

Don't Sell Your Birthright for a Doughnut

As born-again Christians, we have an inherited "birthright" through Jesus Christ as the firstborn Son of God. This inheritance gives us a benefit package that is out of this world! Psalm 103:2-5 tells us what the benefits are: "Bless the Lord, O my soul, and forget not all His benefits, who forgives all your iniquities, who heals all your diseases, who redeems your life from the pit, who crowns you with lovingkindness and tender mercies, who satisfies your mouth with good things, so that your youth is renewed like the eagle's."

The world's benefits cannot touch this. Do we value this benefit package? Does our daily living express our appreciation and the value that we place on this benefit package that is part of our birthright?

We are warned not to imitate Esau who, on impulse, gave away his birthright for a bowl of stew (Heb. 12:16). He was tired and hungry. Jacob, his brother, was cooking stew, and the aroma was beckoning to Esau. He imagined just how good it would taste and asked for a bowl. Jacob asked for his birthright. Esau's stomach was crying out and the enemy was filling his thoughts: *You are going to die; the birthright will be of no use for you. Forget God's Word and the promise of the birthright and blessing!* His body's needs overruled the promise of God's Word. Genesis 25:34 tells us, "Then Jacob gave Esau bread and lentil stew. Then he ate and drank, arose, and went his way. *Thus Esau despised his birthright*" (emphasis added).

Esau gave up all the blessings of his birthright in exchange for a temporary bowl of stew which satisfied his taste buds for the moment. He took no thought of the long-term effect.

The Word of God says that "Esau despised his birthright." That's pretty strong words.

I understand the moment Esau was in. Many times I have been tired and hungry and didn't consider what I ate or its nutritional value. Anything to take away the craving! The devil has used food since the beginning. When Eve took "the bite," it exposed what was in her heart. She sold her birthright in the garden for a bite! Food has a strong pull on our body to satisfy our hunger pangs, yet food is necessary for our survival.

Esau and Eve are warnings that the Holy Spirit is bringing to our remembrance to help us in our time of need. Read and meditate the testimonies of these two people who sold their birthrights and the end results!

Our benefit package includes healing for our bodies and the satisfying of our desires with good things so that our youth is renewed like the eagle's. We are responsible for the stewardship of our body and how we care for it. There are constant warnings about the obesity epidemic in the world and the damage that certain foods can do to our bodies.

Proverbs 23:1 tells us, "Consider carefully what is before you" (NASB). We also read in 1 Cor. 6:12, "All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything." What are these verses saying to us?

The verse that really gets my attention is Philippians 3:19: "Their destination is destruction, their god is their appetite, their glory is in their shame, their minds are set on earthly things" (MEV). *Your belly has become your god when your appetite dictates what you eat and drink regardless of the health consequences.*

Satan is using food as a snare to trap us in food addictions

that will destroy our health. Remember, you have an enemy who has one purpose: to steal, kill and destroy (John 10:10), not only in health issues but in our emotions and mind. Every time we make a bad decision concerning the care of our body, that was created in God's image, we dull our senses and frustrate the grace of God (Heb. 5:14; Gal. 2:21).

I realize this is a touchy issue for some Christians, but it's one that must be exposed and dealt with from the written Word of God. We must stay sensitive and alert to the voice of God. When we are laying on the couch in a food coma, our hearing is dulled. Every time you overcome the temptation to eat the wrong food, you become stronger and stronger in walking in obedience. Nothing tastes as good as obedience.

The world gives us a lot of good information regarding obesity, but information only tells us the need to change. Transformation comes from revelation of the Word of God. I fought this battle for many years and did not realize I was addicted to food. The Lord opened my eyes one day and got my attention when I saw the words, "The devil wants you fat!" and it pierced my soul. I hated the devil and did not want to please him. I cried out in repentance for the abuse of my body. The Holy Spirit began to lead me into a new path and gave me a battle plan that worked from the inside taking 88 pounds from my body.

I would like to tell you if was overnight, but that would be a lie. It was day by day, leaning on and trusting in the supernatural help of the Holy Spirit. Read my testimony in my book, *Why Diets Don't Work—Food Is Not the Problem*. A workbook is also available. Guard your birthright as a child of God. He has plans for you, to give you a future and a hope. (Jeremiah 29:11).

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