

SPIRITUAL APPETITE

Psalms 34:8 ESV

[8] Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him.

What is your spiritual appetite?

Let's start by looking at our natural appetite and/or eating habits. Which category do you fall in?

- **SNACKER** – a person who eats small amounts throughout the day.
- **JUNK FOOD JUNKIE** – someone who has an excessive craving for and compulsive consumption of junk food.
- **HEALTH FOOD FANATIC** – a person who is extremely obsessed with eating and nutrition.
- **MEAL SKIPPER** – someone who regularly skips one or more meals per day.
- **BALANCED EATER** – eating a well-rounded meal for breakfast, lunch, and dinner.

Eating a balanced meal is crucial to maintaining good health.

What our appetite says about us spiritually?

Our appetite dictates the direction of our lives, whether it is the cravings of our stomach, the passionate desire for possessions or power, or the longings of our spirits for God. As a Christian, the hunger for anything besides God can be an arch enemy. Our hunger for God and Him alone is the only thing that will bring us victory.

If we don't feel strong desires for the manifestation of the glory of God, it's not because we have drunk deeply and are satisfied; it is because we have nibbled so long at the table of the world that our soul is stuffed with small things, leaving no room for the great. If we are full of what the world offers, it leaves little room for God.

Psalms 107:9 – He satisfies the longing soul, and the hungry soul He fills with good things.

Unsatisfied Spiritual Hunger and Insufficient Substitutes

Unsatisfied spiritual hunger is ravenous; it makes us grasp for anything close to us that resembles sustenance—the junk food of life. Watching lots of TV, scrolling on your phone mindlessly, mindless reading—these things tempt us with false promises of rest and escape, but none of these things will sustain our souls. Ultimately, it is Christ that fuels our faith and satisfaction and our growling spirits. Filling our spirits with delightful but non-nourishing things will not stop the aching deep within us. It may satisfy us temporarily. It may feel like enough. However, in the end, our souls are left wanting, still searching for the true nourishing satisfaction of a deeper relationship with God.

Unsatisfied Spiritual Hunger Can Breed Selfishness

Like physical hunger, our unmet spiritual hunger flares up selfishness; we believe our own needs are most important. We want what we want, and we want it now. When we hunger for the Lord but don't feed our soul by spending time in the Word and in prayer, our level of selfishness inflates. We then fill our lives with what we think will sustain us at the moment without considering the needs around us. We become the center of our own universe, and unmet desires become our god.

Philippians 3:18–20 (focus on 19)

Unsatisfied Spiritual Hunger Can Produce Spiritual Wandering

The further I am from the Lord in my hunger, the shorter my responses become—not only to the people around me but also to the Lord's promptings. When unsatisfied spiritual hunger takes control, we don't want to hear the commands of the Lord, live obediently to His will, or consider how we may be sinning. Close communion with God fuels our desire to serve Him, please Him, and receive His correction. When we drift from the only food that will satisfy our hearts, we no longer show grace, accept correction, or demonstrate patience. The more we fill our lives with Christ, the Bread of Life, the more our relationship with Him will grow and satisfy our weary souls.

Even though we will feel some sort of spiritual hunger pains while we are in this life, we have hope in the promise that one day we will be in the presence of our Lord forever. Until that day comes, fill yourself daily with the Bread of Life! (Rev 7:16–17)

John 6:35 – I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.

Matthew 5:6 – Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.