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Spiritual Hunger

By Valerie Garner

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SPIRITUAL HUNGER

The definition of this common word, (Hunger) "The state of discomfort or weakness caused by lack of food, a desire or need for food, ANY strong desire or craving." The parallel between the natural and the spiritual, truly is at times uncanny to say the least. We all know what natural hunger feels like. What about spiritual hunger? It can feel different to different people but common feelings are: a deep sense of emptiness; feeling like there's no meaning or significance to life; feeling lost; feeling like something is missing but not being able to identify even what is missing; it can be an edgy, gnawing feeling of unknown origin; it can feel like deep sobbing from the very center of our soul. These are only a few examples of what spiritual hunger can feel like.

Many, if not most times, when we feel this spiritual hunger we are unaware of what it really is. It does bring discomfort and pain, so we look to soothe that pain. We may fill that with anything...drugs, alcohol, any form of destructive habits, obsessive compulsions, eating disorders, sex, pornography, TV watching, the list is extensive. Many times we can also fill that same spiritual hunger with things that look more positive; like filling every second of our lives with busyness, people, family, kids, spouse, sports, entertainment of any kind, shopping, reading, work, the list is endless. Not that these things are bad, in and of themselves, but could we be using these things to fill spiritual hunger? I'd encourage you to think about what you tend to turn to when you sense those feelings of spiritual hunger. What are those areas of escape in our lives? There are also some who have been so wounded beyond belief that they simply have lost the ability to feel at all, thus masking spiritual hunger with numbness and denial.

Spiritual Hunger

We often view that discomfort or pain as an enemy to be quelled, after all, nobody in their right mind likes to hurt. Let's explore that a little further. Look back again at natural hunger (food). If we go too long without food, our tummies hurt, we start getting weak, maybe get a headache and if we go too long we can even start to lose our desire for food. If we keep going like this we will eventually die. Some can go longer than others without food, but the end result will always be death. Thus, hunger is actually a very good thing, it signals that we have a very real need for nourishment. This is EXACTLY the same thing spiritually. The bible says in Luke 6:21 "Blessed are you that hunger now, for you shall be filled."

Hunger a blessing? YES! For the hunger will cause us to turn to nourishment that is needed, in order to bring life. God our Creator, made every person with a need within our souls that ONLY HE can fill. His purpose is to bring life and bless us. When we try to fill that void with other things, it only leads to more hunger. It may bring temporary relief, like eating a bit of junk food that doesn't satisfy. Yet, our need is REAL food, food that nourishes and sustains us, gives us strength and life.

If you are feeling stirred in your heart now, if you're feeling spiritually hungry, there's good news. John 6:35 says "And Jesus said unto them, I am the BREAD OF LIFE, he that comes to me shall never hunger, and he that believes on me shall never thirst." Psalm 107:9 says, "For he satisfies the longing soul, and fills the hungry soul with goodness." Psalm 34:8 says, "O taste and see that the Lord is good, blessed is the man that trusts in Him."

It is easy to get spiritually filled. Simply ask with an honest heart something like "Jesus, I'm hungry, please come fill me, I need You" or whatever is on your heart. Have a heart to heart talk with Jesus who WANTS to bless you and fill you. One thing important to notice...we eat food in the natural everyday, our need for food spiritually is daily too, simply come to Jesus and you'll be amazed!

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An author striving to touch the reader's hearts.

Eggs are healthful!

By Dr. Donald A. Miller

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After years of bad press, new studies show that eggs have been give a bum rap. If eggs are served without fatty sausage or bacon, no buttery toast, and cooked without fat, eggs are actually quite nutritious and safe. It's easy to boil an egg, or "fry" in a non-stick pan with a cover and a spoon or so of water.

Don't rule out the toast. And even a small amount of butter or margarine can help prevent hunger between meals. But be very careful to avoid margarine made with hydrogenated oils or "trans fatty acids".

Don't make deviled eggs with mayonnaise, but try low fat yogurt instead.

Omelets made with eggs and tofu, no cheese, can be tasty.

Boiled eggs, perhaps pickled in vinegar and salt water, can be a good meal or snack for warding off hunger.

Prepared intelligently, eggs are a great source of protein, vitamins, minerals, and can fight hunger better than sugary cereals or breakfast rolls.

* Diet with FACTS, not Fat-Burner MYTHS. *

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