

## What Are You Really Hungry For?



**Think about Black Friday for a moment.** People line up outside stores in the middle of the night — sometimes in freezing temperatures — pushing through crowds, elbowing strangers, all for the chance to buy something at a discount. And the moment they get home, bags in hand, there is a brief rush of excitement. But within days, sometimes hours, that feeling fades. And the hunt begins again.

We live in a world where shopping never stops. Twenty-four hours a day, seven days a week, you can pull out your phone and order almost anything you can imagine. It will arrive at your door within two days. And yet — are we more satisfied? Are we more at peace? Are we more joyful?

The answer, if we are honest, is no. Here is why. The companies that profit from our purchasing have learned something about human psychology. They have learned that if they can make you feel incomplete — if they can make you feel like you are missing something — you will spend money to fill that gap. So, the advertisements come, relentlessly, cleverly, sometimes subtly. They whisper - without this, you are not successful. Without this, you are not beautiful. Without this, you are falling behind. And then the new version of your phone comes out. The one you have works perfectly fine. But suddenly, somehow, it feels old. It feels like it's not enough. That is not an accident. That is by design.

People are living inside a cycle - a cycle of wanting, buying, briefly feeling satisfied, and then wanting again. There is still thirst for something deep inside. They never quite quench that thirst. And yet, without knowing what else to reach for, we reach for the next thing anyway. It accumulates and overflows. People have headaches about what to do with the things overflowing in the house. So, self-storage industries are extremely flourishing these days. And several years ago, Marie Condo appeared to teach people how to make their house tidy. She taught people to throw away things that do not spark joy. Con-Marie concept: “Hold the thing in your hand and ask, does this spark joy, then keep it, otherwise be thankful for their service, and throw it away.” Many people want to have tidiness and a little more space in their house.



After a while, when people are accustomed to the tidy beautiful house, they are hungry again because the satisfaction that we were designed to have can never be earned by things of the world, or tidiness, wealth, or power.

I want to ask a question. **What is it that we are actually hungry for?** Until we open our spiritual eyes and see the reality that we are living without our spiritual eyes open, we do not know what we are hungry for. People are paralyzed by the spirit of the world, people walk, people live without their own true self. However, once when their spiritual eyes are opened, they get to know what kind of life they are living.

Jesus is asking a deeper and essential question. He is asking, **where is your treasure? He is asking, what is your heart truly anchored to? He is asking, in the midst of all your striving and seeking and accumulating — have you considered that there is something far more satisfying waiting for you?**

**A Hunger That Points to God.** Let us turn to Luke 12, beginning at verse 29. Jesus is speaking to his disciples, and he says this: "Don't strive for what you should eat and what you should drink, and don't be anxious. For the Gentile world eagerly seeks all these things, and your Father knows that you need them. But seek His Kingdom, and these things will be provided for you. Don't be afraid, little flock, because your Father delights to give you the Kingdom. Sell your possessions and give to the poor. Make moneybags for yourselves that won't grow old, an inexhaustible treasure in Heaven, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also." (CSB)

In our scripture today, Jesus acknowledges that we have needs — real, legitimate needs. God is not indifferent to your physical hunger and thirst. Jesus is pointing us toward the source of our deepest need. And that source is not found in a shopping cart or in tidy and beautiful house.



I want to share something that is profoundly true: **hunger exists because there is food. Thirst exists because there is water. Hunger and thirst are gifts from God, because they will let us look for the source that fills our true thirst and hunger.** They point toward something real that can truly satisfy them. And the deepest hunger we carry — that restless, aching longing for meaning, for belonging, for love that does not run out, for peace that does not depend on circumstances — that hunger exists because there is a God who made us for Himself. It is God's calling to Himself.

**Saint Augustine understood this. Centuries ago, he wrote: “You have made us for yourself, O Lord, and our heart is restless until it rests in you.”** The restlessness is not the enemy. The restlessness is an invitation.

So, Jesus says: seek first the Kingdom of God. The Kingdom of God. Your Father delights to give you the Kingdom. God delights. God takes joy in giving himself to us. We are God's beloved, the objects of our Father's deep and extravagant affection.

**Taste and See.** So how do we receive this? How do we actually experience this treasure Jesus is talking about? I want to invite us to sit with one verse of Scripture together in this last part of the sermon. I want to make this part a little more meditative, because it is the way to the Lord.

**Psalm 62:1.** In the NRSV, it reads: “For God alone my soul waits in silence; from Him comes my salvation.” The Passion Translation renders it: **“I stand silently before the Lord, waiting for Him to rescue me. For salvation comes from Him alone.”**

It says, “I stand silently before the Lord.” When was the last time you did that? That simply standing in silence before the God who loves us. Not scrolling, purchasing, striving. When the soul rests in God, something extraordinary happens. The presence of God satisfies you absolutely. We do not desire any more about other things in the world. It satisfies you so perfectly. All others become genuinely secondary.

Nothing in the world can be compared to the joy and pleasure of the Lord. When you taste the goodness of God in that quiet place — when His presence becomes real to you, not as a concept but as an experience —

everything else genuinely does become secondary because you have found what you were actually hungry for all along. It is so beautiful, powerful, loving, warm, holy.

**Lenten Invitation.** So this morning, Jesus is asking us a question. “Will you prioritize time with Me? Will you seek My Kingdom first?” Here is a practical invitation. Before you leave this place today, I am asking you to make a Lenten commitment — a simple, concrete one. If you are doing so already, please continue.

Choose a daily time and a daily place where you will sit in silence with **Psalm 62:1**. Or hold the breakthrough prayer in the book, *Dynamite Prayer*. It does not have to be long. Ten minutes. Fifteen minutes. What matters is that it is regular and it is intentional. A chair by a window. A seat at your kitchen table before the house wakes up. A quiet moment in your car before you go inside at the end of the day. Choose your place. Choose your time. And show up.

Sit with the word you hold, or these words: “For God alone my soul waits in silence; from Him comes my salvation.” Read them slowly. Breathe them in. Let them sink below the surface of your thoughts. And then — wait. Wait on the Lord. You may not feel an immediate rush of emotion. That is fine. **The soul learning to rest in God is like a muscle being stretched for the first time in a long while. It takes practice. It takes patience.** But I promise you — I promise you — if you keep showing up, you will begin to taste something. A quiet joy. A settled peace. A sense of being loved and known and held that no product, no purchase, no upgrade can give you.

That is the treasure Jesus is talking about. That is the Kingdom your Father delights to give you. Let us take a moment right now, together. I invite you to set aside whatever is in your mind — your to-do list, your phone, your week ahead — and simply be present. Let us read **Psalm 62:1 together, slowly, one more time.**

**“For God alone my soul waits in silence; from Him comes my salvation.” [Pause in silence.]**

[Prayer] God, we are here. We are hungry. And we believe that You are the bread that satisfies. Teach us to seek Your Kingdom first. Teach us to sit still long enough to taste your goodness. In this Lenten season, draw us deeper into Your presence — the only treasure that will never fade. Amen.