

HUNGERING FOR GOD

Redeemer Church Women's Ministry Newsletter



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The bible says that the testing of our faith produces steadfastness. Scripture urges us to let steadfastness have its full effect, that we may be perfect and complete, lacking in nothing (James 1:3-4).

Trying times as these recent weeks reveal perspectives that are rooted deep within us. To our surprise, much of our perceptions and thoughts prove to be imperfect, incomplete and lacking. We often think of ourselves more highly than we ought to think (Romans 12:3). We thought we would be more trusting in God, less anxious, less legalistic, more patient, more grounded in Christ, more kingdom-minded and less worldly, and so on.

I get it: Unless we are tested, how would we know in what we are lacking? And unless we are built up where we lack, how are we to be perfect and complete? Also, how could we be steadfast if we are never tested? Hence we are commanded to count it all joy when we meet trials of various kinds (James 1:2).

We are facing, as a nation and worldwide, multifaceted challenges that are affecting each of us in significant ways. Every day we are learning to say, "If the Lord wills, we will live and do this or that (James 4:15)."

Confinement is a new norm- in our homes where we are working, distant learning, worshipping, zooming, playing, and cooking and eating. We adjust and relearn how to share our space and ideas more closely, and we try to be intentional about this unique time in history.

Food is a natural source for comfort, control, even to ease boredom or anxiety. However, the danger is that even something as good as food can distract and deceive us into thinking that we can take care of our own needs. The truth is that physical needs exist as constant reminders to our spiritual needs. As much as food is essential to our survival, we need Jesus (Matthew 4:4)! As we strive to provide our families with healthy nutritional meals daily, let us ponder more important questions concerning our spiritual needs: what is it that our hearts are longing and desiring?; where are we putting our trust?; where do we find our contentment?

Let us ask God's help in making us more than conquerors in all things that tempt us to settle for infinitely less than what the Lord has planned for us (Romans 8:37). He will use every opportunity (or temptation) for our good so that we who trust in Jesus

can see and experience His beauty and glory (Romans 8:28)! Here is one practical idea we can try: write down a verse and read or meditate on it throughout the day instead of looking to food (or other "good" things) to alleviate/control our needs.

The bible says man shall not live by bread alone, but by every word that comes from the mouth of God (Matthew 4:4). God is the only one who can comfort us (2 Corinthians 1:4). Only He can satisfy us with His unfailing love (Psalm 90:14). Let us lean into all our insecurities, discomfort, instability, anxiety, dysfunction, impatience, disorders, and chaos: and ask Jesus to provide greater hunger for Him! We are blessed when we are hungry for God, and when we find satisfaction in Him (Luke 6:21).

James continues: If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him (James 1:5). We are confident that God can do far more abundantly than all that we ask or think, according to the power at work within us (Ephesians 3:20).



Yoonie is a certified nutritionist, a wife, a mother and an active part of our church!