

Hungry for More: Cultivating a Heart That Desires God

Matthew 5:6 (ESV)

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”

John 6:35 (ESV) says, “Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”

Key Thoughts

Spiritual wholeness centers on having a healthy spiritual appetite.

The direction of our life is determined by the desires of our heart, maintaining a hunger for God, and knowing that true satisfaction in life is only found in Christ.

I. Understand the Nature of Your Cravings

1 John 2:16 (NLT) says, “For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father but are from this world.”

The Struggle is Real

Consider *Galatians 5:16-18*

- Everyone is hungry for something.
- Your diet determines your desires
- Spirit-led living creates healthy desires. Flesh dominated living leads to pursuing worldly pleasures. (Rom 7).

II. What We Love Shapes What We Crave

1 John 2:15 (NLT) says, “Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you.”

Affections Shape Desires

- Whatever receives our affection gains influence over our desires (Ps 27:4).
- Every day we are being disciplined by either the word or the world (Rom 7:20-24).
- Passion for God increases hunger for more of Him (Ps 42:1-2).

III. Guard your Hunger For God

Psalms 63:1 (NLT) says, “O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water.”

Cultivate your appetite for God.

- Guard your heart, for it is the wellspring of life (Pr 4:23).
- Resist this world’s culture (1 Peter 2:11).
- Receive the true satisfaction which only comes from Christ (John 6:35)

Challenge & Application:

The deepest need of your soul is not more of this world, it is more of Christ.

If you want a different life, develop a different hunger

Ask yourself

- What am I feeding most?
- What appetite is shaping my life?
- Am I hungry for more of God or distracted by worldly things?

Scan QR Code to take a Spiritual Hunger Assessment.



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