

Uncommonly Satisfied



Kicking It Off: Appetites were created by God to satisfy our most basic needs as humans. Desire is equally part of being human. While these two were created good, why is it that they are so often misused? Share with the group an appetite “gone bad.”

Weekend Review: Read Genesis 25:29-34. This passage is about sibling rivalry. Jacob, whose name means deceiver, desired the birthright, or inheritance, that was due his brother Esau. Esau was caught in a moment of weakness, and instead of helping his brother; Jacob saw his brother’s weakness as an opportunity to gain for himself his brother’s birthright. His desire for the birthright, and the financial benefit that came with it, was a desire that become deformed. It caused enmity between Jacob and his brother for years. Esau, in the end, let his desire weaken him, and in his weakened state, his brother Jacob took advantage.

Discussion:

1. The birthright in the ancient world was the entire inheritance of the father. In Genesis 25:29-34 we read an amazing story of how Esau sold his birthright for a cup of stew. He gave up ultimate wealth, for a few moments of satisfaction. Share with the group a moment in your life when you let your desire for instant gratification conquer your wisdom?
2. We live in an instant gratification culture. We want everything right away. How does our instant gratification culture harm our search for happiness and meaning?
3. Read Genesis 3:1-7. Based on this passage, what were the motivating factors that caused Adam and Eve to eat from the forbidden fruit? How would you compare Adam and Even to Jacob and Esau (Genesis 25:29-34).
4. Our desires are good and are created by God, but have been damaged by sin. Many people only see desire as something to overcome, whereas the scripture understands desires as emotions to be shaped by God. What are some ways we can shape our desires to be more God honoring?
5. Read Matthew 6:25-34. What does Jesus teach us about our desires and appetites in this passage? When it comes to desires, what does Jesus teach we should desire first and foremost? What is the result of having rightly ordered desires?

6. How does a follower of Jesus, in practical ways, “seek first the Kingdom of God?” What are the notable practices? How would your desires be different if you sought first God’s kingdom?

7. Psalm 90:14(NIV) reads “Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.” Based on this passage, what is the writer asking from God? What is the result of being satisfied by God?

8. How is God teaching you to “delay gratification” right now? Describe the emotional shift? On a scale of 1-10 with 1 being easy and 10 excruciating, where do you see yourself? As you delay gratification, what are you learning about God and yourself?

Wrapping It Up:

Our appetites and desires are gifts from God, but the enemy damages them. The result is that we are robbed of our joy and are kept from the freedom God offers. If you feel comfortable, split up into gender groups and pray for one another, that God would rightly order our desires and grant us freedom.



Transforming Our Communities...One Neighborhood At A Time

Reminders / Tips:

- **40 Days in the Word is coming to Eastside Feb. 25/26. Materials will be available soon. If, as Groups Hosts (Facilitators), you haven’t signed up to attend on our two information/training sessions on Feb. 12 or 13, please RSVP to Phylicia at pnorris@eastside.com.**
- **Awakening. Ash Wednesday, Feb. 22 at 7:00 PM in the Main Auditorium. Begin the Lent season with this night of prayer and worship. All invited. Children’s activities for birth – 6th grade.**