



Start with this...

What is something that you **crave** sometimes? Is there a specific time you are more prone to want it?
What's the **craziest** craving you have ever had?

It **IS** possible to maintain a spiritual hunger for God for the rest of your life.
Here are 5 ways to keep a spiritual appetite.

1. Remind yourself how much God loves you.

The more you understand how much God loves you, the more you're going to love Him.
Have someone read Ephesians 3:18-19, "May you have the power to understand ... how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God" (NLT, second edition). **Talk about that...**

2. Stop filling up on junk food.

You are a spiritual being with a God-shaped hole in your heart that only God can fill. When you try to fill it with salary, status, success, passion, possessions, power, prestige, or anything other than God, it's not going to be fulfilling. **Does anyone have a story of this?**
Proverbs 15:14 says, The heart of him who has understanding seeks knowledge, but the mouths of fools feed on folly.

3. Make knowing God your number 1 goal.

Happiness is a by-product of knowing God. Jesus says in **Matthew 6:33**, "But seek first the kingdom of God and his righteousness, and all these things will be added to you."

4. Get into God's Word everyday.

The Bible is food for your soul. Eating a meal once a week won't keep you healthy. In the same way, you need to feed on God's Word every day. (Reading. Text. Daily Verse...)
1 Peter 2:2 Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation

5. Make knowing God your number 1 goal.

Join a small group for support, because whatever you talk about when you're with others is what you're going to be hungry for.
Proverbs 2:20 So you will walk in the way of the good and keep to the paths of the righteous.

To end Journey Group - Reflect on this...

Blessed are those, then, who hold their earthy possessions in **open palms**. Blessed are those who, if everything they own were taken from them, would be, at most, **inconvenienced**, because their wealth is elsewhere. Blessed are those who are **totally dependent** on Jesus for their joy.