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Introduction

Every living thing needs food and water to survive. In the same way, our spirits need God to live and thrive. Many people try to satisfy their spiritual hunger with money, success, relationships, entertainment, or possessions, but only God can truly satisfy the deepest needs of the human soul.

Just as physical hunger tells us we need food, spiritual hunger is God's way of drawing us closer to Him.

Theme:

God desires His people to have a deep spiritual hunger and thirst for His presence, His Word, and His righteousness.

Key Scriptures:

- **Matthew 5:6** – "Blessed are those who hunger and thirst for righteousness, for they will be filled."

- **Psalm 42:1-2** – "As the deer pants for streams of water, so my soul pants for you, my God."
 - **Isaiah 55:1** – "Come, all you who are thirsty, come to the waters."
 - **John 7:37-38** – "If anyone is thirsty, let him come to me and drink."
 - **Psalm 63:1** – "O God, you are my God; earnestly I seek You; my soul thirsts for You."
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1. What Does It Mean to Hunger and Thirst for God?

Matthew 5:6

Jesus compares our desire for God to physical hunger and thirst.

Physical hunger:

- Cannot be ignored forever.
- Demands attention.
- Returns regularly.

Spiritual hunger should be the same way:

- A constant desire for God's presence.
- A longing to know Him better.
- A passion to live according to His will.

Signs of Spiritual Hunger

- Desire to pray.
- Desire to study God's Word.
- Desire to worship.
- Desire to obey God.
- Desire to grow spiritually.
- Desire to serve others.

Discussion Question:

How do you know when your spiritual hunger is growing stronger?

2. Why Do We Need God So Much?

Psalm 42:1-2

"As the deer pants for streams of water."

A deer desperately searches for water because its life depends on it.

Likewise:

- We need God's strength.
- We need God's wisdom.
- We need God's peace.
- We need God's guidance.

Without God:

- We become spiritually weak.
- We lose direction.
- We become vulnerable to temptation.

John 15:5

Jesus said:

"Apart from me you can do nothing."

God is not just an addition to our lives—He is our source.

3. What Happens When We Lose Our Spiritual Appetite?

- Just as sickness can cause a person to lose their appetite physically, sin and distractions can cause us to lose our appetite for God.

Common Spiritual Appetite Killers

1. Sin
2. Pride
3. Busyness

4. Worldliness
5. Unforgiveness
6. Neglecting prayer and Scripture.

Revelation 2:4

"You have forsaken the love you had at first."

- Many believers don't lose their salvation; they lose their passion.

Discussion Question:

What are some things that can distract believers from pursuing God?

4. How Does God Satisfy the Hungry Soul?

Isaiah 55:1-3

- God invites thirsty people to come and drink freely.

God satisfies us through:

1. His Presence

(Psalm 16:11) You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

- Joy is found in His presence.

2. His Word

(Jeremiah 15:16) When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, Lord God Almighty.

- God's Word nourishes the soul.

3. Prayer

- Prayer keeps us connected to God.

4. The Holy Spirit

(John 7:37–39) On the last and greatest day of the festival, Jesus stood and said in a loud voice, “Let anyone who is thirsty come to me and drink.”³⁸ Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.”³⁹ By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified.

- The Spirit refreshes and renews believers.

5. Worship

- Worship draws us closer to God.
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5. The Promise for Those Who Hunger and Thirst

(Matthew 5:6) Blessed are those who hunger and thirst for righteousness, for they will be filled.

- God never ignores a hungry heart.

When we seek Him:

- He fills us with peace.
- He fills us with wisdom.
- He fills us with strength.
- He fills us with joy.
- He fills us with His Spirit.

(Jeremiah 29:13) "You will seek me and find me when you seek me with all your heart."

- God promises to reveal Himself to those who genuinely seek Him.
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Application

Ask yourself:

- Am I hungry for God or just hungry for God's blessings?
- Do I spend time seeking Him daily?
- Has my spiritual appetite increased or decreased?

- What is keeping me from pursuing God more passionately?

Challenge yourself this Week.

Spend extra time:

- Reading Scripture.
- Praying.
- Worshiping.
- Listening for God's voice.
- Serving someone in love.

Ask God every day:

"Lord, increase my hunger and thirst for You."

Remember:

The more we pursue God, the more we discover that He alone can satisfy the deepest hunger and thirst of our souls.

Closing Scripture

(Psalm 107:9) "For He satisfies the thirsty and fills the hunger with good things."

Closing Prayer

"Father, create within us a greater hunger and thirst for You. Help us desire Your presence more than anything this world offers. Fill us with Your Spirit, Your Word, and Your righteousness. Draw us closer to You each day and let our lives reflect a passion for Your Kingdom. In Jesus' name, Amen.