

## **Spiritually Hungry**

### **Ready:**

“for I satisfy the thirsty person and feed all those who are weak.” – Jeremiah 31:25

### **Set**

It's common to see a football team eat a pregame meal. Usually, this meal is prepared by someone in the community – the parents, booster club, or even FCA. The football team needs food and water to ensure their players have enough strength for the upcoming game. While our bodies might have physical strength, our souls can be weak. We have a spiritual hunger and thirst that only God can satisfy.

In Jeremiah 31, God is speaking to the prophet Jeremiah about the nation of Israel. In this passage, God is making a new covenant with His people, assuring those who are weak and tired that He will be there to build them back up. He reminds them that they won't find this strength by the flesh but only through Him. Often, we forget where our true strength comes from. No amount of working out, eating right or sleep will satisfy our souls, only the Lord.

God is the only one who can give our souls rest and hope. All our strength is because He is strong. Any peace we have is simply because God is peace Himself. All our hope is found only in Christ.

On days when you feel weak, don't look to the world for strength; turn and rely on the One who will always satisfy your soul.

### **Go**

- What is making you feel weak today in life or in your training?
- What do you need to lay down in order to let God into your life?
- Can you think of a time when you could accomplish a task only because of God's strength?

### **Workout**

Psalm 28:7

Psalm 73:26

Philippians 4:19

### **Overtime**

“Our Father, You are our strength and our source of Hope. Thank You for Your promises to restore us when we are weak. Forgive us for when we rely on the world for strength. Let us never forget where our source comes from. Amen.”



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