



A publication of , the adult discipleship ministry of Triangle Community Church.

Talk together about the glory of God's kingdom. —Psalm 145:11
Love the Lord your God and **walk** in all his ways. —Joshua 22:5

Questions for Reflection

- Read Genesis 25:29-34. Esau "**despised**" his birthright". Look up "despised" at dictionary.com. What does it mean, and what are some synonyms? **What** do you "despise"—and **why**?

Read Proverbs 14:2 in the New Living Translation. Explain how issues of lifestyle are **theological**.

- Esau **truly** was tired, hungry, and faint from his unsuccessful hunting trip—but was Genesis 25:32 **literally** true? Esau was back **home** now, in camp. Jacob's stew-pot wasn't the **only** food item around—it was just the **first one he came across**. Reflect on the character of a man who would trade away a **fortune** (see Genesis 24:35-36) for immediate gratification, when a whole pantry was handy.

What kind of a long-term future would you project for such an appetite-driven person?

When it finally was time for the birthright and blessing to pass from father to son, Esau changed his tune! Read Genesis 27:34-35, 38. What words are used in these verses to describe Esau's emotions?

Read Genesis 27:41. Was the "Genesis 27 Esau" **any wiser** than the "Genesis 24 Esau"? Explain.

What process does Proverbs 1:7 give us for developing wisdom?

(Notice that our word "despise" appears both here and in Genesis 25:34. Esau was a fool.)

Based upon each of the following proverbs in the New Living Translation, "advise" Esau:

Proverbs 14:8

Proverbs 17:16 & 24

Proverbs 23:9

Proverbs 29:20

Need help controlling your appetites?
For free hope and help, write to:
counseling@tcc.org

Application-Challenge

- Feed your **true** appetite (Psalm 34:8; Matthew 4:3-4).
- Learn** the secret of contentment (Philippians 4:11-13; Hebrews 13:5-6).

Take One Step: What is one small, concrete step of obedience you will put into practice this week?



Sermon Summary

The Bible has a lot to say about what we do with our appetites. And probably the most famous example comes from Genesis 25, the story of Jacob and Esau. While in their mother Rebekah's womb, "the babies jostled each other within her." There was a battle going on between Jacob and Esau from the very beginning. The Lord told Rebekah "Two nations are in your womb, and two peoples from within you will be separated; one people will be stronger than the other, and the older will serve the younger" (Genesis 25:23). The twins were opposites: Esau would go out hunting and bring home game; Jacob would stay behind and study. They lived in two different worlds. Esau won his father over with meat. And yet Rebekah knew this prophecy about Jacob and was partial to him. This gets us to the downfall of the appetite.

One day, after a long day of hunting, Esau returned home famished, and asked Jacob for some stew. Jacob replied, "First sell me your birthright." The birthright was the lion's share of the father's inheritance, and specifically for this family, included God's blessing that was placed on Abraham. Jacob, in exchange for this soup, wants the most valuable thing this family could even imagine. Esau allows his appetite to take control of him, and gives away his birthright, the very blessing of God, to his younger brother. The story concludes with Esau despising his birthright. He doesn't try to get it back, he doesn't appeal to his father, he just gets angry and bitter and turns his back on his blessing.

I'm sure most of us in this room find it inconceivable that someone would do something so stupid and trade something incredibly valuable for something so meaningless. And yet I think if we look at the world around us, we see it happening every day. It is especially important for you seniors to hear this, because for the past 18 years, most of you have had people around you checking your appetites and reminding you of what's at stake. You're about to go into a world where you have virtually unlimited access to anything you develop an appetite for. So how do we keep our appetites under control? How do we avoid giving up everything we have for a bowl of soup?

First, I think we have to feed our true appetite, not the substitutes. God designed us to desire Him. Our deepest need, and want, and appetite can only be satisfied by the Lord. We were made in His image to desire unity, and harmony, and peace with God. We were created to be fully known and fully loved by Him. We were created for eternal communion with the God of the universe, and yet so many of us spend our lives chasing fleeting, momentary pleasures.

The second way we can control our appetites is to practice contentment. The opposite of being hungry is being satisfied and full. If we make it a habit to be satisfied and content in our circumstances, our appetites will have little power over us (1 Timothy 6:6-12). Your unhealthy appetites will lure you into temptations, traps, ruin, and destruction. But if you are making a habit out of being content, your appetite stays under control. People who are secure and content in their circumstances don't have to take risks just to try and meet their perceived needs.

Let me close with this, as much as I want you to avoid the temptations and traps that this next season of life is going to offer, I know that many of you will give in to your appetites. But let me encourage you with this: you're never going to do something that puts you outside the reach of the saving arm of the Lord. So next year at this time if you find yourself sick and empty from a year of McDonald's don't be deceived in the way that so many people are... you haven't out sinned the grace of God. The remedy for your soul is not to continue pushing God away because you are afraid of his judgment. The remedy for your soul is to turn to God and cling to His grace that we find in Jesus. There are going to be consequences for your sin... it's the law of sowing and reaping, but don't let the consequences be eternal. You are never going to find God's back turned or arms closed.

Digging Deeper in Your Daily Quiet Time

"Five Question Bible Study" (see page to the left) is a simple way to study any passage.

Let's use it to study appetites—so that we don't repeat Esau's mistakes!

Monday— Study Romans 16:17-20.

Tuesday— Study Philippians 3:17-21.

Wednesday— Study 1 Timothy 6:1-8.

Thursday— Study 1 Timothy 6:9-16.

Friday— Study 1 Timothy 6:17-21.

Finally, in preparation for worshipping your risen Lord tomorrow with your church family...

Saturday— Study Galatians 5:14.

Need blank copies for doing more
"Five Question Bible Study"?
e-mail: Dan.Clement.TCC@gmail.com

Bible Text: _____

Date: _____



What idea particularly strikes me from this text? [Note in which verse(s) is it found.]



What question does this text raise in my mind—and how would **this text** answer it?



What about Jesus Christ—his character and/or his redemption—relates to this text?



What action must I take as a result of this text? Be concrete and specific.



With whom will I share what I learned from this text?