

Have you ever eaten when you weren't hungry? At such times we can eat and eat and eat and never be satisfied because we aren't hungry for food.

To be hungry is to experience a void....a need....an ache. We want.

“Blessed are you who are now hungry, for you will be filled.”

In all likelihood, we are regularly filled when we eat. However, other hungers that we want satisfied rise up in us.

A widow was relating how she physically ached because it had been a long time since she had been touched. She said: “It's like my skin is so hungry to be touched.”

A teen so wants to belong that he drinks, smokes, drives irresponsibly at times just so he can be part of a group. He is hungry for acceptance.

Do we know what our hungers are?

We can be hungry for touch, acceptance & friendship.

We can be hungry for respect, companionship, & forgiveness.

We can be hungry for healing, beauty, & silence.

We can be hungry to be held, to laugh or ultimately, for God.

This week: Identify our hungers. Reflect if it is possible to satisfy those hungers. Pray for all who share similar hungers.

My sisters and brothers: hear the promise of Jesus: “Blessed are you who are now hungry for you will be filled.”