



**Believing In the Basics Volume 1
(The Power of Hunger Part 1)**

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

Date: September 7, 2025

Big Question: What do you want for your life?

Series Summary: Believing In the Basics Part 1

- 1. The Power of Hunger (Understanding what it means to be hungry and thirsty)**
2. The Power of David's Hunger (He models self-motivated hunger)
3. The Power of Caleb's Hunger (He models an ageless determination)
4. The Power of Zacchaeus' Hunger (He models a high level of hungry determination)

I. Hunger and Thirst Defined

Note: Hunger defined: To crave;

Thirst defined: To be dehydrated

- Greek Word for **Hunger**: peinoōtes
 - From peinoō = **to crave, to be famished.**
 - This isn't a casual appetite; **it's a desperate, ongoing hunger.**
- Greek Word for **Thirst**: dipsōtes
 - From dipsō = **to thirst deeply, like parched ground.**
 - Not a light sip — it's the cry of someone dehydrated

II. Three Things Jesus Links Hunger To

1. Hunger is linked to **blessing (Happiness)**
2. Hunger is linked to **righteousness** (Just, upright)
3. Hunger is linked to being **filled** (Satisfied)

III. Three Examples of Hunger In Scripture (In the New Testament)

1. Matthew 25:35 “–For I was hungry (epeinasa) and you gave me something to eat...”
2. John 6:35 “–I am the bread of life. Whoever comes to me will never go hungry (peinasē).”

(In the Old Testament Parallel)

3. Psalm 107:9 “–For he satisfies the hungry and fills the thirsty with good things.”

IV. Three Examples of Being Filled In Scripture (In the New Testament)

1. Matthew 14:20 – After feeding the 5,000, “They all ate and were satisfied (echortasthēsan).”
2. Philippians 4:12 – Paul says he knows “what it is to be in need, and **I know what it is to have plenty**. I have learned **the secret of being filled** (chortazesthai)...”

(In the Old Testament Parallel)

3. Psalm 23:5 “–You prepare a table before me... my cup overflows.”

Statement:

- The key to success in any endeavor is hunger. John Kotter who wrote the book “Leading Change” says that the first thing that a person needs to initiate change is a sense of urgency. He then lists seven other things that make change stick.
- Today, we will talk about believing in the power of hunger. Nothing will change in your life until you really want it.



Note: John Kotter's Eight Stage Process¹

1. Develop a **sense of urgency**
2. Develop a **guiding coalition**
3. Develop a **vision and a strategy**
4. Develop a **plan to communicate the change vision**
5. Develop a plan to **empower the action to make the change**
6. Develop a plan to **generate short-term wins**
7. Develop a plan to **consolidate the gains** once the change is started
8. Develop a plan to **anchor the change in the culture**

Note: Two Examples of Hunger In Scripture That Inspire Me

V. Hunger Can Mature Your Perspective

Text: Luke 15:14-18 “–He began to be in need... and he longed to fill his stomach... so he got up and went to his father.”

1. The son hungered for the **party life**
2. The son hungered for the **romantic life**
3. The son hungered for the **money life**
4. The son hungered for the **free from parental influence**
5. The son hungered for the **new city life**

VI. Hunger Can Be Used to Make You Move

Note: 1 Kings 17:7–9

- “Some time later the brook dried up because there had been **no rain in the land**. Then the word of the Lord came to him: ‘Go at once to Zarephath... I have directed a widow there to supply you with food.’”

¹ Leading Change by John Kotter



Statement:

- Elijah had been fed by ravens and refreshed by the brook. It was God's provision. But then, God let the brook dry up. He allowed the ravens to stop flying. Why? Because the season was shifting. The hunger that followed wasn't a punishment—it was a push. Elijah didn't stay and die at a dry brook. He moved forward to a new place of provision, purpose, and partnership.

In Closing, Here is the lesson:

- Sometimes God stops feeding you where you are to move you where you're supposed to be. Hunger becomes the holy push that gets you unstuck. You don't need a new revelation—you just need to follow the hunger He placed in your heart.

So, ask yourself:

- Has your brook dried up?
- Are the ravens no longer feeding you?
- Could God be saying, "It's time to move"?

Next Time:

1. The Power of Hunger (Understanding what it means to be hungry and thirsty)
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