

Hunger Pains

Pt. 2 - Bon Appetite

Opening joke - Boudreaux's Whooping Crane. A cross between a spotted owl and a bald eagle.

- Spiritually, we need a good appetite.

Matthew 5:6, Blessed are those who hunger and thirst for righteousness, for they will be filled.

Note - Hunger is a blessing.

No appetite means something's wrong.

Example - The horses

- It's not enough just to have an appetite. We have to develop an appetite for the right things.

Isaiah 55:1-2, "Come, all you who are thirsty, come to the waters; and you who have no money, come, buy

and eat! Come, buy wine and milk without money and without cost. 2 Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare."

Example - Sophie eating poop.

1 Peter 2:1-3, Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. 2 Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, 3 now that you have tasted that the Lord is good.

Appetite Suppressants

1. Malice - Ill will, evil intention (Greek: zealous depravity).
2. Deceit (things that make you think you're full when you're not).
3. Hypocrisy (filled with lies and pretense).

4. Envy - (filled with godless desire for what everyone else has).
 5. Slander - false accusations (full of the devil - the accuser).
- Good appetites have to be developed.

Hebrews 5:14, But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

PROMOTE THE GROWTH TRACK

How to Develop a Healthy Appetite

1. Taste tests.

Psalms 34:8, Taste and see that the LORD is good...

Note - Your taste buds change every 7 years.

Example - Costco

2. Abstinence

Note - This word applies to more than our sex drive.

1 Peter 2:11, Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul.

Example - Sugar (Diabetes, Cognitive diseases, cancers, etc.)

3. Discipline

Proverbs 23:1-2, When you sit to dine with a ruler, note well what is before you, 2 and put a knife to your throat if you are given to appetite.

Example - Alcohol

- A good appetite requires good stewardship.

Philippians 3:19, Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things.

Note - We cannot allow an appetite for pleasure, wealth, notoriety, etc. to Lord over us!

Example - Jacob and Esau (Genesis 25) - Sauce Piquant

What will you trade your birthright for?