

LIVE NO LIES

GROUP DISCUSSION QUESTIONS WEEK ONE

SERMON RECAP

What if the feelings screaming loudest inside you are actually lying to you? Pastor Mike Breaux unpacked the ancient story of Esau—a man who traded his entire God-given birthright for a single bowl of stew—revealing how our strongest desires can lead us to make terrible decisions. Breaux's culturally relevant message challenged the popular "you do you" mindset, exposing it as one of the enemy's most subtle deceptions. Breaux offered a powerful practical exercise—writing your "10 Years From Now" vision—to anchor your identity in truth rather than impulse. The message was challenging imploring the listeners, *"Don't trade your future for a bowl of stew."*

GET STARTED

- If you were giving me a tour of the town where you grew up, where's the first place you would take me that was important to you as a kid, and where would we eat for lunch?

TAKE IT IN

- What encouraged and/or challenged you from the message this week? Why?

TALK IT OVER

Read Genesis 25:27-34

- Mike talked about the cultural phrase 'You Do You' and how it can sound like good advice on the surface, but actually lead us away from truth. **What do you think is the difference between being true to how God made you versus just following your feelings and calling it 'your truth'? Can you think of a time when following your feelings led you somewhere you didn't actually want to end up? What would it have looked like to let God lead instead?**
- Esau traded his birthright — something with enormous long-term value — for a bowl of stew because he was physically hungry at the moment. He was short-sighted and impulsive. The birthright meant three huge things: significantly more inheritance money, authority over the family, and the blessing of God. **Why do you think it's so easy for**

people to make trades like that, even when they know better? What causes people to lose sight of the long-term implications of a decision?

- Breaux described practical ways the Spirit helps us in moments of temptation — reminding us of our 'preferred future,' prompting us to reach out to trusted friends, bringing scripture to mind, and showing us a way out. He said we should surrender each day to God and stay aware of His presence. **How intentional are you currently about inviting the Holy Spirit into your daily decisions? What's one habit or practice you could start this week to be more aware of His guidance?**
- Breaux said the enemy's strategy is to keep us on the surface so we never experience the deeper life God wants for us. He shared that 'our strongest desires are not actually our deepest desires,' and that our deepest desire is really for God. **How does chasing surface-level appetites keep us from experiencing that deeper satisfaction of knowing God and having a deep relationship with Him? In what area of your life do you notice yourself chasing something that keeps leaving you feeling empty? What would it look like to bring that longing to God instead?**
- Mike gave a homework assignment: write down '10 Years From Now' and describe what you want your life to look like. He called it 'hanging a picture on the wall of your heart.' **Why do you think having a clear picture of your future helps you make better decisions in the present? What's one specific area — relationships, character, faith, career — where you'd like to start painting that picture this week?**

LIVE IT OUT

This week, think about your life and how you would like it to look 10 years from now. What changes do you need to make now to reach your preferred future in your character, relationships, faith, career, family leadership, etc? Are you willing to take Breaux's advice and write out your plan for how you want your life to look in the future? If so, would you be willing to share one or two changes you'd like to make with your group to be held accountable for the goals you're setting in Christ? Ask for strength to avoid trading long-term blessings for temporary gratifications.

MEMORIZE: *"Let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature desires."* **Galatians 5:16 (NLT)**