**The Seven Deadly Sins: Lust and Gluttony**

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**Gluttony**

1. Hashem said to Moshe saying, “Speak to the community of the people of Israel and tell them that they shall be holy; Because I, Hashem your G-d, is holy.”

*-VaYikrah 19:1-2*

1. …The issue here is that the Torah forbids illicit sexual behavior and non-Kosher food, and allows sexual activity between man and wife, eating meat and drinking wine. So, a hedonist still has room to become obsessed with their desires, either with his wife, or many wives, over indulge in wine and meat, and run after his desires in a number of things that the Torah does not forbid. By doing so, he can become a *“Navel B’Rishut HaTorah*”, a “boar with the Torah’s permission”.

*-Ramban, ibid.*

1. When one eats and drinks (in order to celebrate a Yom Tov), they are obligated to feed the stranger, the orphan, the widow as well as all others in need. However, one who locks their doors and eat, drink and celebrate with their own family and don’t feed the poor, that is not celebrating a Jewish holiday, but merely celebrating their own stomach…

*-Rambam, Laws of Yom Tov, 6:18*

**Lust**

1. “It happened towards evening that David arose from bed and strolled on the roof of the king’s house. From atop the roof he saw a woman bathing, and the woman was very beautiful” (II Samuel 11:2). Rabbi Judah said: David changed the nature of his sexual behavior, lying with his wife during the day instead of at night *(Figuring this way he’d satiate his sexual desire early so it wouldn’t interfere with his daily activities-Rashi).* But he forgot a simple law: If you attempt to feed your sexual desires they become hungrier, and if you starve them, they cease to become hungry.

*-Babylonian Talmud, Sanhedrin 107*

1. Certain captured women were brought to Nahardea. They took them up to the second story of Rav Amram the Pious and removed the ladder from before them. As one of the redeemed women passed by the hatch, a light shone through the hatch showing her face. Rav Amram took a ladder so heavy that ten men would not be able to lift, and proceeded to climb the ladder. When he reached the middle of the ladder he spread his feet apart to steady himself, and shouted, “Fire in the house of Amram!” The Rabbis cam running (and saw him in this compromised position). They said to him, “You have put us to shame!” He replied to them, “Better that you be shamed in the house of Amram in this world, and you not be ashamed in the World to Come.” Rav Amram adjured the Yetzer Harah to leave him, and it issued from him in the form of a fiery column. Rav Amram said to the Yetzer Harah, “Observe, you are fire and I am flesh, yet I am stronger than you!”

R’Meir was accustomed to scoff at sinners (saying they were just weak, and could conquer their Yetzer Harah if they really wanted to-Rashi). One day the Yetzer Harah appeared to him disguised as a woman on the far side of the river. There was no ferryboat, so he grasped onto a rope, and proceeded to cross. When he reached the middle of the rope, the Yetzer Harah released him from its grip. It said to R’Meir: “Had it not been proclaimed in Heaven: “Be cautious of R’Meir and his Torah learning!” I would have made your life worth two ma’ah (worthless coins)”.

Rabbi Akiva was accustomed to scoff at sinners. One day he appeared to R’Akiva as a woman perched atop a palm tree, so he held on to the palm tree and began to ascend it. When he reached the middle of the tree the Yetzer Harah released him and said, “Had it not been proclaimed in Heaven: “Be cautious of R’Akiva and his Torah learning!” I would have made your life worth two ma’ah (worthless coins)”.

*-Babylonian Talmud, Kiddushin 81a*

1. For sexual matters are very difficult and the desires are very strong, therefore a person should always be extremely careful…and it is a rule from the Torah that a person shouldn’t be alone in a room with someone who they prohibited to marry.

-Sefer Hachinuch, Mitzvah 188

1. Rav Kahane snuck under the bed of his teacher when he was not around. He remained under the bed while his teacher was intimate with his wife. Afterwards his teacher realized what happened and reprimanded Rav Kahane. He responded, "It is also Torah, and I must learn it".

*-Babylonian Talmud, Brachot, 62a*

# Know that the act of union is a holy and pure manner when carried out in the proper manner, at the proper time, and with the proper intentions. A person should not think there is anything degrading or unbecoming in the act of union, God forbid.

*-Ramban, Iggeret HaKodesh*

1. There should not be a kadesha among the daughters of Israel, and there should not be a kadesh among the sons of Israel.

*-Deuteronomy, 23:18*

1. Because one who separates themselves from holiness is referred to as a kadesha.

-Ramban, ibid.

