



WEEKEND RESOURCES | OCTOBER 29, 2023

Week Two | Appetites

USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE IN YOUR PERSONAL STUDY TIME OR WITH YOUR GROUP.

Message Recap: Our future appetites pose a constant threat to our integrity. And if we don't control them, they will shape the direction and quality of our lives.

» Main Points

- Our integrity (or lack thereof) is personal but not private because it affects the people around us.
- Our appetites pose a constant threat to our integrity, and they are never fully satisfied.

» Getting Started

- What are the things you crave most in life (acceptance · intimacy · inclusion · respect · recognition · fame · progress · being envied · stuff · responsibility · achievement · winning · security · other)?
- What does self-control look like for you when your appetite tempts you?

» Observation

- Read and reflect on [Proverbs 11:3](#), [Genesis 25:19-34](#)
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

reachout

- Trusting people around us that we don't know well is difficult in today's society. By being a person of integrity, your neighbors, friends, and co-workers can trust you. Go out of your way to ensure you live a life of integrity to the people around you at work, school, or neighborhood.

growdeep

- Describe when you were forced to choose between your integrity and appetite.
- Is there a situation or a decision you need to make causing you to justify something and compromise your integrity? Expand on this.
- Having a foundation of what integrity looks like for you is helpful when moments of potential compromise arise. What are the non-negotiables in your life that lay the foundation for your personal integrity?
- Zooming out for a moment, will the version of yourself five years from now be proud of the decisions you are making today? If not, what specific things do you need to change?

partner with families

- Self-control is so necessary. [Watch this experiment](#) that was performed with kids and marshmallows. This week, you could try the marshmallow test at home. Reflect on this week's Bible story about Jacob and Esau. What things are worth waiting for? Where do you need to grow in self-control?

» Next Steps and Prayer

- You can't be yourself as long as you're lying to yourself. In what area would other people closest to you say you're not being honest with yourself?
- Close by praying that God would show you where you are willing to make trades that are not good for you. Ask him for the strength, people, and resources to "just say no."