

# Hungry Hearts

9 AWAKEN series



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

# 1. Don't Stress...

- ♦ Your body goes into stress mode when inadequately nourished.
- ♦ Food provides energy and nutrients
- ♦ Liquid hydrates the body for proper functioning.
- ♦ Jesus related these to our spiritual lives.

## 2. Living Bread

**John 6:26-27** *Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill.*

*Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.”*

## 2. Living Bread

**John 6:35; 58** *Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty...*

*This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.”*

# 3. Spiritual Malnutrition

(a) Weakness:

- Unable to do what you desire, physically and spiritually
- Jesus is the food that produces spiritual energy and nutrients

**2 Corinthians 12:7-9** ...*Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me.*

*But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.*

# 3. Spiritual Malnutrition

## (b) Irritability:

- Area of soul / emotions
- You may need to WAIT

**Psalm 27:13-14** *I remain confident of this: I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord.*

- It could be a PERSON:

**Matthew 5:44** *But I tell you, love your enemies and pray for those who persecute you*

# 3. Spiritual Malnutrition

## (b) Irritability:

- Area of soul / emotions
- You may need to WAIT
- It could be a PERSON:
- It could be ANXIETY:

**1 Peter 5:7** *Cast all your anxiety on him because he cares for you.*

# 3. Spiritual Malnutrition

## (c) Concentration

- Area of mind / intellect

**2 Corinthians 10:5** *We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

# 4. Hungry Hearts

**Psalm 63:1** *You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.*

**Psalm 63:2-3** *I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you.*

**Psalm 63:4-5** *I will praise you as long as I live, and in your name I will lift up my hands. I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you.*

**Psalm 63:6-8** *On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. I cling to you; your right hand upholds me.*



**Are you hungry for more?**