

Are You Hungry?

The Bible is full of food and drink language! From God's rules about eating the fruit in Genesis to the great call for the thirsty to come in Revelation, the subject of eating and drinking seems like it's on every page. God uses our desire to eat and drink to explain how badly we should crave a relationship with him.

What are *you* hungry for, and how do your longings and desires give shape to your life?

Fill Yourself Up With the Lord

"The Lord does not let the righteous go hungry, but he thwarts the craving of the wicked" (Prov. 10:3).

When our desires line up with the Lord's, he'll richly provide us with the opportunity to find nourishment. As Jesus said, *"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied"* (Matt. 5:6). True satisfaction comes when we fill ourselves up with the Lord and his righteousness. When we crave a relationship with the Lord, as David poetically described in Psalm 63:1-8, we'll never be disappointed!

Food For Thought: What does my diet consist of?

Develop an Insatiable Appetite

"A worker's appetite works for him; his mouth urges him on" (Prov. 16:26).

Like an athlete who eats more than an average person, we need constant fuel to keep up our strength! We have a single-minded desire for the Lord, as Peter described, *"Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation— if indeed you have tasted that the Lord is good"* (1 Peter 2:2-3). When we get a taste of the Lord's goodness, learn to savor it — wanting more and more as your appetite increases. Sadly, some won't appreciate the Lord that way and will start running on fumes until their faith fades away (Heb. 6:4-6).

Food For Thought: Is my appetite increasing?

Don't Settle for Junk Food

"One who is full loathes honey, but to one who is hungry everything bitter is sweet" (Prov. 27:7).

We often warn our little ones not to fill up on junk food before a meal. But spiritually, it's easy to fill our lives with empty calories! Like the children of Israel, it's easy to look back to the "onions and leeks" from Egypt and miss the promise of "milk and honey" in the promised land (Num. 11:4-5). This world provides so many distractions, and when our bellies become our gods (Phil. 3:18-19), our earthly mindset will never lead us to true satisfaction. So don't settle for quick and easy happiness, whether in the world or pseudo-religious pursuits. Dig deep, *strive*, and *strain forward* (Phil 3:13) toward the goal!

Food For Thought: Have I filled up on empty calories?

Conclusion

We don't put hunger or thirst off for long. It's a problem for the present, something to address now. Don't put off a life of dedication to the Lord for some more "convenient" season! It's time to sit down at the Lord's table and feed on his goodness.