

# What Lies Beneath

## Having Healthy Emotions in an Emotional Culture

### The Longing Soul

He satisfies the longing soul, and fills the hungry soul with goodness. Psalm 107:9 NKJV

*A Longing Soul searches, yearns, it was made to crave God, to be both SAVED, FILLED and SATISFIED by God. Our soul gets hungry and it longs to be filled. A Soul left longing searches out all sorts of things to satisfy. We were made to crave God, His presence, His fullness, the Joys of fulfilling His will and being in His purpose.*

#### Our Soul Longs-God Satisfies-Reach for Him

##### 1. OUR SOUL LONGS

###### SOUL (defined)

Appetite, mind, living being, desire, emotion, passion, that which breathes, the breathing substance or being, soul, inner being of man, seat of the appetites, seat of emotions, passions, activity of the will...

###### LONGS (defined)

...by implication, to seek greedily. Have appetite, run (to and fro). Be eager or greedy or thirsty

David described a panting, a thirst of soul...

**Psalm 42:1-2 NASB** As the Deer pants for the water brooks, so my soul pants for You, O God. My soul thirsts for God, the living God...

***We often speak of saving the soul, but not as often address the cravings of the soul, the longing soul.***

- We were made to crave God and His fullness. He IS our Food, the Bread of Heaven, He quenches our thirst when we seek Him
- We commonly treat the soul as if it stays FULL automatically and requires no attention because we are saved. I.e. Auto Fill
- A soul left unattended is reckless and will go after things that it does NOT need, to fill it. It is fickle, it requires the sanctification of Christ as well!

Paul addressing the Church of the Thessalonians

- **1 Thessalonians 5:23 ESV** <sup>23</sup> Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

## **CRAVING/LONGING IS MEANT TO DRAW US TO THE ONE WHO SATISFIES**

We long for confidence, courage, companionship, acceptance, security, peace, pleasure, joy, rest, safety.

- When our soul longs, instead of reaching for God, we often reach for our phones, our Facebook/Social Media accounts, unhealthy relationships, approval and fulfillment in doing good deeds or feeling needed, easing fears and insecurities through addictions, chemicals, isolation, Escape methods that temporarily quench the thirst, suppress the appetite but only God satisfies-long term.

***Eat well to experience the benefits  
of eating well***

**Psalm 94:19 NKJV** In the multitude of my anxieties within me, Your comforts delight my soul.

Do we believe that God can truly satisfy us?

**Jeremiah 6:16 NKJV** <sup>16</sup> Thus says the LORD: “Stand in the ways and see, And ask for the old paths, where the good way *is*, And walk in it; Then you will find rest for your souls. But they said, ‘We will not walk *in it*.’

## **2. GOD SATISFIES**

**This craving is meant to draw us to The ONE who satisfies, and to accept no substitutes for our filling. He invites us to eat from His Table!**

## **THE SOUL CAN BE BOTH SAVED, AND SATISFIED BY GOD**

**SATISFIES** fill to satisfaction, have enough, fill (full, self, with), be (to the) full (of), have plenty of, be fulfilled, have one's fill of (have desire satisfied), to have in excess, be enriched.

**Feeling overwhelmed: Psalm 61:2-4 NKJV** From the end of the earth I will cry to You, When my heart is overwhelmed; Lead me to the rock that is higher than I. For You have been a shelter for me, A strong tower from the enemy.

**Soul rest: Psalm 62: 1 ISV** My soul rests quietly only when it looks to God; from Him comes my deliverance.

**Need of restoration: Psalm 23:3 NKJV** ...He restores my soul...

**Discouragement and Turmoil: Psalm 43:5 ESV** Why are You cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

**Fullness of Joy: Psalm 16:11 NKJV** You will show me the path of life; In Your presence *is* fullness of joy; At Your right hand *are* pleasures forevermore.

**Question: What (or who) do we run to when we are overwhelmed, anxious, in need of comfort?**

**John 4:31-34 NKJV**

- John 4:31-34... “I have food to eat which you do not know.” He emphasized doing the will of God and finishing His work.

### **3. RECOGNIZE AND REACH**

- Recognize soul hunger and sit at His table that He prepares for us. “I’M HUNGRY!” His table is not just “SUNDAY DINNER” Its daily manna
- Ever sat at the table with someone who reaches across the table, grabs whatever they want? Lets not fill up on the same menu as the world!

**THE GOOD SHEPHERD Psalm 23:1-5 NKJV**

- **The LORD is my Shepherd, I shall not want (Ps 23:1)**
- **He prepares a table before me...**

### **CLEAR THE TABLE-MAKE ROOM**

- Feast on His love, His goodness, His peace, His comfort, His purposes, His companionship, be filled with the fruit of righteousness (**Philippians 1:11**) His Spirit, Fullness
- He sets FULL table. Blessings of family, friendships, enjoying life, provision, etc. We sometimes move Him out of the way and focus on the ‘things’ instead of Him. He loads us with benefits (Psalm 68:19) The **‘benefits’ were never intended to have first place in our life.**

## **OPEN YOUR MOUTH WIDE-EAT/DRINK/REPEAT!**

**Psalm 81:10 NKJV ...Open your mouth wide-I will fill it!...**

- Wait Silently Psalm 62:5
- SIT with Him Tell your soul, "Be still" Psalm 37:7. Sit at His feet and go to Him to satisfy your longing soul.
- Lay down the junk food-and the Appetizers
- Pour out your soul before Him Ps 42:4
- Pray \* Read HIS Word
- Seek Him! Find Him. Deuteronomy 4:29 We think He's hiding from us, He runs faster than we can find Him.
- Wet your appetite for God, for the things of the kingdom. Some haven't eaten for days, months. No appetite suppressants!

Ezekiel 2:8 don't be rebellious, open your mouth and eat what I give you.