

**Opening: You’re not you when you’re hungry. We all have hunger issues spiritually and God wants to satisfy those hunger pains so we can be who He intended us to be.**

**Key Scripture**

**Matthew 5:6** Blessed are those who hunger and thirst for righteousness, for they will be filled.

**Psalm 63:1** O God, You are my God, **earnestly I seek You**; my soul thirsts for You; my body yearns for You in a dry and weary land without water. \*\* We seek God with intentionality, we pursue God.

**Psalm 107:9** For He satisfies the **thirsty and fills the hungry** with good things.

**1. This world is a drain to your soul.**

- a. **Sometimes you become a drama queen when you’re hungry.**
- b. **Sometimes you whine when you get hungry.**
- c. **Sometimes you don’t give your best when you’re hungry.**
- d. **Sometimes you get angry when you’re hungry.**
- e. **Sometimes you get a little loopy when you’re hungry.**
- f. **You have two natures inside you, they both are hungry**
  - i. **Galatians 5:13-18** <sup>13</sup>You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh<sup>[a]</sup>; rather, serve one another humbly in love. <sup>14</sup>For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.”<sup>[b]</sup> <sup>15</sup>If you bite and devour each other, watch out or you will be destroyed by each other.<sup>16</sup> **So I say, walk by the Spirit**, and you will not gratify the desires of the flesh. <sup>17</sup>For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever<sup>[c]</sup> you want. <sup>18</sup>But if you are led by the Spirit, you are not under the law.

**2. God wants to satisfy your hunger for life and good things, but we have to let Him do it.**

- a. **Isaiah 55:1-2** <sup>1</sup>**“Come**, all of you who thirst, **come** to the waters; and you without money, **come**, buy, and eat! **Come**, buy wine and milk, without money and without cost! <sup>2</sup>Why spend money on that which is not bread, and your labor on that which does not satisfy? **Listen carefully** to Me, and eat what is good, and your **soul will delight in the richest of foods**.
- b. We all have unhealthy appetites we tend to run to as a coping mechanism from the drain of life. God has promised a feast in His presence.
- c. **Revelation 3:20** Behold, I stand at the door and knock. If anyone hears my voice **and opens the door**, I will come in to him and eat with him, and he with me.
- d. **To open the door, we have to do the following things**
  - a. Fall in love with Jesus and talk to Him as a real person
  - b. Make space for him in your life privately and corporately. Our faith is public and private.
    - i. Be careful not to limit your relationship with Jesus to rituals, formulas, or weekly corporate meetings only, but pursue Him privately as well.
    - ii. **Matthew 6:6** But when you pray, **go into your room and shut the door** and pray to your Father who is in secret. And your Father who sees in secret will reward you.
    - iii. **Mark 6:31** Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, **“Come with me by yourselves** to a quiet place and get some rest.”

**3. You become what you eat: If you feed yourself things that are not good for your soul you will not be healthy but will get sick. Normal recreations are good, but they don’t fill the human spirit with more of God.**

- a. Your Spirit has a craving for more of God, the more you feed it the more it will want of God until you are overtaken by God in great abundance. (Two Wolves Cherokee Story)

**4. Closing: Maybe the reason you are struggling has nothing to do with your environment, your parents, your job, your past but everything to do with how you are satisfying your hungers.**

- a. **Psalm 34:1-4** <sup>1</sup>How lovely is **Your dwelling place**, O LORD of Hosts! **2My soul longs**, even faints, for the courts of the LORD; my heart and my flesh cry out for the living God. <sup>3</sup>Even the sparrow has **found a home**, and the swallow a nest for herself, where she places her young near Your altars, O LORD of Hosts, my King and my God.<sup>4</sup>How blessed are those **who dwell** in Your house! **they are ever praising You**.

- b. Try this instead:** When your soul feels out of place, and you are getting out of the “Spirit” give yourself some space and time with God. Get alone with Him and ask Him to fill you. He has promised that He would give you what you need, when you need it and in good supply.
  - c. Ephesians 1:3** Praise be to the God and Father of our Lord Jesus Christ, who **has blessed** (Past Tense) us in the heavenly realms with every spiritual blessing in Christ. \*\* You already have been given access to what you need to satisfy your soul.
  - d. Luke 11:11-13** 11What father among you, if his son asks for a fish, will give him a snake instead? 12Or if he asks for an egg, will give him a scorpion? 13So if you who are evil know how to give good gifts to your children, how much more will your Father in heaven **give the Holy Spirit to those who ask Him!**\*\* You need the Spirit to walk in the Spirit.
- 5. Conclusion:** We don’t have a come and see, we have a taste and see God.
  - a. Psalm 34:8** Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him!
  - b.** Imagine a chef who prepares a delicious meal for orphaned children, and yet the children refuse to enter to eat at His table. This is the unfortunate possibility and yes reality for many Christians today. They are settling for smelling the delicious meal instead of being satisfied by it.