

Why are some satisfied and others just complain? (13:25)

The righteous has enough to satisfy his appetite, but the stomach of the wicked is in need.

THE TEXT (NASB)

The righteous has enough to satisfy his appetite, but the stomach of the wicked is in need.

The righteous eateth to the satisfying of his soul: but the belly of the wicked shall want. Classic KJV - Proverbs 13:25

INTRODUCTION



In a world of “more-more-more,” we need to re-discover the happiness of “enough.”

This proverb suggests that the wicked are stomach-driven, while the righteous eat just enough to satisfy their real appetites, but no more. They are happy to have enough and know that it's enough.

How can satisfying our most basic daily need—food—be effected by righteousness or wickedness?



Why are some satisfied and others just complain? (13:25)

The righteous has enough to satisfy his appetite, but the stomach of the wicked is in need.

COMMENTARY

A Literal Translation

There's an old saying, "Some eat to live, and others live to eat." This proverb reveals that those who live to eat are never satisfied by what they eat. They may spend much money and effort in consuming scrumptious dishes, but they're always left in need.

The literal translation of this verse reads, "The righteous eats to the satisfaction of his soul, but the stomach of the wicked is in want." This best captures the Hebrew, as it implies that the righteous eats to keep body and soul together, using food as a tool or means to an end. The wicked treat food as an end in itself.

Restraint and Satisfaction

The righteous exercise self-restraint at the table, since they are eating for a greater purpose. Virtue avoids excess. "Enough is as good as a feast," to those who have inner peace and joy. The word "enough" means up to stomach capacity for the righteous. The wicked cram themselves beyond their healthy capacity, right up to their pain threshold. So gluttony is the most common form of substance abuse in North America. Ironically, like all addictions, it leads to more craving and even less satisfaction. All too often we eat for stress-reduction or emotional comfort, rather than physical need.

We read in Ezekiel 7:19 about those who are wealthy, but cannot satisfy their soul (spiritual needs) nor their stomach (physical needs). God wants us to be fully satisfied, but satisfaction cannot be found where God is ignored. Perhaps the wealthiest, wisest man of all time, King Solomon, expressed this same truth, after he'd indulged every possible pleasure: "Who can eat and who can have enjoyment without Him?" Ecclesiastes 2:25. We find a similar message in Isaiah 57:21 and Isaiah 48:22: "There is no peace for the wicked"—no satisfaction, no rest. This proverb: The wicked stay permanently unsatisfied.

Gluttony



Gluttony brings a temporary thrill or distraction from the body. This is not true satisfaction. Anyone who doesn't draw inner nourishment from their Creator and Saviour can overcompensate with food, and still end up disappointed and unsatisfied. So



Why are some satisfied and others just complain? (13:25)

The righteous has enough to satisfy his appetite, but the stomach of the wicked is in need.

William Penn said “Rise from the table with an appetite, and you will never sit down with one.” We should listen to our souls for our “what to eat” and “stop eating” signals, not to our stomachs.

Dual Nourishment

Is rampant pleasure-eating simply a desperate attempt to fill a void of spiritual nourishment? Sometimes it's not what we eat, but what's eating us! Some are unable or unwilling to move ahead spiritually through the steps of confession and repentance. So the less-than-righteous Rolling Stones sing in their hit rock song, “I Can't Get No Satisfaction.” One suspects where they were looking for it.

Every culture on earth distinguishes between “eating” and “dining,” between mere “food” and a “meal” or “supper.” Food is what each of us eats, but a meal is what we share together. With all the broken families, bullying, “liberation,” anxiety disorders, and depression torturing our children today, child therapists insist that the “first line of defense” for our kids is the sacred family meal. Too many families eat separately, and more eat at the same table, but with the television or their cell phones. The non-negotiable family meal is a family's spiritual backbone. There should be pride and gratitude in the preparation of a good meal, and that meal can and should include the Word of God.

OUR CREATOR, REDEEMER, AND FRIEND

The Bible promises that those who believe in Jesus Christ “will not be disappointed” (NASB-Romans 9:33). So the apostle Irenaeus of Lyons cheered, “The glory of God is man fully alive”—God wants us to be satisfied, but truly satisfied, “fully alive.”

Jesus Himself says those who hunger and thirst for righteousness will be satisfied (Matthew 5:6).

The wicked continue to go “hungry,” because they're seeking food and satisfaction in all the wrong places, in this way deliberately snubbing their Creator—the One who is the giver of every good, perfect gift (James 1:17) for our enjoyment (1 Timothy 4:4).

APPLICATION



Why are some satisfied and others just complain? (13:25)

The righteous has enough to satisfy his appetite, but the stomach of the wicked is in need.

- Memorize the text in your favourite Bible translation and think about it often.
- Do a personal assessment to determine how “stomach driven” you are.
- Learn about fasting and consider going on a fast for at least one day.
- Read a portion of the Bible after the main meal of the day.

Which of these steps, if any, does Jesus want you to take now? Ask Him.



Why are some satisfied and others just complain? (13:25)

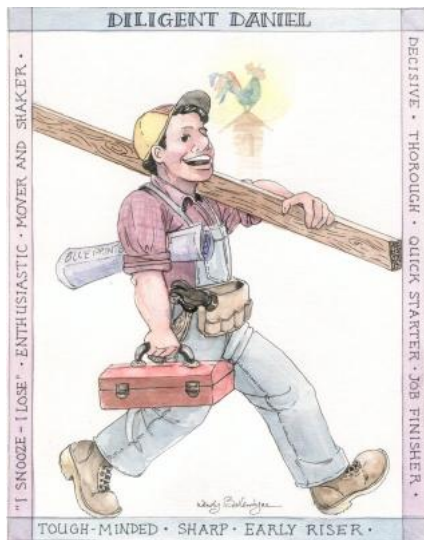
The righteous has enough to satisfy his appetite, but the stomach of the wicked is in need.

KEY WORDS

appetite, better life (quality), capacity, contentment, gluttony, greed, righteous, satisfaction, scarcity, want, wicked, self-indulgence, bf spending

ILLUSTRATION

Who is Diligent Daniel?



Diligent Daniel is a friend of Steady Eddie. Whereas Steady Eddie is known for his staying power, Diligent Daniel is known for his decisiveness and thoroughness. He is an early riser, a quick starter, and a job finisher. There's no room for procrastination here.

Daniel is tough-minded and sharp. He tells himself each day, "I snooze- I lose." He pushes himself and calls himself lazy. He is tough on himself—not rough.

He's the one Benjamin Franklin was thinking about two hundred years ago when he came up with the maxim, "Early to bed, early to rise makes a man healthy, WEALTHY, and wise." Daniel's also the one the author Oswald Chambers described with the words, "The heights by great men reached and kept, were not attained by sudden flight, but they while their companions slept, were toiling upward in the night."

Daniel is more of a thinker than Steady Eddie, but is known for his enthusiastic work capacity, not his brilliance. He's a mover and a shaker. He's not afraid to get his hands dirty and is in good physical condition. He's a builder. He starts the job right away and gets it DONE. He doesn't flip-flop in this thinking. He is not double-minded. He remains humble while exuding confidence.



Why are some satisfied and others just complain? (13:25)

The righteous has enough to satisfy his appetite, but the stomach of the wicked is in need.

One of his favourite financial tools is the Registered Education Savings Plan (RESP).

