



# FIXED ON JESUS

## Appetites – 2/7/2021

### OVERVIEW

Often, we find ourselves in places of regret, embarrassment, or pain due to the choices we make. Like Esau, we sell our inheritance for a single moment of pleasure. We allow our appetites for the world to surpass that of our desire for God. Don't trade your future for a bowl of stew; fix your eyes on Him.

Scriptures (NIV): Hebrews 12:16-17; Genesis 25:24-34; Philippians 3:18-19

### APPLICATION

- Share about a time in your life when you made a poor choice, causing you to experience a moment or season of pain or embarrassment that could have been avoided.
- In Hebrews 12:16-17 we hear a summary of Esau's story. Now read Genesis 25:24-34. What stands out to you about what Esau did? What stands out to you about Jacob's response?
- Jeremy talks about "The power of the appetite." Why do you think we choose momentary pleasure or satisfaction over things that are eternal?
- Jeremy also talks about temptation and how our minds are fixed on the appetite rather than on God.
  - a) *Impact bias*: the tendency for people to overestimate the length or intensity of their future emotional state. Ex. Buyer's remorse.
  - b) *Focalism*: the tendency to place too much focus or emphasis on one factor or piece of information when making judgments or predictions. Ex. Focused on being single and not thinking about any other thing.

Have either one of these manifested themselves in your own life?

- What's in your bowl? That temptation or thing that your heart desires? That thing that keeps your eyes fixed on the worldly, rather than the eternal.

**NEXT STEP:** Andy Stanley says, "Because these God-given appetites have been distorted by sin, our appetites always whisper 'now' and never 'later'." What do you want your life to look like in 10 years? What do you want your family to look like? Think about the later, not the now. Fix your eyes on Jesus and ask Him for help. Also, we are here to support you. Visit [blueridge.org/care](http://blueridge.org/care) to get connected with someone who wants to help you quench that hunger for the wrong appetites.