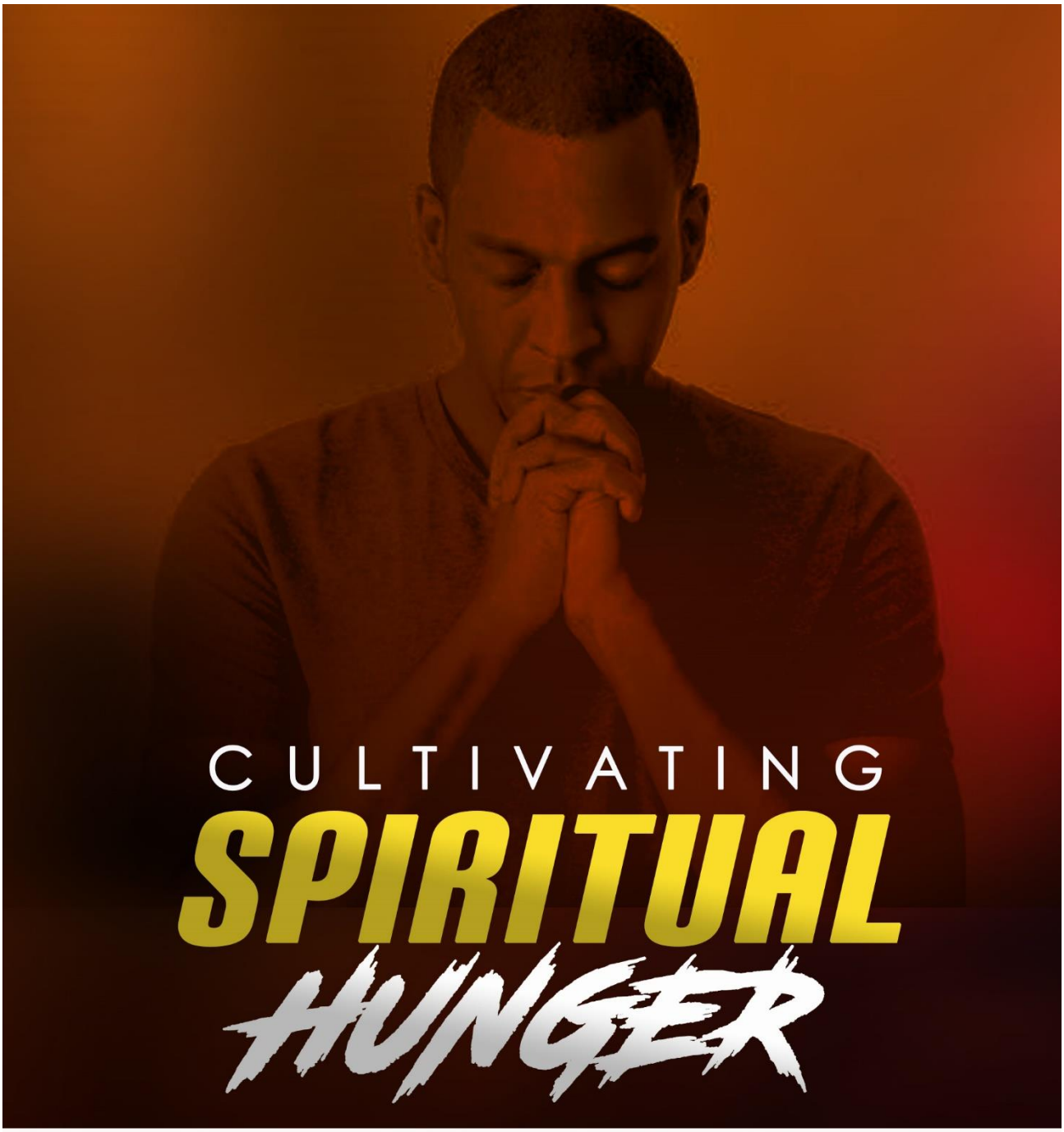


CULTIVATING SPIRITUAL HUNGER

REVIVE, REFIRE & REKINDLE YOUR PASSION FOR GOD

FREDERICK GODWIN

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CHAPTER ONE

SPIRITUAL HUNGER

Spiritual hunger is a strong desire, a craving and an inner longing for God and the things of God, a voracious appetite to encounter and to experience the very presence and person of God. A person is hungry for God when he or she is overwhelmed with dissatisfaction for their present state and they desire far more than they can see.

No man stumbles into deeper realities of God just like that. It is usually after a prolonged and intense season of consistently seeking and desiring God. Hunger is what makes you consistent in your pursuit of God. "Consistency is the litmus test for true spiritual hunger". The reason why many believers struggle in their walk with God is because they are not consistent in their hunger. We are not designed to survive outside of God. This is why in Psalms the Bible says *"as the Deer pants after the water brooks so pants my soul after thee"*. The psalmist was saying, the same way the Deer cannot survive without consistently going for water so also he cannot survive without consistently panting and thirsting after God.

The reward for hunger is more hunger. Ecc 3:11 *"He has also set eternity in the human heart."* Whenever we go to God longing and desperate for more of Him, He touches that eternity dimension of Himself in us, and before you know, it swallows the present hunger and leaves us hungrier than we went. **The more hungry we go to God, the hungrier we become.**

A man without hunger will be insensitive to the things of the spirit. Hunger is what keeps us alive in God. We receive from God to the degree of our hunger.

Hunger is a currency in the spirit. We do business in the spirit based on the degree of our hunger. The more your hunger for God the deeper you go in God. No man can go deeper beyond his hunger. Any depth we desire in God is possible but it depends on the degree of hunger.

Hunger is what makes you go days without food, it makes you stretch hours in prayers. When hunger hits you, you'll become restless; 7 hours in prayer will be like 20 minutes. Praying without hunger is what makes prayer difficult. You enjoy food more when you are hungry - when you are truly hungry, food tastes better and you tend to appreciate it more. So also it is with God. God is sweeter when you are hungry.

Lack of hunger is not a sign that a person is full; rather it's a sign that a person is sick. When a person is sick he loses appetite for physical food. So also it is in the spiritual. Lack of hunger is a sign that a person is sick spiritually. Hunger is like a software, it reprograms your body system. It chooses the kind of people you associate with. When I see the kind of people you hang around, I can tell if you are truly hungry or you are just joking. You must choose your association carefully. It will determine how far and how fast you go in God.

CHAPTER TWO

HOW TO CULTIVATE HUNGER FOR GOD

Many years ago I heard a preacher say there are levels and dimensions in God and it took me a long time to understand it. The healing anointing is a dimension in God, prosperity is another dimension. The fact that you are anointed to heal the sick does not automatically translate to financial prosperity or walking in the prophetic. In the healing anointing there are also levels.

This is why two healing ministers will not see the exact same results because they are in different levels in the healing anointing. I can pray for someone to get healed and they will not get healed but take the same person to another minister and instantly the person is healed. This is because he is operating on a higher level of the healing anointing. So we must always hunger to upgrade. This was what happened to the disciples of Jesus.

> *"Lord, have mercy on my son; for he is lunatic, and sore vexed: for ofttimes he falleth into the fire, and oft into the water. And I brought him to thy disciples, and they could not cure him. Then Jesus answered and said, O faithless and perverse generation, how long shall I be with*

> *you? How long shall I suffer you? Bring him hither to me. And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour." Matthew 17: 15-18.*

Then came the disciples to Jesus apart, and said, why could not we cast him out? The disciples were bothered because they had done it before but this time they could not. What was very difficult for them and maybe embarrassing was very easy for Jesus, why because he operated at a different level. We must always hunger for more. "Where your hunger stops is where your growth stops."

The following are ways to cultivate spiritual hunger;

1. **Ask or Desire.**

> *"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." Matthew 7:7*

This is a very popular scripture and it is also very powerful in having spiritual encounters. "Asking goes beyond saying with our mouth. We must maintain a heart posture that consistently seeks God." God will give to us according to the desires of our

heart. God is able to do abundantly above all we can ask or think, we must learn to ask and to desire. God is only committed to what we ask and desire from Him. *"I gave you your master's house and your master's wives into your keeping, and gave you the house of Israel and Judah. And if that had been too little, I also would have given you much more." 2 Samuel 12:8*

Here is God telling David that He gave him according to his desires and He went as far as saying if it were not enough, He would have given him more. This shows us the power of desire, when you hunger and thirst consistently for any dimension and you pay the required sacrifice you will definitely enter into it.

Solomon said *"draw me, we will run after thee."* His heart desire was for God to draw Him. This must always be our heart cry. No man can go deeper in God all by himself. It is always in response to a call. And this is determined by our desires. So when the desire for a particular dimension or level swells in our heart, it is because God is calling us there.

Whenever God stirs our heart to seek him, it's because He intends to be found by us.

2. **The Word**

When Jesus fasted 40 days and night without food, the devil came to tempt him to turn stone to bread. Matthew 4:4 *"But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."* What this means is that the Word of God has the ability to sustain a man the same way bread can. So a man can stay on God's word and before he knows it is 3 days. The same way food can sustain you is the same way the word of God can.

Psalms 39:3 "*My heart was hot within me, while I was musing the fire burned: then spake I with my tongue."* This verse talks about meditating on God's word. There is no way you will stay on God Word and not be fired up.

Jeremiah 20:9 *"Then I said, I will not make mention of him, nor speak any more in his name. But his word was in mine heart as a burning fire shut up in my bones, and I was weary with forbearing, and I could not stay."* You cannot be a man that studies the word and not be hungry except you don't genuinely study the Word. The word of God will stir hunger within you.

Let me show you from scriptures three things the word of God can do;

- **The word of God will always prevail over any situation or dryness.**

> *"So mightily grew the word and it prevailed" Acts 19:20.*

No matter how cold or dry your walk with God has gone, the word of God has the ability and power to prevail over it. Get relevant scriptures along that line and begin to meditate on them and gradually it will grow in your spirit until it eventually prevails over the issue. If you are having issues with prayer or even finance, get scriptures on prayer and finance and begin to study them. When you do this consistently after a period of time your life begin to take shape towards that direction. You can add sermons that will strengthen you in that area.

- **The Word of God will set you upon your feet.**

> *"And the spirit entered into me when he spake unto me, and set me upon my feet, that I heard him that spake unto me." Ezekiel 2:2*

It doesn't matter how low or dead your walk with God has been, go for God's Word and when His word comes to you it will revive and rekindle you back on your feet. Many times what the devil does is to create so much distraction to hinder us from hearing the voice of God.

- **The Word of God has the ability to keep you from sinning.**

"Thy Word have I hid in my heart, that I may not sin against thee." Psalm 119:11

What this verse is saying is that, the psalmist has so hidden the word of God in his subconscious mind that even unconsciously he will not sin against God. The Word of God does something to your mind that reprograms you and increases your consciousness of God.

3. **Prayer and fasting**

Prayer and fasting creates and fuels our hunger for God. When you pray consistently it increases your hunger for God. A man who is hungry and does not create time to pray consistently will have an inconsistent hunger for

God. It takes consistency in the place of prayer to fuel consistent hunger. No one is born with a natural hunger for God. Hunger comes when we take out time to seek God in prayers consistently.

Psalm 63:1 says *"O God, You are my God; Early will I seek You; My soul thirsts for You; My flesh longs for You In a dry and thirsty land Where there is no water."* If the psalmist is in a dry and thirsty land then it means he is without food and water. When we are truly hungry for God it is expressed in our desperation. You can't prove that you are hungry for God when you can't fast. If you've never done marathon fast and you don't have health issues then I wonder what you are hungry for. When hunger hits you it will alter your appetite. Like a pregnant woman your desires changes. The reason why you find it difficult to fast is because real hunger has not hit you. When hunger hits you, you will lose appetite for food.

4. **Association**

Hunger is like a software, it reprograms your body system. It chooses the kind of people you associate with. When I see the kind of people you hang around, I can tell if you are truly hungry or you are just joking. You must

choose your association carefully. It will determine how far and how fast you go in God. There are people you encounter and you leave with a hunger for a particular dimension in God. There are times you struggle to pray and fast but when you meet these people you get stirred and fired up. *"After that thou shalt come to the hill of God, where is the garrison of the Philistines: and it shall come to pass, when thou art come thither to the city, that thou shalt meet a company of prophets coming down from the high place with a psaltery, and a tabret, and a pipe, and a harp, before them; and they shall prophesy: And when they came thither to the hill, behold, a company of prophets met him; and the Spirit of God came upon him, and he prophesied among them." 1 Samuel 10:5,10.*

The potentials in Saul opened up after encountering Samuel and he prophesied when he came in the midst of prophets. The prophetic was activated in Saul when he met the company of prophets. There are friends or people around us that are custodian of certain dimensions in God. When you hang around them they open you up to those dimensions. They say if you hang around 5 rich friends you'll be the 6th. So also if you hang around 5 hungry friends you'll be the 6th. Association matters, it helps. It makes the journey easier, smoother and less stressful.

Surround yourself with people that are hungry and desperate for more of God. And you'll see how easy it is to serve God. Some things we go through can be avoided. Permit me to say that there is a science to our Christian walk. What I mean is that it can be predicted to a large extent. When I see your friends I will tell if you will have unnecessary struggles or not. You must learn to separate from people who always make you compromise your convictions.

> *"Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye have learned; and avoid them." Romans 16:17.*

Avoid people who make you struggle in your walk with God. This is the reason why it is not advisable to date an unbeliever. They will make you struggle and compromise.

CHAPTER THREE

WHEN TO HUNGER AFTER GOD – NOW!

"Blessed are ye that hunger now: for ye shall be filled" Luke 6:21.

Your hunger must be in the now. It is when you become hungry for any result or manifestation that you start seeing results. If you postpone your hunger for next year you'll see the result next year but if your hunger is now you'll see results now. Same with faith, if you believe and have faith for anything you'll see it. Faith is what creates our seasons. If your faith is in the now, you'll see results now.

Hebrew 11:1 says *"Now, faith is."* Faith is now. The moment this light hits you in any area your season comes. If it dawns on you that God wants you blessed and prosperous now, then your season of prosperity has come. If you begin to hunger for a change in your spiritual life, finance or any other area then God will show up. Our hunger must be in the now. The realm of eternity is the realm of now. When God speaks to us He speaks seeing the end from the beginning and He calls us who we are to be, not who we think we are at the moment. So God will come to you, although barren and call you father of many

nations, in poverty he will call you prosperous, in fear he will call you a mighty man of valour, in timidity he will call you a prophet to the nations and the moment you respond to these words and begin to hunger to experience these callings spoken by God, the sooner it will come to pass.

But if you start procrastinating then you'll delay and shift what God wants to do in your life. If you say, I will fast and pray next month, what you are doing is that you are shifting its manifestation to next month. Most times the problem is not that we don't know what to do, you'll hear people say if I pray or fast or do this or that for this period of time I will break into greater realms in God but the problem is laziness to actually do those things consistently.

We know we are the reason why we have not broken into those realms in God yet. We know so much, we can even counsel people on how to have encounters but we lack encounters ourselves. Our lives are bankrupt of the Christ we claim to preach. You must lay hold of the horn of the altar and cry for a shift now. Enough of playing games. Enough of doing hide and seek with God. Today you are in His presence and tomorrow you are lost.

CHAPTER FOUR

HUNGER IS A NECESSITY

"And Jesus entered into Jerusalem, and into the temple: and when he had looked around about upon all the things, and now the eventide was come, he went out unto Bethany with the twelve. And on the morrow, when they were come from Bethany, he was hungry: And seeing a fig tree afar off having leaves, he came, if haply he might find anything thereon: and when he came to it, he found nothing but leaves; for the time of figs was not yet. And Jesus answered and said unto it, No man eat fruit of thee hereafter forever. And his disciples heard it." *Mark 11:11-14.*

Jesus entered into Jerusalem and when he was hungry he saw a fig tree having leaves but when he went close he saw there was nothing but leaves and he cursed the tree.

If Jesus could curse a tree for not having fruits what do you think unbelievers will do when they come to us hungry and find out that all we have are leaves, we only make noise but lack the power to manifest what we profess, all we have is a form of Godliness but denying

the power. Having just leaves but no fruit; if Jesus cursed the fig tree then unbelievers will say the worst.

Could this be part of the reason why many people are criticizing the church today? Could it be that they come hungry but found nothing but leaves? (NOTE: This is not to in anyway justify the reason why the church should be insulted.)

There is a generation hungry, craving and longing to see the reality of God being demonstrated. And nothing will satisfy them except God, not religion.

Romans 8:19 *"For the earnest expectation of the creature waited for the manifestation of the sons of God"*

If Jesus could curse the fig tree that did not produce fruit, I tell you if unbelievers come to us after we have made so much noise, so much bold claims and they find out that all we have are leaves, all we have is a form of Godliness but denying the power thereof, they will say worst.

We Must Seek Him Desperately

The necessity of hunger cannot be overemphasized it's like a treasure hidden that we must seek out desperately with the whole of our heart. It is when we truly encounter God that we can present him to others.

> *"The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field." Matthew 13:44.*

You must be willing to give up anything for God. Anything in your life that you hold above God will stand against you from truly hosting and manifesting greater measure of Him. It takes a great level of sacrifice to manifest God greatly.

Shouting and making noise about God will not make you automatically manifest Him, you must pay the required price to host and manifest any dimension of God.

There were times in my life where I unplugged myself from every other thing to desperately seek God. One of those times was in my university days when the Academic staff union of university (ASUU) went on a strike that lasted about six months. I spent the whole of that period fasting, praying and going to the mountain. I couldn't tell what was happening to me, I lost appetite for food all I wanted was to pray and study. I lost communication with many friends; I practically gave up all to seek God. And the amazing thing was that I didn't see it as a big deal because I was enjoying it. People

complained I was not social, a lady even approached me and said I don't smile and coincidentally, I was on a three day marathon fast the day she said it, then I said within me; how will I be on this kind of programme and I be laughing all around with everybody.

Someone else pleaded with me one certain time that whatsoever it is I'm doing I should stop because I was so slim, probably she thought I was doing something negative. Even after the strike I continued for almost the whole year and that was the year I started seeing tangible manifestation of God presence and power at work in my life.

You must be willing to give up anything for God. Don't allow people to talk you out of your dealings with God. If God is taking you through a process where you may have to shut down some social activities please do.

If you will have to shut down certain activities for a season then go ahead. The people you are trying to please now will not be there tomorrow if you fail to do what God has led you to do.

It took me a long time before I knew what shawarma or pizza tasted like. Every money that entered my hands was invested in buying books, not even clothes. Sounds funny

right? But this was how hungry and desperate I was. What is God telling you to give up in this season? Give it up and see how deeper and easier you'll go in God. Most of the people making you feel like you are doing too much will not tell you what they are struggling with secretly until you start compromising your walk with God.

Borrow Vessels

> *"Then he said, go, borrow thee vessels abroad of all thy neighbour's, even empty vessels; borrow not a few. And it came to pass, when the vessels were full, that she said unto her son, bring me yet a vessel. And he said unto her, there is not a vessel more. And the oil stayed" (2kings 4:3,6).*

What happened in that scripture is a classic example of our infilling experience with God. God will fill us to the degree of our capacity or hunger. Just the same way the size of our physical stomach varies so also it is with our spiritual capacity.

If the woman had created room for more, then there would be more to be poured into the vessels but the oil

stopped flowing when there was no more room to contain it.

The parable of the talents makes it clearer to us that we will not be given beyond our capacity.

> *"For the kingdom of heaven is as a man travelling into a far country, who called his own servants, and delivered unto them his goods. And unto one he gave five talents, to another two, and to another one; to every man according to his several ability; and straightway took his journey." Matthew 25:14&15*

God is not partial in the way he distributes heavenly resources, He always gives to us according to our various capacity or ability. He will not give you beyond what you can carry or handle. You are the one that determines how much of God you carry.

This is the time to borrow vessels, make room for more. *"Enlarge the place of thy tent and let them stretch forth the curtains of thine habitations. Spare not, lengthen thy cords, and strengthen thy stakes; For thou shalt break forth on the right hand and on the left." Isaiah 54:2,3.*

CHAPTER FIVE

DIET OF TEARS

> *A white tailed deer drinks from the creek; I want to drink God, deep draughts of God. I'm thirsty for God alive. I wonder, "Will I ever make it arrive and drink in God's presence?* ***I'm on a diet of tears****- Tears for breakfast, tears for supper, all day long people knock at my door, pestering, "where is this God of yours?"*
>
> *Psalm 42:1-3(MSG)*

The writer of this psalm says: I want to drink God. So it's possible to drink God to an overflow. "I'm on a diet of tears. Tears for breakfast, tears for supper, all day long." You can desire God to a point where your tears becomes your meat and the more you shed tears in desperation the more you're not satisfied. Several people have come to this point of desperation in church history, one of which is John Knox. His cry and prayer was "God give me Scotland or I die." No wonder the Queen of England said she feared the prayer of John Knox more than the entire armies of England put together.

All day I'm on a diet of tears. Until you come to a point where the hunger in your heart for God is greater than that

of your belly you're not yet desperate. A man who is desperate is consumed with a zeal for God. He is not too careful of what people say, Jesus said "*the zeal of my father's house has consumed me*." A desperate man is consumed with zeal. Your desperation, your hunger will always yield results.

"Deep draught of God," The greater your hunger for God the greater your filling will be. Just as the capacities of our bellies are different to take in food in the physical so also it is in the spirit. The capacity of our spiritual hunger differs according to the level of our desperation.

There is a level of hunger for God that cripples your pride; it leaves you thinking will I ever be satisfied? *"I wonder, will I ever make it – alive and drink..."* It's a dimension of hunger that nobody understands; even your friends may criticize you. It's because they don't understand you. You don't have to argue with them, you may not look like it now, you may not see the results as expected now; but you'll get there.

"*My tears have been my meat day and night."* No wonder Jesus also said: *"My meat is to do the will of him that sent me..." John 4:34***.**

In order words, Jesus was saying what gives him satisfaction is doing the will of God. The psalmist was saying my tears have been my meat; my hunger has been what is keeping me going.

The Psalm Of David In The Wilderness Of Judea

> **"***O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is;" Psalm 63:1*.

This is David, a notable man in the wilderness seeking for God. There is always a right time to seek God, a right place to seek Him. God is everywhere but there are certain places of less distraction. This is the reason why some generals made the mountains their habitations. He came to a point in desperation that his soul thirsts after God and his flesh longs for God. So it is very possible to mortify the flesh to the point that it begins to desire the things of God.

Any man who has rule over his flesh will go very far with God in this life. The desire of the flesh is one of the major things killing the destiny of people. The flesh is never satisfied, it always wants to be entertained. So this is why

we can sit and watch two or three movies but can't spend up to one or two hours alone with God. You must come to the point where you have rule over the flesh, so consciously and unconsciously you long after God. So we must come to a point where our flesh begins to long for God, where our flesh has no problem if you eat or not, if you spend hours praying or not, it just want more of God.

"In a dry and thirsty land, where no water is." A person who is in a dry land where there is no water will not eat and drink anything because even if there is food, there is no water and you can't eat without water. People struggle to concentrate whenever they are fasting but for David he was fasting and his flesh was ok with it. He brought his flesh to the point where it began to seek God not food or water.

CHAPTER SIX

HUNGER MUST BE GUIDED

"For I bear them record that they have a zeal of God, but not according to knowledge."

Rom 10:2.

Zeal is like fire, it must be properly guided. If you set a field on fire in order to burn the unwanted stuff on it, the same fire that was kindled to help take out the unwanted stuffs on the field or farm can later become a destructive tool to the neighbouring field if the fire is not properly guided or controlled.

Hunger or zeal is good but if not guided can be very dangerous. Any hunger that does not lead you to seek knowledge will destroy you.

Apostle Paul said in the above scripture addressing the believers in Rome that *"I bear them record"* meaning he bear them witness or he can testify about them that they are truly zealous for God, which means their hunger was genuine but there was a problem and the problem is that their zeal was not according to correct and vital knowledge.

While this book was close to its release something happened which I'm going to share.

Someone joined one of our social media platforms and after a couple of days he left. Then few days later I started receiving reports from members in the group that someone was chatting them up to add them to his own group. I got his contact and asked him why he did it and he couldn't give any reason. He was just being zealous to have a group filled with people who want more of God. He did same to other groups as well.

Was his hunger for God genuine? Yes. But did he go about it in the right way? No.

Being sincere is not enough. You can be sincerely wrong. You can't build truth on a wrong foundation. This is why some people struggle in ministry, in business and in life generally.

It might seem like it's working from the start but give it time. The crack in the foundation will find its way to the top splitting the building apart.

There are people who ventured into deliverance ministry prematurely and today are facing unnecessary battles. This is the reason why we must be grounded in God- His

word and His ways (principles), in order not to make cheap errors that can be avoided and unnecessary battles we shouldn't be fighting.

CHAPTER SEVEN

GUARD YOUR HEART- JOY

"Guard your heart with all diligence; for out of it are the issues of life." *Pro 4:23.*

The word "guard" can be referred to building a hedge around your heart. Just the way God built a hedge around the life of Job and the devil could not get through, so also God wants us to build an hedge or fence around our heart (soul and mind), so that the devil does not get to us.

The devil knows he cannot attack your spirit so he comes through the things that give you joy. These things could be finance, marriage, education, job etc. Once you spend too much time pondering on what is not working you'll begin to feel bad about them and before you know, you may get depressed.

Once your joy or excitement is gone you'll find it difficult to pray, fast or study. And before you know it you'll start relaxing in prayer, fasting and study of God's word. Once this happens, you'll start having struggles spiritually.

We Access Things In God Through Joy

> *"With joy we draw water from the wells of salvation..." Isaiah 12:3.*

We use joy to draw from the wells of salvation. Salvation is a well that has many things in it. There is healing, prosperity, deliverance etc., contained in the wells of salvation and we use joy to draw from the well. In other words joy is a fetcher, joy is a tool used to fetch things in the spirit.

The reason why praise and dance is very powerful in turning situations around is because they bring you to a point of joy or excitement. You can't praise or dance when you are very sad. Even if you are sad, after praising and dancing, your mood will be lightened. One antidote to depression is praise and dance. Whenever you sense depression, look for things that get you excited and do them. Also hang around excited people; it will rub off on you. Avoid things, people, and places that dampen your atmosphere.

"....for the joy of the LORD is your strength..." Nehemiah 8:10.

Joy gives us strength. This is the reason why the times when you are sad you will be weak and you'll also find it very difficult to achieve much in those days.

But the times when you are excited you'll find it very easy to achieve much, even within a short time. Joy plays a very important role in our seeking God.

Make sure nothing and no one kills your joy, for anything that attacks your joy will affect your spiritual pursuit. Nothing and no one should make you feel bad about yourself, unless you allow them to. Guard your emotions diligently.

CHAPTER EIGHT

WHAT KILLS SPIRITUAL HUNGER

I use to think God cannot give us what will take us away from Him. But I've seen that many times it's the things that He gives to us that take us away from His presence. Some of these things include:

1. Relationship/Marriage: Many young people started compromising in their walk with God when they entered into a relationship. They lost their intensity and fervency for God because of sin.

   The devil knows that whenever you sin and ask God for mercy God forgives you. But why will he still want you to commit iniquity even when he knows God will still forgive you? It's because he knows that sin reduces your intensity and fervency for God. And if you continue in sin for long it will kill your intensity. Sin will make someone who is zealous and fervent to cool down and move into just motivating people.

   Marriage on the other hand if not handled with wisdom will be a very good reason to go cold, especially for ladies. When the kids start coming, if

you don't apply wisdom your walk with God will suffer because of the time, care and attention that you have to give in raising children.

Then for the guys, they become more busy chasing money to ensure that there is food in the house. We must be careful not to allow these things kill our hunger for God.

This is the reason why a believer should not go into a relationship with an unbeliever. If you date an unbeliever, they will make you compromise your convictions and lose your hunger for God.

2. Career/Business: It is easy to be fervent and on fire for God because you don't have anything you are doing. You can spend as much time as you want in prayers, fasting and in studying God's word. But it is a different ball game when the much awaited job finally comes or the business gets to a level where the patronage is very high. When many get to this point they struggle to keep up with God, they become too busy to pray, fast and study.

Another reason why people lose their hunger for God is when they compromise their convictions.

> *"Nevertheless the foundation of God standeth sure, having this seal, The Lord knoweth them that are his. And, let everyone that nameth the name of Christ depart from iniquity. But in every great house there are not only vessels of gold and silver, but also of wood and of earth; and some of honor, and some to dishonor. If a man therefore purge himself from these, he shall be a vessel unto honor, sanctified, and meet for the master's use, and prepared unto every good work. Flee also youthful lusts…" 2 Timothy 2:19-22*

An average youth of today is suffering from one addiction or the other. The degree to which God will use and fill you is determined by how well you have purged yourself. You must present yourself as a living sacrifice, holy and acceptable to God. There are sacrifices that God will not accept, like that of Cain. And the reason why God will not accept your cry for more will be because of the various impurities in your lives. If God lifts a man who has not dealt with lust in his life, it will put the people of God

under risk. And might end up opening people to the dimension of lust he is struggling with.

"Flee youthful lust." Apostle Paul is saying that there is a kind of lust that comes with youthfulness and he calls it "youthful lust." This is why majority of people are suffering from lustful desires are youths. And the solution is to flee from every appearance that stirs up lust in you.

Why Men Grow Cold

'And because iniquity shall abound, the love of many shall wax cold." Matthew 24:12.

From this verse you see that because iniquity will be everywhere the love of many believers will go cold. The love of believers will wax cold not because they directly commit any act of sin but because they live in a world where sin is prevalent. The abundance of sin in the world will choke the love of God in our hearts.

It is now easier to see and hear things that will dampen our spirituality these days as compared to the days of our fathers. The distraction in our day is now so much. The visuals we watch on television are targeted towards leading us away from God. This is why when you spend

hours watching movies, you'll notice that there is no urge to pray.

The kingdom of darkness is deliberate about polluting the system to such a degree that you don't have to visit pornographic sites to see pornographic contents anymore. Some home movies have these contents to some degree.

This is why many people will finish watching a movie and be having lustful desires for a guy or lady. It's deliberate.

Whenever you dress to expose sensitive parts of your body or dress in a seductive manner, you may think that you are just being sexy but what you don't know is that you are helping the devil to traffic lust into your environment.

It is because of this that the Bible says because iniquity shall abound, the love of many will wax cold.

As the lust continues to spread, many people will begin to yield to it unconsciously and it starts building until it gets to a point that it chokes their spirituality and they start struggling. This is the reason why you must guard your heart and select what you watch.

There was a time I was struggling terribly with lust. I wondered why it seemed as if help was not coming but what I failed to understand was that, what prayer heals ignorance can open again. So I became deliberate about the things I feed my mind with.

CHAPTER NINE

FOLLOWING PEOPLE

Owe no allegiance to anyone who does not help you make progress in God, whether a minister or friend.

I hear many people complain about social media and how it’s not helping them focus and the distraction it’s causing them. Let me tell you why it's like a distraction to many people; the people you follow or friends you have. There is a social media platform that whenever I go there I’m usually fired up. I don't follow people who don't have good content there. If you are my friend on social media and you publicly attack the church or fathers in the faith I will unfollow you or if they constantly say or do things that contradicts the word of God. You don't have to raise issues with them, just quietly unfollow them.

Then if anyone is frequently posting immoral content, unfollow them. If you are someone that easily get down or depressed when you see people showing off, please quietly unfollow those people who posts things that puts you on the edge to help your heart so you won't be under unnecessary pressure. I have noticed that even viewing some status is enough to get some people depressed. You

don't have to view all status. Mute the ones that don't edify and view only those that edify you.

Following People Ahead Of You

There are certain things you must put into consideration when following mentors

1. Who to follow

"Follow them who through faith and patience have inherit the promises." Hebrews 6:12

You don't follow people who are still struggling in the area you are trusting God to help you, they will drag you down. One of the major issues we have today in the body of Christ is that we have children assuming the role of fathers. When children begin to rule, you should know that there will be lot of errors and abuse of authority.

"woe to thee, O land, when thy king is a child" Ecclesiastics 10:16

Children know nothing about sacrifice; they are more concerned about comfort and pleasure. They will push

their followers to do what they themselves are not doing, and their followers will keep struggling.

We have ministers today who don't prepare adequately before ministration. They go about their day like every other person even when they have ministrations and few minutes to their ministration they pick the bible to look for what to share. If you follow such a person you will struggle in your walk with God.

These set of people will declare a fast and will not fast. They preach what they don't do.

A child in this context is not just someone who is young in terms of age because we have people who are old in age yet behaves like a child. A child is someone who is void of knowledge, spiritual understanding and wisdom. You know them by the way they talk, act and behave. They fall at every adversity, no capacity to withstand challenge, and lack accurate understanding of the kingdom.

Don't follow a person that does not fuel your passion for God. No matter how genuine he is, he may not be called to lead you.

There are seasons God will lead you to follow certain people because of certain things He wants you to learn, or certain anointing He wants you to contact.

2. **Why you follow:**

"…Follow me, and I will make you…" Matthew 4:19

The Primary reason why you follow mentors should be that they make you or the reason why people follow you should be that they are made into the image of Christ.

Jesus called the twelve disciples first to be with him, and then, that he might send them forth. So also we must lead people to be with Jesus Christ. Anyone who is not leading you to Jesus or helping you get closer to Jesus Christ should not be followed. They will lead you astray.

No matter how desperate you want to grow in God, you have to be very careful with the places you feed from and who feeds you, it is as important as the hunger itself.

3. **How to follow:**

"Be ye followers of me, even as I also am of Christ."
1 Corinthians 11:1

You follow people as they fellow Christ. If they turn from following Christ then you have to turn away from them as well. So many people who are seen to be fake today started well but along the line they compromised their walk with God. If there is anything you are learning from such then you have to be extremely careful not to emulate their lifestyle.

You must learn to follow people to the degree they follow Christ. Apostle Paul said follow me as I follow Christ. So we follow people as they follow Christ. If you esteem anybody above God then you are already missing it.

CHAPTER TEN

A CALL TO RETURN

> *"I have overthrown some of you, as God overthrew Sodom and Gomorrah, and ye were as a firebrand plucked out of the burning: yet have ye not returned unto me, saith the LORD.*
>
> *Amos 4:11*

Here we see God saying to the Israelites that He permitted situations that shook them, like a fire taking out from a burning. In other words, they were actually on fire before the situations came that took them out and they did not return back.

There are times God will allow situations so that we will return to Him and seek Him more.

"And also I have withheld the rain from you, when there were yet three months to the harvest: and caused it to rain upon one city: one piece was rained upon, and the piece where upon it rained not withered. So two or three cities wandered unto one city, to drink water; but they were not satisfied: yet have ye not turned unto me saith the LORD. And I also have given you cleanness of teeth in all your

cities, and want of bread in all your places: yet ye have not returned unto me, saith the LORD." Amos 4:7-8,6.

The lack of bread, rain, and the famine is supposed to lead you to seek God more not to make you seek help outside God. Seasons of hardship and difficulties are meant to drive us deeper into God. Help comes from the Lord, looking unto men for help would make you compromise just to get favor from them.

Any help you compromised to get, such as paying to get a job, reducing your age, sleeping with someone to be listed etc, such kind of things will lead to further compromise. If you compromise to get anything, you keep compromising to keep it. So if things are difficult right now it's not enough reason to run from God but rather it should compel you to go deeper in God.

Return To Your First Love

When do you get to use the word "I miss you?" Is it only when you've been apart from someone for a while that you tell the person you miss them? Or can it be used in a situation where people break up but the love of the other

person is still alive and active, can it be said that one is still missing the other even though the other doesn't care?

Our relationship with Jesus is like two people in a love relationship. Jesus misses you when for a period of time He does not hear your voice. And He also misses you when you break the relationship and walk out on Him. He patiently waits for you to return. He wonders why for a period of time your love for Him grows cold.

It's time to return to your "first love" Rev 2:4-5. God is calling you back to that place of intimacy; He is calling you to that place where you started with Him. He has missed you and desires you back.

THE END

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ABOUT THE BOOK

A GUIDE TO DEVELOPING

SPIRITUAL HUNGER FOR GOD.

Cultivating Spiritual Hunger reveals secrets that will show you how to reignite your hunger and passion for God. When you are revived, life in the spirit becomes natural.

This book strikes on the present day events, answers critical questions and proffer solutions on how to triumph over spiritual dryness.

By applying the principles in this book, you will learn:

- What spiritual hunger is
- How to cultivate hunger for God
- The best time to hunger for God
- What kills spiritual hunger



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Frederick Godwin is a graduate of computer science from the University of Abuja and also has a Post Graduate Diploma in Theology from Missionsville Theological Seminary. He is currently based in Abuja Nigeria.

Frederick Godwin alongside some friends were part of a major revival move on unibuja campus around 2014. They called themselves Desperate People as this was the name that could capture the longings and desperation in their hearts. This revival sparked up a fire on the campus and gave birth to many prayer groups and ministries that are still blossoming. Desperate People has evolved into Embassy of Glory and meets once every week, igniting genuine spiritual hunger in the hearts of people.