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## Are You Trading Your Birthright for This?

**Your bowl of stew is costing you more than you think!**

**Say what? That sentence kind of made me want to break out into Tina Turner... "What's stew got to do, got to do with it?" Yeah...about that.**

**So what does stew got to do with anything? Well, that's what [Zechariah Newman](#) shared with me recently. He said I can call him Zech, but you should probably stick to his full name. Zech writes and speaks about finding your calling and restoring significance to your life. He's a smart dude, so check out his site after you read this.**

We all want more.

We have desires that will never be fully and finally satisfied, though a lot of times we live our lives as if that one thing out of our reach will unlock our hearts and make us happy forever. This has never happened and will never happen.

We experience these desires through temptation. Here are some of them:

- food
- sex
- stuff
- progress
- responsibility
- respect
- to win
- love
- to have acceptance
- to be famous
- recognition

These desires are never completely fulfilled. We don't fill our bellies full of food and never eat again. No matter how full we get, we still need to eat again a few hours later.

The same is true for all of our desires. You don't get a certain amount of love and never need to be loved again. There are no you complete me moments. However, we all know someone that has ruined his or her life over one of these desires for more.

## Of stew and stupidity

One of the most ridiculous examples of this is the story of Esau and Jacob. This story takes place in Genesis 25:29-34. In this story, Esau trades his birthright to Jacob for a bowl of stew. Wow!

To understand the ridiculousness of this, we need to know these four things about birthrights.

1. Birthrights went to the first born son.
2. The recipient would get a double portion of the inheritance.
3. The recipient had power. They were declared the judge of the family.
4. God put His hand on him and he received favor that the rest would not receive.

So Esau's choice was completely insane! I have made some stupid choices because of my desires as well. Have you? Here is what was at play with Esau and is at play with you as well.

## Impact Bias

Impact Bias takes a simple appetite and it magnifies it out of proportion. Your brain will tell you that you will get way more out of your desire than you actually will.

## Focalism

Focalism focuses our minds on one thing and blurs out everything else. All you can see is that one desire.

Our desires will always say now. Just like Esau, we will be prone to do ridiculous trades. The only answer is to reframe your desire.

**Action item:** Here is a simple exercise that may help you. Ten years from now, I want, I wish and I hope. Ten years from now will you be happy giving up your birthright for the bowl of stew? No, the stew and birthright were gone in just a few minutes. The same is true for the bowls of stew in your life. Take a step back, reframe your bowl, and look at what you will be giving up.

*To refrain, simply reframe.*

Matt's note: I like to pose the same question Zech did in three parts.

1. **What does this make possible?** Financially, family, spiritually, personal satisfaction.

2. **What does it make *impossible*?** What do I give up? Time, hobby, sleep, exercise.
3. **Is this what I want to do?** Do I feel a passion for it? I am not a believer that following God is all cupcakes and lollipops but I also don't believe He wants us to be miserable.

*What have been some bowls of stew in your life? What long-term gain or dream have you given up?*