



[Genesis 25:34](#)

(34) Then Jacob gave Esau bread and soup of lentils. And he ate and drank, and rose up and went his way. Thus did Esau despise *his* birthright.

A Faithful Version

So, what is our particular "bowl of lentils"? For what would we give up everything [God](#) has offered us? For what *are we* giving up our fabulous birthright? What sinful pattern of living could be keeping us from inheriting all things? Is it worth it?

We would like to say, "Nothing," but actions speak louder than words. *Our behavior reveals our beliefs.* If we are acting in a way that despises our birthright, we are showing that our beliefs are no different from Esau's. In fact, if we are participating in behavior contrary to God's standards, that behavior has become our bowl of lentils.

Again, what have we been putting ahead of the promises we could inherit? Our answer identifies our present bowl of lentils.

Esau wanted to be satisfied immediately; he did not want to wait. He wanted the pleasures and satisfactions of the flesh fulfilled instantly. What good was a birthright if it did not satisfy his incredible hunger and thirst right now?

Anything, any [sin](#), any behavior, any thought pattern, any god we place before the Holy One—anything that would keep us from receiving our birthright—is our bowl of lentils. For most of us, these are ingrained patterns of life that we must overcome. Some have been able to hide and camouflage these bowls of lentils from others. It does not matter. God sees all ([Hebrews 4:13](#)).

We could be working so hard laboring for the meat that perishes that we ignore and neglect the spiritual food and promises God has offered us. We could be working so hard at building a relationship with a boss that we do not spend the time building our relationship with the real Master. Perhaps it is sinful worry, the cares of this life, that

The Berean: Daily Verse and Commentary for Genesis 25:34 (<http://www.theberean.org>) have pulled us off center. Or, it could be the pleasures of this life, the vanities of this age, or unconquered sins. Any of these could be our bowl of lentil stew that could lead God to conclude we are despising our birthright too.

What are some typical bowls of lentils? [Galatians 5:19-21](#), Paul's list of the "works of the flesh" is a good place to start. He concludes by saying, "[T]hose who practice such things will not inherit the [kingdom of God](#)" (verse 21).

Are we letting [covetousness](#) become a bowl of lentils? Have we chosen the god of "success" in place of the true God ([Mark 4:18-19](#))?

Does anything each day come ahead of seeking Him and walking with Him? Are there sins of the flesh, of sex, of hate, of worry, of envy that keep us from seeking our birthright diligently?

How about the [Sabbath](#) and holydays? Are we keeping them holy?

The point is clear. Each of us knows what our bowl of lentils is.

We can learn from Esau. He should have gone hungry instead of selling out a fabulous future for literal beans. There will be *many* times when we will have that same decision: despise the birthright—orsacrifice, wait, endure, overcome, and put up with hardship. We have to make sure we choose properly: life ([Deuteronomy 30:15-20](#)).

No matter how temporarily enjoyable and satisfying any sin is in that moment, it cannot begin to measure up to the eternal rewards of God's birthright promises. Inheriting our birthright will not be easy. God wants to know beyond any doubt that we value it. That means we will be tested on this point repeatedly. It will take endurance, sacrifice, and keeping our focus on what is eternal and truly valuable ([II Corinthians 4:17-18](#)).

— Staff

To learn more, see:

[What is Your Bowl of Lentil Stew?](#)

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