to this principle is, “**you ought (opheilo / p.a.ptc nplm) to be (eimi / p.a.infin) teachers.**” The second phrase tells us that all Christians are obligated to teach others basic truth of CWL once we have learned them.

**Today’s lesson will establish a situation for us to apply the principle of becoming teachers of basic**

[A Christian comes to you with a problem of being overweight and is battling with self-esteem and some depression regarding it.]

How should we approach counseling this Christian and what should we teach him?

Begin with conversational counseling to research the problem. You should begin by asking similar questions to make sure that the problem of overweight is not medical or some other simple explanation.

**We are looking for correlation between cause and effect.**

- Have you recently had a baby?
- Have you recently had a traumatic experience?
- Have you recently been to the doctor and did he prescribe medicine?
- Do you have a medical history and what kind of medication do you take?
- Family history – genetics, big framed, etc.
- Personal history of overweight – looking for pattern of eating habits, active and inactive life style, diet programs success and failure and why (investigate back every five years).
- Personal belief about appearance and its connection to happiness.
- Individual’s personal opinion regarding his weight problem.

**Now we are ready to teach five points on what the Bible says about a believer with a history of overweight.**

- How does the Bible classify the problem of overweight (Prov.23: 19-21)? \_\_\_\_\_
  1. Overweight and fat are not the sin. They are the result of the sin (Gal.6:7-9).
  2. The Hebrew word for gluttony is (zalal) and it carries the idea of (taking lightly - resulting in a feeling of insignificance). How does that help you understand about the feeling attached to overweight?

3. Indulgence is defined in the English dictionary as “unrestrained pleasure, gratifying of the flesh” (Gal.5:16-21; James 1:14-15).
4. Indulgent life style involves a repetitive lust trend of the OSN connected to OMCD (**Rom.13: 13-14**).
  - Let us walk becomingly (euschemon peripateo / a.a.subj) [behave properly] – **[change of life style]** (1 Pet.2:11-12)
  - Put on Lord Jesus Christ (euduo / a.m.impv) **[change of beliefs]** (Eph.4:22-24; Rom.12:2)
  - Make no provision for the flesh in regards to its lusts (poieo / p.m.impv; me pronoia) [no forethought] – **[change of source of pleasure, happiness, and contentment]** (Rom.8:5-8; 1 John 2:15-17)
5. We will illustrate the doctrinal problem and solution by the following two diagrams.

### **Gluttony**

Lust                      Look

Life

### **Temperance**

Lust                      Look

Life

**Overweight and fat are the symptoms of a problem.  
Therefore don't spend all your thoughts, time, and energy on the symptom  
But rather on the solution to the problem  
(1 Pet.1: 13-15).**