

# Spiritual Hunger

## How to Know You're Ready for More

Have you ever been hungry... but not for food?

Like your spirit is saying, *"I need MORE of God."*

That's not weird. That's \_\_\_\_\_.

Spiritual hunger is often Heaven's way of saying, *"Come \_\_\_\_\_."*

**Spiritual hunger is a sign that God is drawing you deeper!**

## Key Scriptures (NKJV)

### 1. **Matthew 5:6**

"Blessed are those who \_\_\_\_\_ and thirst for righteousness,  
For they shall be \_\_\_\_\_."

### 2. **Jeremiah 15:16**

"Your words were found, and I \_\_\_\_\_ them, And Your word was to  
me the joy and rejoicing of my heart..."

### 3. **1 Peter 2:2**

"...desire the pure milk of the \_\_\_\_\_, that you may grow  
thereby."

### 4. **Psalms 42:1-2**

"As the deer pants for the water brooks, So pants my \_\_\_\_\_  
for You, O God..."

## What Spiritual Hunger Is

Spiritual hunger is a holy \_\_\_\_\_ to know God, \_\_\_\_\_  
Him, obey Him, and be \_\_\_\_\_ by Him.

**It looks like:**

- You're not satisfied with "\_\_\_\_\_ faith."
- You want truth more than \_\_\_\_\_.
- You start noticing when your spirit is \_\_\_\_\_.
- You don't just want blessings, you want \_\_\_\_\_  
**Himself.**

### **What Spiritual Hunger Is NOT**

Let's clear the confusion:

- It's **not** condemnation
- It's **not** \_\_\_\_\_
- It's **not** emotional \_\_\_\_\_
- It's **not** "I must be doing everything wrong"

***Sometimes hunger simply means:*** You've \_\_\_\_\_ And what used to feed you... isn't enough anymore. AMEN!!!

### **8 Signs You're Ready for More**

**1) You miss the Word when you don't read it**

Not out of guilt, but out of \_\_\_\_\_.

**2) You start noticing spiritual "junk" \_\_\_\_\_**

Things you used to watch, listen to, or entertain start feeling \_\_\_\_\_.

**3) You want depth, not drama**

You're done with spiritual noise. You want spiritual \_\_\_\_\_.

**4) You feel conviction \_\_\_\_\_.**

Not shame, but conviction that leads you \_\_\_\_\_ to Jesus fast.

**5) You crave worship in ordinary \_\_\_\_\_.**

You start worshiping while cleaning, driving, cooking... because your heart is leaning \_\_\_\_\_ Him.

**6) You're more aware of your heart condition**

You start \_\_\_\_\_ yourself: motives, attitudes, pride, unforgiveness.

**7) You want to \_\_\_\_\_ immediately**

You don't want "someday obedience." You want **today's obedience.**

**8) You care more about God's presence than God's \_\_\_\_\_.**

You still love His blessings, but you \_\_\_\_\_.

### **Biblical Points for Disciples**

**1. Hunger is an invitation from \_\_\_\_\_.**

God doesn't tease hungry disciples; He fills them. (Matthew 5:6)

**2. The Word is real food for your spirit.**

It strengthens, corrects, and builds you. (Jeremiah 15:16)

**3. Growth requires \_\_\_\_\_.**

If you don't desire the Word, you won't \_\_\_\_\_ (1 Peter 2:2)

**4. Dryness is a signal, not a sentence.**

Dry \_\_\_\_\_ are often where God teaches dependence. (Psalm 42:1-2)

### **Wisdom Nuggets**

- If you feed your flesh all day, don't be surprised when your spirit feels \_\_\_\_\_.
- Hunger is proof you're \_\_\_\_\_, a dead faith doesn't crave anything.

## **“Heavenly Highlight”**

### **God never ignores hunger.**

**When a disciple truly desires more of Him, He responds with fullness, clarity, and deeper \_\_\_\_\_.**

**Matthew 5:6 isn't a maybe, it's a promise: “They shall be filled.”**

## **Discussion Questions**

### **1) What does spiritual hunger mean according to Matthew 5:6?**

A deep desire for righteousness and \_\_\_\_\_, with a promise that God will fill that hunger.

### **2) What happens when we “eat” God’s Word (Jeremiah 15:16)?**

The Word becomes joy and strength inside us it nourishes the \_\_\_\_\_.

### **3) Why do some believers stop growing spiritually (1 Peter 2:2)?**

Because appetite for the Word \_\_\_\_\_, and without the Word, growth \_\_\_\_\_.

### **4) What should you do when you feel spiritually dry (Psalm 42:1–2)?**

Turn toward \_\_\_\_\_, seek Him honestly, and pursue His presence instead of hiding.

### **5) What is one practical way to feed spiritual hunger this week?**

Daily Bible time, worship, \_\_\_\_\_ fasting from distractions, and obeying what God already \_\_\_\_\_.

## **“Hunger Killers”**

### **7 Things That Quiet Spiritual Appetite**

1. **Constant distractions**
2. **Unconfessed** \_\_\_\_\_
3. **Unforgiveness**
4. **Comparison**
5. **Spiritual laziness** (no routine)
6. **Overfeeding on worldly** \_\_\_\_\_.
7. **Isolation** (no fellowship)

#### **Scripture:**

**Hebrews 12:1** – lay aside weights

**Matthew 13:22** – cares of this world choke the word

## **“Spiritual Hunger Boosters”**

### **7 Things That Increase Hunger**

1. **Prayer before the** \_\_\_\_\_ (“Open my eyes...”)
2. **Short fasts** (even a “social media fast”)
3. **Worship in your** \_\_\_\_\_
4. **Scripture journaling**
5. **Obedience to the last instruction**
6. **Godly community**
7. **Serving** \_\_\_\_\_.

#### **Scripture:**

**Psalms 119:18** – “Open my eyes...”

**James 4:8** – “Draw near to God...”

## **NOTE: “Spiritual Hunger vs Spiritual Habit”**

Hunger is desire. Habit is \_\_\_\_\_ Disciples need both.

- Hunger gets you \_\_\_\_\_. Habit keeps you steady.
- Feelings fluctuate. Faithfulness stays.

### Scripture:

**2 Timothy 2:15** – “Be diligent to present yourself approved to God...”

**Colossians 3:16** – “Let the word of Christ dwell in you richly...”

## Life Application Challenge for This Week

**Pick ONE and do it for 7 days:**

- **7-Day Word Meal:** Read 1 chapter a day and write 1 “God spoke” sentence.
- **Worship Walk:** 10 minutes of worship daily (even while doing chores).
- **Distraction Detox:** Fast one distraction (social media, TV, etc.) and replace it with prayer.
- **Obedience Step:** Do the last thing God told you to do.

## Faith Seed Declaration

**“Lord, I hunger for You. Fill me with Your Word, shape my desires, and draw me deeper. I will not stay shallow when You are calling me to more.”**

**Notes:**

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