

**New Song Community Church**  
**January 26, 2020**  
**Spiritual Hunger Pains**

Unlike the suggestion that we have been given years ago, to “never go to the grocery store hungry”, I would like to modify the advice as it relates to what should occur when we come to church. It might be better stated to say we need to learn the value of Matthew 5:6 where Jesus states we are blessed when we hunger for righteous things for there will always be fulfillment for those.

**Lesson 1: How to increase your spiritual hunger.**

- A. Recognize that Jesus was the prime example by making time to spend with His Father.
- B. Set a daily time that will give you the opportunity to partake of your spiritual meal without interruption
- C. Be consistent without being legalistic

**Lesson 2: Your hunger will increase as you learn to enjoy spiritual exercises**

- A. Set a goal to memorize scriptures that will help you overcome struggles in your relationship with God
- B. When you pray, leave time at the end of your prayer to listen for the Lord to speak to you.
- C. Assign one word or phrase to help you remember what occurred in your time spent with the Lord

**Lesson 3: Make an assessment of the things you do for entertainment or recreation that might not be healthy for your spiritual growth.**

- A. Are there things in your schedule of events that override your devotion to the things of the Spirit?
- B. How does your eagerness for participating in the things of the Lord compare to that of your other options of entertainment?
- C. Have you allowed your desire to worship the Lord to increase by engaging your heart more fully in public and private times of expression?

**Lesson 4: What do you believe are things that you need to be aware of that suppress or kill your appetite for spiritual things?**

- A. Make it a goal to share with another believer this week a scripture that you have read that has impacted your walk with the Lord
- B. Connect with someone and ask them how you can support them in prayer for something in which they might need encouragement or support
- C. Share with someone your desire to be more diligent and mindful toward things that would affect your spiritual growth

**Lesson 5: Read I John 2:15-17**

- A. Do you understand what scripture is saying when it is saying that we should not “love the world”?
- B. If there is one thing that you feel any “soul tie” with the world, what would it be?
- C. Ask the Lord, in prayer, to reveal to you how you can be set free from any internal bondage to worldly things

**Lesson 6: In order to righteously crave things of the Spirit we will need to be willing to adjust our mental attitude toward things that we thought to be important.**

- A. Ask the Holy Spirit to reveal to you anything that you might be holding on to that would prevent you from fully trusting the Lord and increasing your faith.
- B. Your appetite for spiritual things will increase when you are willing to recognize the personal daily need for them rather than just in a crisis situation
- C. We will crave the right things when we believe the promise of God’s word for a final outcome

Spiritual starvation will overtake a believer if they do not receive the provision of the word. Lethargy, emotional delusions, and spiritual apathy will suppress the works of the Spirit. Every day we are invited to feast at the table of the Lord. Come hungry and leave filled with his goodness.