

## FOOD FOR THOUGHT *(continued)*

4. Appetites always whisper NOW... never LATER! Can you think of an area of your life where giving in NOW puts what you want LATER in jeopardy? What is your “bowl of stew” during this season of your life?

5. To manage appetites, we need to reframe them so they lose their power. Jeremiah suggested taking your top appetites and making a statement, “5 years from now, I want to be...” How do you think this exercise might help?

6. Read **Proverbs 3:5-6**. Our chasing to satisfy our appetites is often rooted in our inability to trust in God to be the source of our satisfaction. What is the promise contained in these verses?

7. What might God be asking you to do with this message?

## MESSAGE NOTES

### Summer Soundtrack // Week 5

#### A lesson about appetites:

1. God gave us \_\_\_\_\_.

2. If appetites aren't managed, they become \_\_\_\_\_.

3. Appetites can be managed, but never \_\_\_\_\_.

4. Appetites always whisper \_\_\_\_\_ and never \_\_\_\_\_.

*As the boys grew up, Esau became a skillful hunter. He was an outdoorsman, but Jacob had a quiet temperament, preferring to stay at home. Isaac loved Esau because he enjoyed eating the wild game Esau brought home, but Rebekah loved Jacob.*

#### **Genesis 25:27-28**

*One day when Jacob was cooking some stew, Esau arrived home from the wilderness exhausted and hungry. Esau said to Jacob, “I’m starved! Give me some of that red stew!” “Alright,” Jacob replied, “but trade me your rights as the firstborn son.” “Look, I’m dying of starvation!” said Esau. “What good is my birthright to me now?” But Jacob said, “First you must swear that your birthright is mine.” So Esau swore an oath, thereby selling all his rights as the firstborn to his brother, Jacob. **Genesis 25:29-33***

*Then Jacob gave Esau some bread and lentil stew. Esau ate the meal, then got up and left. He showed contempt for his rights as the firstborn. **Genesis 25:34***

#### **Esau's legacy:**

*God said to Moses, “I am the God of your father - the God of Abraham, the God of Isaac, and the God of Jacob.” **Exodus 3:6***

*Abraham was the father of Isaac. Isaac was the father of Jacob. Jacob was the father of Judah and his brothers. **Matthew 1:2***

*Make sure that no one is immoral or godless like Esau, who traded his birthright as the firstborn son for a single meal. **Hebrews 12:16***

To manage my appetites, I must \_\_\_\_\_ them!



