

## "Appetites"



### To the leader:

Open your group in prayer, and remember that this is only a guide. Feel free to discuss each of the provided questions in the notes, or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions at the end of the page.

On Sunday, Pastor Nick kicked off a brand-new series called Own Worst Enemy and we started by learning about our appetites and how they, if left, unchecked, can lead to forfeited futures. In the story of Jacob and Esau, there are three observations that we discover about appetites: they are created by God but distorted by sin, they yell "now" louder but later last longer and they are only satisfied through a relationship with Jesus. As hard as it may seem, it is possible to control your cravings and manage your appetites. You begin doing so by choosing your destiny over your desire!

*"Unchecked appetites lead to forfeited futures."*

- ◆ How would you define "unchecked appetites"?
- ◆ In what way are they capable of forfeiting futures?

### Let's review the points from the message Sunday:

1. Appetites are created by God but distorted by sin
  - ◆ In what way have you seen or experienced how sin distorts what is good?
  - ◆ Can you describe a time where you gave into something good that was distorted by sin?

### 2. Appetites yell "now" louder but "later" lasts longer

- ◆ What circumstances make it hard for you to pass on the "here" for the "later"?
- ◆ In what way have you experienced the benefits of "later"?

### 3. Appetites are only satisfied in Jesus

- ◆ Describe a time where Jesus brought true satisfaction to a tough situation in your life.
- ◆ Who are 3 people in your life that could especially benefit from the satisfaction that only comes from Jesus?

### Now what?

*"Choose your destiny over your desire."*

- ◆ What do I want my life to be like in 5 years?
- ◆ What appetite could sabotage my future?
- ◆ What boundary will I build to control it?

### Three Essential Questions

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you've learned today?*