

Day Two • Tuesday, May 5

Long for Pure Spiritual Milk

Psalm 42:1–2 (ESV)

As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God. When shall I come and behold the face of God?

Yesterday Peter put us in the picture as the infant. Today he tells us what the infant wants. Long for the pure spiritual milk. Not a polite preference. Not a passing curiosity. A longing. The Greek word Peter uses is the language of craving — the way a hungry baby in the middle of the night does not casually consider whether milk would be nice. The baby cries the house down.

It is worth asking honestly: do I long for the Word of God like that? Most of us would have to admit we long for plenty of other things first. We long for the next text message, the next paycheck, the weekend, the vacation, a quiet hour, a good harvest. Some of those longings are good and God-given. But Peter is pointing to a deeper hunger underneath all the others — the hunger that no good harvest, no quiet hour, and no perfect weekend can ever finally satisfy.

The trouble is that we often try to feed that deepest hunger with the wrong food. We treat surface things as if they were the milk we cannot live without, and then wonder why we still feel empty after we've had our fill of them. A man can spend his whole life eating the wrong thing and still starve. The infant knows better. The infant will not be fooled by a substitute. The infant cries until the right thing comes.

What is the “pure spiritual milk”? It is the Word of God — the Word that comes to you in Scripture read and Scripture preached, in Baptism, in the Lord's Supper, in Christ Himself given to you again and again. This is the food God Himself has prepared for the deepest hunger inside you. And He does not ration it. He does not make you earn it. He sets the table and says, eat.

DISCUSSION QUESTIONS

1. What are some of the “surface longings” that most often distract you from the deeper hunger God placed in your soul?
2. When was a time you can remember actually craving God's Word — not just reading it out of duty, but wanting it?
3. What might it look like, in your real life this week, to come to Sunday worship hungry?

CLOSING PRAYER

Lord Jesus, You are the Bread of Life. Forgive me for filling up on what cannot feed me. Stir up in me a deep hunger for Your Word, and feed me there with Yourself. Amen.

Family Action Item

Tonight at supper, before anyone takes the first bite, pause and read 1 Peter 2:2–3 aloud together. Then ask each person at the table: “What did you hunger for today?” Listen without correcting. End the meal by reading Psalm 34:8 — “Oh, taste and see that the Lord is good!” — and thank God for both kinds of food on the table tonight.