



**Being Weak & Hungry**

**Psalm 34:10 ERV**

# What makes you weak?

- Lack of food
- Lack of rest
- Illnesses
- Mental anguish

# Note

- The strongest person in the room gets weak sometimes.

**How can we overcome our areas of weakness?**

1. Overcoming your area of weakness is done by admitting that you can't handle it all on your own.

- No matter how good you think you are, you will get weak sometimes from all that life puts on your plate.

- This was David's way of suggesting that those who call upon/go to the Lord will get what they need.

# Note

- God knows where you are weak, and he knows what areas you need help in.
- God also knows what you are hungry for.

Psalm 34:10 is not only talking about physical hunger but the hungry that makes us want something better out of life.

**There are two types of hunger:**

*Good hunger-* A persons yearning to:

**Have more.**

**Be more.**

**Grow into what God desires me to  
be.**



# Scripture Reference:

Matthew 5:6 ESV

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

# Question

What else ought to make us hungry?

• *Bad hunger:*

- Desiring to pull others down,
- Desiring to tear apart someone's reputation.
- Hoping to kill someone's joy.
- Hoping to give someone grief.

# Scripture Reference:

Romans 12:20 ESV

To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.”

# Note

Romans 12:20 teaches us what to do for people who are hungry to hurt us.

# How do we get over our weakness and find help for our hungry moments?

1. Go to God to get your needs met.

## Psalm 34:10 ESV

The young lions suffer want and hunger; but those who seek the Lord lack no good thing.

- Everything we need will only come through the Lord.

- God is the answer to the hunger pains that you may be feeling inside. This includes both good hunger and bad hunger.

2. God gives us strength in our moments of weakness and gives us nourishment in our moments of hunger.