

# IS ANYONE HUNGRY???

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We've all been there. When your stomach starts growling and feels like its tying in knots... We've all been hungry at some point.

There are lots of reasons people eat. Can you think of some???

-bored      -spending time with someone      -it tastes good  
-depressed      -happy      -etc...

The one best reason for eating though is because you're **hungry!!!** Your body needs food to live and when your body needs food it lets you know by telling you, you need to eat. Your stomach starts growling, you get that dull, gnawing pain, and before long you're raiding the fridge, on your way to McDonalds, or whining at your mom, "MOM, I'm HUNGRY, what time is dinner??!?"

So, if you're like most people, you eat to satisfy that hunger. Did you ever notice how food tastes SO much better when you're hungry?  
-ex.)Liz Spaghetti

Your body needs food to live, but SO does your SPIRIT!!! Just as our body will die if we go too long without food, so our spirits can not live without receiving regular spiritual nourishment.

Matthew 5:6

Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

How do we feed our spirits???

## 1 -Reading the Bible

Time in the word: ???

-20 minutes or more

-10 minutes or more

-at least 5 minutes

-not at all

We need to be spending time reading God's word (the Bible) so that we can be rooted spiritually. The Word of God is like an anchor for us which we can rely on when things get stormy. It is the only thing we can count on to always be true and unchanging.

2 Tim. 3:16-17

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.

-Explain: Absolute truth...

## 2 -Prayer

a. Prayer is our direct line to God. We can share anything with Him, and He always listens. The Word says, "He never sleeps." So, even if we need to talk to Him at 2am, He's there and He's listening. Prayer creates depth in our relationship with God.

-Explain: Good friends talk.

b. Prayer is also a way we can get help in time of need. "Wise is he in the day of trouble who knows his true source of strength and who fails not to pray." -E.M. Bounds

-We can put our burdens on Him, because He loves us, and our problems are NOT too big for God.

c. He always answers. It may not be in our time, or the answer we want, but He will answer. He is faithful to do so.

## 3 -Gathering with believers (church)

Sum up:

Jesus, the True Bread of Heaven:

John 6:35

Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty."

-Explain: Jesus death. Our salvation. Give invitation.