

**June 12, 2022**

The Lord wants you to experience real and abundant life:

**Mat. 5:6 *Blessed are those who hunger and thirst for righteousness, for they will be filled.***  
(NIV)

Hunger and thirst are two extremely strong signals to our bodies to eat or drink to sustain the body's functions. These sensations, which are controlled by the hypothalamus, remind our bodies that we need to take in nourishment and hydration. This helps us keep our energy levels up and our hydration to a point that will keep our cells working.

Just as our bodies need food and drink, so does our spirit. Are you hungry for God and His presence in your life? Do you thirst for His guidance and His provisions? Do you desire to see His righteousness proclaimed to all people? If so, you are living in the abundance of His Spirit's provision for you. My wife likes to go on extended walks and runs in the summer, it can be very hot and taxing on her body. So, she doesn't leave the house without plenty of water. This hydration keeps her muscles working properly and allows her to enjoy her time of exercise. Conversely, I like to swim laps at our local pool (only open in the summer here to my chagrin). I hydrate before I start swimming and then bring along a nutrition bar for afterwards.

These things are helpful for our physical bodies. So how does one fulfill their hunger and thirst for righteousness? They spend time in God's word and in God's presence. Both of these help us to be spiritually fit for the Kingdom's work that He has for us. And as this beautiful attitude reminds us, He will not just give us a little helping of His Spirit. Instead, He will fill us to overflowing.

**Dear LORD, thank You LORD for always providing what we need, when we need it. Help us to look to You in every circumstance we face and every trial we must endure. You will not leave us hungry or thirsty. You will provide. In Jesus Name, Amen**