



MESSAGE NOTES

“The Esau Syndrome”

What satisfies your appetite?

Pastor Matt Mylin — August 1, 2021

Genesis 25:21-34; Hebrews 12:14-17 (MSG)

The Esau syndrome is trading God’s lifelong gift to satisfy a short term appetite.

Psalms 37:4; Hebrews 12:14-17

1. Establish guardrails in advance.

2. Uproot bitterness within ourselves.

Ephesians 4:31

3. Pursue peace with everyone.

Ephesians 4:32

Small Group Outline & Discussion Questions

Connect:

Have each person share a high and low from this past week.

Consider:

Don’t trade God’s lifelong gift to satisfy a short-term appetite.

Choose one or two questions for your group to discuss as time allows.

- ▶ Read Genesis 25:21-34. Have you ever made a decision when you were “hangry”?
- ▶ Read Psalms 37:4. What delights you about God?
- ▶ Read Hebrews 12:14-17 (MSG). Which comes most easily for you and which could you pay more attention to?
 - Establish guardrails in advance.
 - Uproot bitterness within ourselves.
 - Pursue peace with everyone.

Commit:

Spend 1-2 minutes in silence with these questions then share your thoughts.

Pastor Matt encouraged us to:

- **Check our thoughts.** Identify what is on replay in your mind or your imaginary conversations.
- **Check our mouth.** Consider if there are bitter words in what you post or what you say to others about someone else.
- **Check our circle.** Think about who in your life may be spreading bitterness.

Which do you want to be more aware of this week and how will you do that?

Care:

Pray prayers of thanks for what delights you about God.