

“Forbidden Fruit”

Series: “Forbidden Fruit”, Part 1 of 1
Sunday, October 4, 2026, at 9:00 & 11:00 AM

List One:

Go ahead! Indulge! Knock yourself out!
Cut loose! Enjoy some pleasure!
God doesn't want you to be miserable!
Stop holding back and start enjoying life!

List Two:

Deny yourself!
Exercise self-control!
Resist pleasure!
Don't overdo it! You don't need all that!

Now the Lord God had planted a garden in the east, in Eden; and there he put the man he had formed. The Lord God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil...

The Lord God took the man and put him in the Garden of Eden to work it and take care of it. And the Lord God commanded the man, “You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die...”

Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden’?” - Genesis 2:8-9,15-17, Gen 3:1

Now the Lord God had planted a garden in the east, in Eden... - Genesis 2:8

The Lord God took the man and put him in the Garden of Eden to work it and take care of it. And the Lord God commanded the man, "You are free to eat from any tree in the garden..." - Genesis 2:15

1. It Robs Us of Joy.

As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy. - 1 Timothy 6:17 (ESV)

2. It Robs God of Glory.

For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving. - 1 Timothy 4:4 (ESV)

3. It Makes Holiness Harder Than It needs to be.

"Do not handle, do not taste, do not touch..." - Colossians 2:21 (NLT)

These rules may seem wise because they require strong devotion, pious self-denial, and severe bodily discipline. But they provide no help in conquering a person's evil desires. - Colossians 2:23 (NLT)

While pleasure is not the purpose of life, God-given pleasure has a real purpose in life.

Your steadfast love is better than life. - Psalm 63:3 (ESV)

In your presence there is fullness of joy; at your right hand are pleasures forevermore. - Psalm 16:11 (ESV)