In Judges 3:17, we read:

> *“So he brought the tribute to Eglon king of Moab. Now Eglon was a very fat man.” (NKJV)*

The Swahili word “ fat man” means “to grow fat” or “to increase greatly.” In this context, it describes Eglon, the king of Moab, as someone who had become exceedingly fat—both literally and symbolically.

So this verse can be understood as:

> *“Then he presented the tribute to Eglon king of Moab, who had grown extremely fat.”*

But beyond the physical meaning, the Bible often uses the concept of “growing fat” to illustrate spiritual complacency, moral decay, and abuse of prosperity. The term appears in other significant passages, including:

 Jeremiah 50:11 – Judgment on Babylon

> *“Because you were glad, because you rejoiced,*
> *You destroyers of My heritage,*
> *Because you have grown fat like a heifer threshing grain,*
> *And you bellow like bulls…” (NKJV)*

Here, “growing fat” signifies arrogance, greed, and delight in wrongdoing—a condition that invited God’s judgment.

 Deuteronomy 32:15 – The Case of Jeshurun

> *“But Jeshurun grew fat and kicked;*
> *You grew fat, you grew thick,*
> *You are obese!*

> *Then he forsook God who made him,*
> *And scornfully esteemed the Rock of his salvation.” (NKJV)*

Jeshurun (a poetic name for Israel) is depicted as having grown fat—meaning they became complacent in their prosperity, forgot God, and fell into spiritual rebellion.

 For an in-depth study on this figure, see: *Who is Jeshurun in the Bible?*

A Heart Check: In What Have You “Grown Fat”?

This brings us to an important question for personal reflection:

> *Spiritually speaking—what are you increasing in?*
>
> *Are you growing fat in righteousness or in wickedness?*

Growing fat in evil is spiritually dangerous and invites the

judgment of God.

 Jeremiah 5:28–29 – Condemnation of Corrupt Leaders

> *“They have grown fat, they are sleek;*
> *Yes, they surpass the deeds of the wicked;*
> *They do not plead the cause,*
> *The cause of the fatherless;*
> *Yet they prosper,*
> *And the right of the needy they do not defend.*
>
> *Shall I not punish them for these things?” says the LORD.*
> *“Shall I not avenge Myself on such a nation as this?” (NKJV)*

In this passage, spiritual fatness symbolizes corruption, self-indulgence, and the oppression of the vulnerable. God asks rhetorically—should such evil go unpunished?

The Call: Are You Sealed With the Holy Spirit?

The Bible tells us that the Holy Spirit is God’s seal on the life of a

believer:

> *Ephesians 4:30 – “And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.” (NKJV)*

Being filled with the Spirit is the opposite of being “fat” in sin. It is to be empowered, purified, and marked for eternal life.

✝ Jesus Is Coming Soon – Maranatha!

The return of the Lord Jesus is imminent.

> *Maranatha — “Our Lord, come!” (1 Corinthians 16:22)*

Let us not be like those who grew fat in sin and forgot God. Let us be spiritually alert, ready, and sealed with the Holy Spirit for the return of Christ.

 Share This Message

This is a call to repentance, renewal, and readiness. Share this truth with others—spread the Word.

> *Have you grown fat in wickedness or in righteousness?*
>
> *The Lord is returning. Be found faithful.*

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