Hungering for God

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**By Rev. Kathleen Dieter**

Have you ever been given the advice to not go grocery shopping when you’re hungry? Advertisers entice us with irresistible temptations telling us to evade that empty feeling at all cost. In our consumerist culture, voluntary hunger does not compute. Yet, scripture shows the deliberate relinquishment of food to fulfill a spiritual discipline or purpose.

In Exodus 12, God gives specific directions in regard to food for the purpose of placing all trust in His power alone.  The Passover commemorates God’s judgement passing over the Israelites (God saves), and the Feast of Unleavened Bread commemorates their rescue from Egypt (God redeems). Their hope was in the power of the Almighty, not human strength or resources. God was instituting an opportunity to celebrate deliverance.

During Lent we often fast from what we can taste or see, because we have tasted and seen the goodness of a powerful God and we are desperately hungry for more of Him. Fasting takes the pangs of hunger and turns them into purpose-filled prayers on behalf of a specific need. If you are medically unable to fast, consider a convenience you might relinquish. Like the Israelites, our fasting is not just discipline of the body, but of the spirit. We reach out in faith knowing God saves and redeems.

**Prayer:** Lord, help us to hunger and thirst for you. Turn our pain into prayers of deliverance. Amen