

# NOTES

Sunday, November 9th, 2025

1. How has “coziness” or comfort with food or drink dulled your dependence on God or distracted you from His purposes in your life?
2. What do you notice in the stories of Adam and Eve, Esau, or Israel’s cravings in the wilderness about how easily appetite can lead people away from God’s best? How might that same temptation show up in you?
3. Jesus said, “Man shall not live by bread alone, but by every word that comes from the mouth of God.” What would it look like for you to feed on God’s Word more intentionally this week rather than seeking comfort elsewhere?
4. Esau traded his birthright for a meal. In what ways do you see people today (or yourself) trading away something of lasting spiritual value for temporary satisfaction?
5. How can your approach to food, drink, and other comforts become an act of worship that draws you closer to Christ rather than something that competes with Him?

