

Day 1

November 18



Pray | To be satisfied in the Creator, not creation

LIKE EVE IN THE GARDEN, we are all susceptible to fixation on the one fruit we cannot or do not have while overlooking God's generosity.

Adam and Eve lacked nothing in the garden of Eden. God gave them every living thing to enjoy. Even better, they enjoyed fellowship with God in a relationship unbroken by sin. Still, they desired more and wondered if God was withholding something good from them.

Knowing the whole story, it can be easy to judge their desire of the fruit of the Tree of Knowledge which resulted in sin entering the world for all people. Yet, we do the same as we overlook God's gifts and decide we could be happier when we have what our neighbors, coworkers, and friends have.



Read | [Genesis 1:29-30](#), [Genesis 2:16-17](#), [Romans 1:25](#)



Reflect | Spend some time reflecting on one or more of the following:

In our sinful world, even God's good gifts can distract us from seeking satisfaction in God. In what or whom are you seeking comfort, satisfaction, or fulfillment? Ask God to reveal where you seek temporary instead of eternal satisfaction. Then, spend time in prayer confessing your misplaced gaze and ask him to help you seek him instead.

Despite the generosity of God, Adam and Eve allowed one forbidden thing to get in the way of their relationship with God. Is there something you desire but do not or cannot have? Take a moment to consider and thank God for the gifts he has given you, including his Son, Jesus.

Scripture tells us true satisfaction is found in knowing God and being in a relationship with him. Do you know Jesus personally? If not, what is holding you back? Take some time to thank God for giving you his Son and for fellowship with him because of his sacrifice on the cross.

Day 2

November 19



Pray | To hunger for God's word

HANGRY IS DEFINED AS 'irritable or angry because of hunger'. When Esau came home hungry, he was physically weak and irritable.

As a result, Esau impulsively traded his birthright for a bowl of soup. While we see the foolishness of Esau's decision, we often miss our own vulnerability to make rash decisions of our own when operating from a place of spiritual hunger. Instead of seeking God to fill us by spending time in prayer and in God's Word, we may seek temporary comforts in the physical world we see. We may not trade our birthright, but we do trade blessings of God's spiritual fruit and the blessing of contentment in relationship with him.

"hangry." Merriam-Webster.com. 2019. <https://www.merriam-webster.com> (17Oct2019).



Read | Genesis 25:29-34, Matthew 4:4



Reflect | Spend some time reflecting on one or more of the following:

Genesis says Esau *despised* his birthright. Those strong words imply we do the same when we choose temporary satisfaction instead of waiting for the blessing God wants to give us. When stressed, where do you turn? No friend, food, or fad can compete with the Father. Pray for a hunger for God himself and learn to turn to him *before* you get the spiritual "hangries".

Esau waited until he was famished to come home. Are you leaving yourself vulnerable to temptation by skipping or rushing through your time with God? What practical steps can you take to prioritize spending time with God in your daily schedule?

Have you received the gift of forgiveness by grace through faith in Jesus? If so, as one of God's adopted children, you, too, are promised an eternal inheritance or 'birthright'. Take a moment to thank God for his loving kindness and generosity for sending Jesus to die for you.

Day 3

November 20



Pray | To love God more than the world

THERE IS NO SUBSTITUTE FOR GOD. Pursuit of the world and anything in it apart from God reveals empty promises and leads to death.

Satan will do anything to entice us to place our love in anything and anyone that is not God. He packages things God created in ‘shiny wrappers’ in a crafty attempt to lure us away from God himself. Satan hopes we will pursue created things to fulfill our desires of the flesh, lust of our eyes, and the pride of life.

An indulgent meal, work achievement, or trendy outfit are not bad things in and of themselves. However, when we pursue them apart from God or as a substitute for God, we place our love in temporary counterfeits for the eternal satisfaction we find in Jesus.



Read | 1 John 2:15-17, Romans 5:8, Deuteronomy 6:5



Reflect | Spend some time reflecting on one or more of the following:

We are born sinful. Identifying our desires that lead to sin can help us fight temptation with the Holy Spirit’s power. What ‘shiny wrapper’ are you prone to pursue? Will you confess this desire to God and ask him to help you see through Satan’s lures?

Do you know that God is crazy about you? God sent his Son, Jesus, to die for you on the cross! Have you responded to God’s lavish love? Choose to get to know him today. If you do know him, reflect on and thank God for his love.

To love someone with all our heart, we have to get to know them. What are you doing to get to know God better? Consider starting a list of what God has done for you, and his attributes and character traits you see while reading scripture. Praise God and allow your love for him to grow!

Day 4
November 21



Pray | To keep our eyes fixed on Christ

LIKE TINY DROPLETS IN FOG can obscure our vision, the demands of life right in front of our eyes can obscure our view of Jesus.

Life is busy. It's easy to get caught up in the important but temporary things competing for our attention and thoughts. Each day brings places to be, people to see, and problems to fix. When we pursue earthly things apart from Jesus, discontentment can take root in our hearts. These temporary things of the world cannot satisfy and leave us feeling alone.

Thankfully, as fog dissipates in the heat of the sun, inviting Jesus, the Son, into each aspect of our day can give us clarity and satisfaction. Fixing our eyes on Jesus allows us to see all of life through the filter of the Holy Spirit.



Read | 2 Corinthians 4:16-18, Acts 7:55-60, Hebrews 12:1-2



Reflect | Spend some time reflecting on one or more of the following:

2 Corinthians reminds us that in spite of daily demands, our souls can be renewed by fixing our eyes on the unseen and eternal. What practical reminders or rhythms of life can help you fix your eyes on Jesus in the midst of daily demands? What one step will you take today?

While being stoned, Stephen lifted his eyes from the world attacking him and fixed his eyes on Jesus. His example demonstrates that we can fix our eyes on Jesus in all circumstances. How does the truth of eternity with Jesus change your perspective of today?

We are not meant to pursue Christ on our own. God gives us the 'cloud of witnesses' in Hebrews 12:1-2 for mutual encouragement and accountability. Who are you running with? How can you broaden your Christian community? Consider joining a Small Group or attending Journey Men or Rooted Women.

Day 5

November 22



Pray | To trust and submit to God's boundaries

GOD PROVIDED EVERYTHING Adam and Eve needed yet they didn't trust or obey his only limit. God sets boundaries for our good and his glory.

Not only did God give Adam and Eve all the plants and animals in the garden to enjoy, he gave them the greatest gift—fellowship with their God. They lacked nothing but still bought into the Serpent's lie that God was withholding something from them. They failed to trust God's wisdom and goodness in the loving boundary he set for them. Instead of gaining wisdom, they experienced spiritual death and separation from God.



Read | Genesis 2:15-17, Genesis 3:6-9, Psalm 16:5-8



Reflect | Spend some time reflecting on one or more of the following:

Like children resist their parents' rules, we resist our Father's boundaries. Unfortunately, we often need to experience consequences before appreciating God's wise limits. What broken boundary can you see clearly now? How does that perspective help you trust God's other limits?

Which of God's boundaries do you struggle to understand, or even resent, question, or ignore? Ask God for his eternal perspective and to help you see how this boundary aligns with the truth in scripture. Make a conscious decision to trust that God's plans are good and to submit to his authority.

Obedying God can be done begrudgingly. It isn't always easy to join David in declaring that 'the boundary lines have fallen in pleasant places for me'. If you're struggling with a limit God has set, spend some time asking God to soften your heart and help you praise him for his good, wise boundaries.

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