

BE CAREFUL WHO YOU EAT FROM!

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Genesis 25:29-34 KJV

29 And Jacob sod pottage: and Esau came from the field, and he was faint: 30 And Esau said to Jacob, Feed me, I pray thee, with that same red pottage; for I am faint: therefore was his name called Edom. 31 And Jacob said, Sell me this day thy birthright. 32 And Esau said, Behold, I am at the point to die: and what profit shall this birthright do to me? 33 And Jacob said, Swear to me this day; and he sware unto him: and he sold his birthright unto Jacob. 34 Then Jacob gave Esau bread and pottage of lentiles; and he did eat and drink, and rose up, and went his way: thus Esau despised his birthright.

SUBJ: Be careful who you eat from!

INTRO: I remember as young boy, when we would go places and visit some people, my mother would tell us not to ask for anything to eat!

And I remember one time I asked her, "Mama why not" and she said, "Because you can't eat from everybody"!

(EXP#) See I can't everybody's Smoked Salmon and crab cheese sauce Bro. and Sis. Gilmore!

(EXP#) See I can't everybody's cake squares Sis. Jordan!

(EXP#) See I can't everybody's Red Beans Sis. Trina!

(EXPOUND): You have to be careful about "WHO" you allow to feed you and "What" you allow to be fed to you!

See, everybody who wants to feed you, is not your friend!

And everything somebody feeds to you, is not good for you!

(EXPOUND) As child, I thought my mama was just talking about not being able to eat physical food from everybody.

But as I got older, i realized she was teaching us something much deeper.

(EXP#) She was teaching us that, Everybody's hands aren't trustworthy.

(EXP#) She was teaching us that, Everybody who offers you something doesn't have your best interest at heart.

(EXP#) She was teaching us that, Everybody's table is not safe for you.

(EXP#) She was teaching us that, Everybody's kitchen is not clean.

(PROPHET) Dad used to say, "Don't invite me to your house to eat and your kitchen ain't clean!"

This same principle applies to spiritual food.

(EXP#) Everybody preaching and quoting Scripture ain't always speaking truth.

(EXP#) Everybody giving advice, isn't giving wisdom.

(EXP#) Everybody calling themselves your friend, isn't helping your future.

Matthew 16:5-6 KJV

5 And when his disciples were come to the other side, they had forgotten to take bread. 6 Then Jesus said unto them, Take heed and beware of the leaven of the Pharisees and of the Sadducees.

Matthew 16:5-6 NIV

5 When they went across the lake, the disciples forgot to take bread. 6 "Be careful," Jesus said to them. "Be on your guard against the yeast of the Pharisees and Sadducees.

(EXPOUND) You can't eat from everybody's table!

(NOTE: Whenever Jesus says "beware," He's warning us that something that look harmless might be dangerous!)

(EXP#) Not every table that looks inviting, is a healthy invitation!

(EXP#) Not every meal that tastes good, is good for you.

Genesis 3:1-8 KJV

1 Now the serpent was more subtil than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? 2 And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: 3 But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. 4 And the serpent said unto the woman, Ye shall not surely die: 5 For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil. 6 And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat. 7 And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons. 8 And they heard the voice of the Lord God walking in the

garden in the cool of the day: and Adam and his wife hid themselves from the presence of the Lord God amongst the trees of the garden."

(EXPOUND) Adam and Eve didn't lose Eden because of starvation.

They lost it because they consumed the wrong message.

And One of Satan's oldest strategies is feeding people the wrong thing.

(EXP#) The devil still feeds lies today because He's the father of lies!

- But JESUS said I am the truth, the way and the life. No one comes to the father but by me!

(EXP#) He feeds fear.

- But God Doesn't give us the spirit of fear but of power, love and a sound mind!

(EXP#) He feeds pride.

- But GOD said the meek and humble shall inherit the earth.
- Humble yourself under the mighty hand of GOD that he may exalt you in due time.

(EXP#) He feeds bitterness and hate.

- But GOD said forgive seventy times seven and to bless those who curse you and pray for them that despitefully use you

(EXP#) He feeds false doctrine.

- But GOD said try the spirits whether they are of GOD Because if we're not careful, we'll consume poison, thinking it's nourishment.

And What I've learned is that what feeds you, will ultimately form you!

(NOTE: Whatever consistently feeds your mind eventually shapes your thinking.)

(EXP#) If you constantly consume fear...you'll begin living fearfully.

(EXP#) If you constantly consume anger...you'll become bitter.

(EXP#) If you constantly consume gossip...you'll become suspicious.

(EXP#) If you constantly consume God's Word...your faith will grow.

Romans 10:17 KJV

So then faith cometh by hearing, and hearing by the word of God.

(EXPOUND) "Faith cometh by hearing..."

Your spiritual appetite determines your spiritual health.

(NOTE: Healthy food produces healthy believers.)

Matthew 16:5-6 KJV

5 And when his disciples were come to the other side, they had forgotten to take bread. 6 Then Jesus said unto them, Take heed and beware of the leaven of the Pharisees and of the Sadducees.

(EXPOUND) Jesus compared false teaching to yeast.

(NOTE: Yeast doesn't remain in one corner of the dough. It spreads.)

One wrong word OR belief, can eventually affect every area of life.

(EXP#) Wrong word can change your worship.

(EXP#) Wrong word can change your relationships.

(EXP#) Wrong word can change your praise.

(EXP#) Wrong word can change your eternity.

BODY:

(EXPOUND) In Genesis 25, we see where Esau came from outside in the field and he was so faint, that he was in a state of desperation for food!

And he told to Jacob, Feed me, for I am faint: And Jacob said, Sell me your birthright.

And because he was so desperate for food and he thought he was about to die, he gave away his inheritance and his birth rights, all for a bowl of gumbo!

3 things you need to make sure you don't eat from the wrong table:

#1 YOU NEED TO PRAY FOR SPIRITUAL DISCERNMENT IN YOUR LIFE!

(EXPOUND) Spiritual discernment keeps you from being deceived, because the devil doesn't always present himself as the devil.

(NOTE: Sometimes he looks just like you!)

Now don't y'all leave here saying pastor called me a devil! (Although some of y'all might be!

2 Corinthians 11:13-15 KJV

13 For such are false apostles, deceitful workers, transforming themselves into the apostles of Christ. 14 And no marvel; for Satan himself is transformed into an angel of light. 15 Therefore it is no great thing if his ministers also be transformed as the ministers of righteousness; whose end shall be according to their works.

(EXPOUND) Without spiritual discernment, you won't be able to see the devil for who he is.

(EXP#) Eve didn't have Spiritual discernment and she didn't see that snake for the snake that he really was!

(NOTE: Without spiritual discernment you're easy to be deceived and fall into Satan's traps.)

Nehemiah 6:10-12 KJV

10 Afterward I came unto the house of Shemaiah the son of Delaiah the son of Mehetabeel, who was shut up; and he said, Let us meet together in the house of God, within the temple, and let us shut the doors of the temple: for they will come to slay thee; yea, in the night will they come to slay thee. 11 And I said, Should such a man as I flee? and who is there, that, being as I am, would go into the temple to save his life? I will not go in. 12 And, lo, I perceived that God had not sent him; but that he pronounced this prophecy against me: for Tobiah and Sanballat had hired him.

(EXPOUND) Nehemiah said, "YO, This don't feel right in my spirit!"

This ain't from GOD!

(NOTE: I don't know who this is for this, but GOD said, you better stop listening to everybody and start listening to what the spirit of GOD is saying

to you)!

But Nehemiah said, "YO, This don't feel right in my spirit!"

(QUESTION) Anybody ever get a feeling in your spirit that this doesn't feel right?

(EXP#) When you're about to do something wrong like lie, cheat, steal, fornicate, adultery, gossip, cuss, fight, not pay your tithes and offerings!

(EXP#) When you're about to do something you shouldn't do, like talk this girl OR this guy and you're married!

OR You're not about to do what you should do, like go home at night because your married!

(EXP#) When you're about to make a decision OR choice?

Like cheating on your taxes.

(NOTE: See spiritual discernment keeps us from falling into Satan's traps.)

#2 DON'T ACCEPT EVERYBODY'S HAND AS HELP!

(EXPOUND) Everybody who gives you a hand out, is not trying to help you!

(NOTE: Some people are just trying to help themselves!)

Ezra 4:1-4 KJV

1 Now when the adversaries of Judah and Benjamin heard that the children of the captivity builded the temple unto the LORD God of Israel;
2 Then they came to Zerubbabel, and to the chief of the fathers, and said unto them, Let us build with you: for we seek your God, as ye do; and we do sacrifice unto him since the days of Esar-haddon king of Assur, which brought us up hither. **3** But Zerubbabel, and Jeshua, and the rest of the chief of the fathers of Israel, said unto them, Ye have nothing to do with us to build an house unto our God; but we ourselves together will build unto the LORD God of Israel, as king Cyrus the king of Persia hath commanded us. **4** Then the people of the land weakened the hands of the people of Judah, and troubled them in building,

(EXPOUND) See everybody who tries to give a hand, doesn't mean that they're trying to help you!

Sometimes they can just be trying to get close to you for their attack!

CONCLUSION:

**#3 DON'T LET THE DESIRE FOR YOUR FLESH BE
GREATER THAN THE DESIRE FOR THE SPIRIT!**

(EXPOUND) Your desire for the things of GOD should be greater than anything in your life.

John 6:63 KJV

It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

John 6:63 CEV

The Spirit is the one who gives life! Human strength can do nothing. The words that I have spoken to you are from that life-giving Spirit.

(EXPOUND) The spirit is where your life is! Not the flesh!

Matthew 16:6-11 KJV

6 Then Jesus said unto them, Take heed and beware of the leaven of the Pharisees and of the Sadducees. 7 And they reasoned among themselves, saying, It is because we have taken no bread. 8 Which when Jesus perceived, he said unto them, O ye of little faith, why reason ye among yourselves, because ye have brought no bread? 9 Do ye not yet understand, neither remember the five loaves of the five thousand, and how many baskets ye took up? 10 Neither the seven loaves of the four thousand, and how many baskets ye took up? 11 How is it that ye do not understand that I spake it not to you concerning bread, that ye should beware of the leaven of the Pharisees and of the Sadducees?

(EXPOUND) JESUS said, "What I'm teaching y'all about is greater than all them fish sandwiches I gave y'all!"

He said, "What I'm doing is not about protecting your stomachs, but it's about protecting your souls.

(EXP#) There are some tables you must refuse to sit at.

(EXP#) There are some conversations you must walk away from.

(EXP#) There are some voices you must stop listening to.

(EXP#) There are some influences you must reject.

Because what you continually consume eventually becomes part of who you are.

(EXPOUND) Esau traded his birthright for one meal.

Hebrews 12:16 later calls Esau a profane man because he sold something eternal for something temporary.

One wrong meal cost him a lifetime blessing.

(Impact Point) "Sometimes what satisfies your flesh can bankrupt your future."

That's why you have to be careful who feeds you.