

# IN AND OUT cafe

"Once when Jacob was cooking some stew, Esau came in from the open country, famished. He said to Jacob, 'Quick, let me have some of that red stew! I'm famished!...' But Jacob said, 'Swear to me first.' So he swore an oath to him, selling his birthright to Jacob." Genesis 25:29-30,33

"I have told you these things, so that in Me you may have PEACE. In this world you will have trouble. But take heart! I have overcome the world." John 16:33

"...the **peace** of God...will guard your hearts and your minds in Christ Jesus." Philippians 4:7

## ORDER IN: JEALOUSY /jeal•ou•sie/

- Resentment against a rival, having or expressing desire for something

### What's Cookin': Read Genesis 25:19-34

As we open our study together in the In and Out Cafe, we will quickly learn that what we **order in** is NOT what we **take out**. Genesis 25 introduces us to the four characters we will study. Isaac and Rebekah are the parents to twin boys, Esau and Jacob. These boys begin fighting even **before** they are born, and today, we will begin to understand why. This sibling rivalry begins with a heaping cup of FAVORITISM and JEALOUSY. The soup's on the stove, and it's startin' to get hot! Open your Bibles to Genesis 25 and read verses 19-34. (Warning: You might need to put on your oven mitts!)

1. What was going on in Rebekah's stomach before these rowdy boys were born?
2. List five characteristics of both Esau and Jacob?
3. How did Isaac's love for Esau and Rebekah's love for Jacob {called: FAVORITISM} affect the boys' friendship with each other?
4. What did Esau have that Jacob did not? How did Jacob get what he did not have?
5. What did Esau give up for a bowl of lentil soup? What was his attitude?

EXTRA FLAVORS: ROMANS 12:1-2, JOHN 14:27, PHILIPPIANS 4:6-7, HEBREWS 12:14-17

# A Recipe for Life

Jealousy and **Favoritism** can stir up the pot fast!

Esau had something Jacob did not: **the birthright**. What exactly is that?

In biblical times, it was custom that the first born male got twice the inheritance of his father's estate. This would mean that Esau would get twice as much as Jacob, his little brother. Can you smell the jealousy?

- Jacob, whose name means **deceiver**, takes advantage of Esau's starvation and manipulates the situation to GET what HE WANTS.
- Esau stars as the first **drama queen** in Scripture! He enters the scene staaarrrrving and makes a quick decision to choose a bowl of lentil soup over his inheritance as the firstborn son. What was he thinking?

**DO NOT EAT!**

**JEALOUSY PIE** has a few MAIN ingredients we should ALL be aware of:

1. Jealousy **blinds** us from making **GOOD** and **WISE** choices.
2. Jealousy **appeals** to our instant satisfaction and desires.
3. Jealousy **persuades** us to trade in the more important for the less important.

**STOP:** TALK about how jealousy pie affects **YOUR** life.

## **TAKE OUT: PEACE /pees/**



- Freedom from conflict as from fear, terror, anger, anxiety
- quietness of mind; tranquillity; calmness

## **SECRET INGREDIENT**

### **Peace**

**Peace** is the first SECRET INGREDIENT that gets rid of jealousy. Jealousy is **resentment** against someone because they have something you want. Whether it's material like clothes or physical like talents or looks, jealousy is **dangerous**. Jacob was jealous of Esau's birthright, and Esau was jealous of Jacob's hot meal. Both boys missed out on God's **PEACE** because their focus was on what they DID NOT HAVE. Jesus says only in ME will you have peace. He **invites** us to **give** our jealousy to Him because He **knows** that His peace will **guard our hearts and minds** against jealousy. God wants us to be content with all He has given us. When we are jealous, we are simply telling God we are not satisfied with our blessings and that we want **more!** The Message Bible calls this the **ESAU SYNDROME**—“trading away God's lifelong gift in order to satisfy a short term appetite . . . ” (Heb. 12:17). When we focus on our jealous cravings, we lose our hunger for what really matters. By seeking God first, our hearts become filled with thanksgiving. Jealous appetites will **always** leave us hungry for more, but Jesus' **PEACE** satisfies forever. Give God your jealous heart today and let Him replace it with a **PEACE** of His pie!

### **Questions to CHEW ON:**

1. Name the things, people, or situations where jealousy gets the best of you? Why does jealousy make you lose sight of God's blessings?
2. How does God's PEACE replace jealous hearts? What jealous thought can you give God and replace it with His Peace?

**thanks a latte**

Thank you Lord, for showing me my jealous appetite. I pray to ALWAYS be thankful for what You have given me and to be reminded of Your Peace. Amen. 5

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"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Romans 12:2

## Chef's Special

### ART OF THE DAY

#### Peace Heart Art

Cost \$: MESSY Hands



### ART SUPPLIES

- Paint
- Foam Paint Brushes
- Brushes and Little Brushes
- Plates for Paints
- Jars for Water
- Paper Towels
- 7x7 MDF Board (3/4" thick or 7x7 Gallery Wrap Canvas
- Scissors
- Scripture Template
- Glue/Glue Sticks
- All Purpose Spackling Paste
- Pallet/Plastic Knives
- Old Credit/Hotel Cards
- Bowls for Spackle
- 1" Masking Tape

### PRE-PREP

- Buy Boards/ Home Depot/ \*Pre-Cut Boards to 7"x7"
- Buy All-Purpose Spackling Paste/ Home Depot
- Copy Scripture for back and sides of board
- Download Scripture at [thouartexalted.com/cafe](http://thouartexalted.com/cafe)
- **TIP:** If you do not want to use the MDF boards (which are less expensive but add more time) use square gallery wrapped canvases. Purchase at Michaels or Hobby Lobby.

1.



2.



**Step three:** Tape the edges with masking tape. Using a plastic knife, apply the spackling paste to the board. Pretend you are icing a cake. Be careful not to make it too thick or thin. *Tip:* Use the backside of the plastic knife to give you a clean edge.

4.



5.



**Step one:** Paint the MDF Board (or canvas) one color. Make sure you paint the sides and the back as well (if time permits). Let it dry. *Tip:* Use a hair dryer to speed up the drying process.

**Step two:** While the paint is drying, cut out color copied Scripture for Peace Heart Art. (Download: [thouartexalted.com/cafe](http://thouartexalted.com/cafe)) If the back of the board is dry, glue on square Scripture with a glue stick.

3.



**Step four:** Draw hearts into the board with the back of a paint brush allowing the color underneath to show. One heart should be bigger than the others.

**Step five:** While the spackle is drying, lift off tape and glue Scripture on all four sides of the board with a glue stick. If it is not sticking, use Elmer's glue. *Tip:* If you get "bumps" in your paper, use an old credit or hotel card to smooth out the bumps.

6.



**Step six:** Paint the hearts with acrylic paint. Make the larger one stand out from the others.

thanks a latte

*The large heart represents the PEACE we have when we trust in Jesus. The world tries to offer many ways to find peace and love, but only God can transform jealousy and the heart!*