

Published based on [How to Fill the Hunger and Longing in Your Soul](#)

How to Fill the Hunger and Longing in Your Soul



As of late, I've been thinking more about food. My husband and I have been on a quest to get healthier, lose weight, and exercise more. We've taken some time to evaluate our food habits. We've identified some pits that we often fall in (M & M's and late night Honey Nut Cheerios) and made plans to avoid them. We've stocked our refrigerator with healthier foods and taken to the treadmill.

One thing I've definitely become more aware of is that some foods satisfy hunger much better than others. Another thing I've found is that some foods actually increase my hunger.

While physical hunger drives us to choices, both good and bad, spiritual hunger can also drive us to choices, both good and bad.

Everyone is spiritually hungry.

Everyone.

Every single person alive is spiritually hungry because we were made for spiritual life.

Yet we often wander through life aimlessly, as directionless as someone who has been blindfolded and then spun around and around. We can wind up not having a clue which way to go in order to be able to find our target.

I've thought a lot about spiritual hunger lately. One day while reading my Bible, I ran across this verse:

Proverbs 27:7 A satisfied soul loathes (or tramples) the honeycomb, But to a hungry soul every bitter thing is sweet.

In other words, someone who is not hungry will trample over a sweet honeycomb, but a person who is desperately hungry will eat even things that are bitter.

We can attempt to fill our hungry souls with busyness, distractions, or just anything we can find to quiet the rumbling of our emptiness.

Just as I've found that some food doesn't satisfy my hunger (in truth, a handful of M&M's doesn't do anything except make me hungrier), many things that we try to fill our emptiness with just make us feel, well, more empty.

We were created to fill our souls on the sweetness of God. God longs to fill us all with His goodness. Psalm 107:9 says that He satisfies the longing soul and fills the hungry soul with goodness.

Are you spiritually hungry? It might feel like a deep longing, a restlessness, a sense of being drawn to spiritual things.

Are you attempting to fill and/or bury that spiritual hunger in wrong ways?

Here are some signs that you might be spiritually hungry but eating the wrong kind of food:

*You have to stay busy all the time.

*You hate solitude.

*If one relationship ends, you immediately must find yourself in another one.

*You feel a deep sense of disconnection.

*You bury yourself in work, or drugs, or alcohol, or shopping, or food, or sex, or pornography, or Facebook and social media, or even church.

You see, these things and many others can be used to attempt to fill our emptiness.

So how can we live in such a way that we experience spiritual wholeness and satisfaction?

1. Commit your life to God through relationship with His Son Jesus Christ.
2. Feed your soul with spiritual food such as prayer, spiritual community, and the scriptures.
3. Be aware that there are lots of counterfeits out there that will leave you yet empty.
4. Regularly open your heart to God's searching Holy Spirit through quietness and contemplative prayer, asking Him to show you if you are endeavoring to fill your soul with things that will never satisfy.

God longs for us to be filled with His kind of goodness and He is completely willing to fill us.

Why don't you pause right now and ask Him to fill you with all the good things that come from Him? After all, there's no better way to stay away from counterfeit desires than to have your heart filled with God.

You can also find this article published on [How to Fill the Hunger and Longing in Your Soul](#), and on the tag pages [goodness](#), [Proverbs 27:7](#), [Psalm 37:8](#), [spiritual hunger](#).