

## Is Your Stomach Growling?

### **Ready:**

*"But here is the bread that comes down from heaven, which a man may eat and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world."*

-John 6:50-51

### **Set**

Have you ever gone to a restaurant that serves bread before the meal and, when the bread got to your table you just stared at it? Say you have just worked out and you are incredibly hungry. Everyone in the restaurant can hear your stomach growling, but all you do is just sit and stare at the bread. People around you start talking to each other and asking questions like, "Why are you just staring at the bread? Eat it!" But you just sit and stare, wondering why you aren't satisfied.

Want to hear something sad? Many Christians live life this way. We are hungry for a life that is fulfilling and satisfying, yet we sit and stare at the very thing we know will give us life and choose not to partake of it. The word "satisfied" means, "to put an end to (a desire, want, need, etc.) by sufficient or ample provision. (i.e. The hearty meal satisfied his hunger.)" In the same way, Jesus satisfies our hunger because He is the bread of life (John 6:35). Consider this commentary by David Guzik:

"Seeing a loaf of bread on a plate will not satisfy our hunger. Knowing the ingredients in the bread will not satisfy our hunger. Taking pictures of the bread will not satisfy our hunger. Telling other people about the bread will not satisfy our hunger. Selling the bread will not satisfy our hunger. Playing catch with the bread will not satisfy our hunger. Nothing will satisfy our hunger and bring us life except actually eating the bread. He who eats this bread will live forever (John 6:51)."

We are to EAT the bread. This means that we shouldn't sit there and stare at God's Word. This means we must do more than simply acknowledge that God and His Word exist. This means that we shouldn't "play with God," acting like we are Christian and doing all the "Christian things" (i.e. Going to church on Sundays and Wednesdays and acting "Christian" when it seems appropriate). This literally means that we must EAT and become SATISFIED with Jesus Christ.

Why sit and look at bread when you know the only way to become satisfied is to eat it? Why sit and look at your Bible when you know that the very thing that will satisfy you is the truth and promises that lie inside? Today, stop starving yourself by sitting at the table and staring at

the bread of life. Eat and be filled!

## Go

1. Is your stomach growling?
2. Why are you not feasting on the Word of God and living in accordance with His truth?
3. Satan wants to starve you so that you can't enjoy a satisfied life through Christ. Are you letting him distract you with the things of this world?

## Workout

John 6:25-59

## Overtime

“Father, today I commit to growing and feasting on Your Word. I have sat at the table and stared at the bread of life, wondering why I am not satisfied. Forgive me for neglecting the bread of life. I ask You to show me wonderful truths about Your Word that I have never seen before. I might not know where to begin in Your Word, but I pray that You would bless my effort to grow and learn more about You. In Jesus' name I pray. Amen.”

## Bible Reference:

John 6



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/devotional/your-stomach-growling>