



# HEART HUNGER: LETTING JESUS SATISFY OUR DEEPEST SPIRITUAL NEEDS

## 1. Judy's Hungry Heart

### My Story - Main Themes Before Jesus Entered My Life

#### Bulimia

What's it like to have an eating disorder for almost half a century? Here's a small peek into the realities of that. In the span of forty-five years, bulimia was my way of life. Every single day. I restricted food to be the "perfect weight" and overcome my feelings of not being good enough. I purged the calories I ate with a rigid exercise schedule that was non-negotiable. On the other side of restricting food was bingeing to deal with overwhelming emotions or extreme hunger from eating too little. I've been to the moon and back on my treadmill to stay slim! Food was my adversary and a short-term, fickle friend. No, eating wasn't a normal activity to sustain my life and be enjoyable. Decades of food misuse and exercise obsession caught up with me in the form of joint issues and abnormal liver cells.

#### Sexual Sin

Adding to that, reckless sex in my teens was a real hair-raiser! I "slept around" as we used to say. The behaviors were so risky I could easily have ended up a tragic crime statistic. But I was blind to the risks. All I could focus on were feelings of acceptance through male sexual attention. This behavior left me with a very unhealthy view of sexuality, which I am still working through today.

#### Workaholism

I have also been a workaholic and very performance-driven all my life. I loved receiving recognition for my work and enjoyed the "rush" of accolades. After many years of taking on too much work to earn this recognition, I finally had a burn-out and left my career. I am still recovering from the physical, mental and spiritual exhaustion from decades of overwork and people-pleasing. I still have to fight against a tendency towards perfectionism, which was a key part of striving for recognition and praise.

**a. What do you think my heart was seeking through these behaviors?**

**b. What resonates for you in my story?**

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## 2. Six Deep Spiritual Needs (Holy Hungers) God Places in Our Hearts

**Definition: Deep Spiritual Need = Holy Heart Hunger**

<b>Tick your current strong hungers</b>	<b>DEEP SPIRITUAL NEED</b>
	<b>Have A Personal Relationship with God</b>
	<b>Feeling Loved</b>
	<b>Being Forgiven</b>
	<b>Have Purpose</b>
	<b>Sense of Security</b>
	<b>Feeling of Worth</b>

**a. What do you think of this list?**

**b. What does the “world” apart from God think are deep spiritual needs?**

**c. Which of these needs are you feeling a strong hunger for in this season of your life? Tick them on the sheet.**

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## 3. How Jesus Truly Satisfies These Holy Heart Hungers *(There are many more Scriptures that could fill this chart. This is just a sample)*

Deep Spiritual Need	Scripture
<b>Have A Personal Relationship with God</b>	<b>John 14:6-7</b> “Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him.”
<b>Feeling Loved</b>	<b>John 3:16-17</b> “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him”.
<b>Being Forgiven</b>	<b>Romans 3:22-23</b> “This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, for all have sinned and fall short of the glory of God.”
<b>Have Purpose</b>	<b>2 Cor. 5: 18-20</b> “All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God.”
<b>Sense of Security</b>	<b>John 6:35</b> “Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty”.
<b>Feeling of Worth</b>	<b>Ephesians 2:4-9</b> “But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches

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of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast”.

- a. Hebrews 4:12 - ***“For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart”.*** Is your heart moved by any of these Scriptures? Which?

### 4. Harmful Counterfeits To Jesus For Filling Our Hungry Hearts

#### Spiritual Hungers (Needs)

- 1) Personal Relationship With God
- 2) Love
- 3) Forgiveness
- 4) Purpose
- 5) Security
- 6) Worth



***This is your heart*** →

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**a. 1) Refer back to Page 2 for your current strong heart hungers. 2) What counterfeits you are using to satisfy these hungers? 3) Write these counterfeits in the jigsaw pieces. 4) How do they look sharing the same space as Jesus in your heart?**

**b. What are some negative outcomes for you with these counterfeits?**

**c. Why do counterfeits lure us?**

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## 5. Commitment: A Prayer For Letting Jesus Satisfy Your Own Hungry Heart

(A good start is referring to what you identified on pages 2 and 4)

*“Jesus Christ, our all-powerful Savior, Lord and King, only Son of God, I acknowledge that I am turning to:*

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*instead of You for meeting these needs of my heart:*

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*I know nothing will truly satisfy my deepest needs the way You can. I repent of my sin and ask with humility that your Holy Spirit gives me the desire and power to seek You alone to satisfy my deepest heart hungers. I surrender my will to You. Thank You for being the bridge to becoming a child of Father God. The love for me in your death, resurrection and amazing grace are without equal. There is no one, and no thing, like You”.*

Prayed by your child \_\_\_\_\_ this  
date \_\_\_\_\_

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***Let the Holy Spirit guide you in prayer!***