

# WHEN GOD Lets You Be HUNGRY



# WHEN GOD LETS YOU BE HUNGRY

## WHEN GOD LETS YOU BE HUNGRY

*Learning to Live by Every Word That Proceeds from the Mouth of the LORD*

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# WHEN GOD LETS YOU BE HUNGRY

## INTRODUCTION: THE UNCOMFORTABLE KINDNESS OF GOD

### THE QUESTION NOBODY WANTS TO ASK

She sits in her car in the church parking lot, twenty minutes before the service starts, trying to decide if she can do this again. Another Sunday. Another round of "How are you?" followed by "I'm blessed!" when the truth is she hasn't felt blessed in months. Maybe years.

The bills are late. The marriage is cold. The kids are distant. The prayers feel like they're bouncing off the ceiling. And somewhere between the worship songs about breakthrough and the sermons about victory, she's started to wonder if maybe she's doing something wrong. If maybe God is punishing her. If maybe she's been forgotten.

She's too ashamed to say it out loud, but the question screams in her head every night at 3 a.m.:

*Where are You, God? And why does it feel like You've left me here to starve?*

He's been in ministry for fifteen years. Answered the call. Left the lucrative career. Stepped out in faith. Did everything the books and conferences told him to do. And now he's staring at an overdrawn bank account, wondering how he's supposed to trust God for tomorrow when he can't even feed his family today.

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The people he serves expect him to have answers. To radiate faith. To be the one who never doubts, never questions, never wonders if maybe he heard God wrong all those years ago.

But late at night, when everyone else is asleep, he opens his Bible to the Psalms and reads the parts they don't put on inspirational posters: *"How long, O LORD? Will You forget me forever? How long will You hide Your face from me?"* (Psalm 13:1)

And he thinks: *At least David was honest.*

They're the couple everyone thought had it all figured out. The ones who seemed to have God's favor written all over their lives. Good jobs. Beautiful home. Active in church. The picture of blessing.

Until the diagnosis came. And the treatment failed. And the miracle they prayed for didn't happen. And suddenly they're sitting in an oncologist's office, holding hands and trying to understand how a good God could let them be this hungry for hope, this desperate for something—*anything*—that looks like an answer.

The well-meaning friends quote Romans 8:28—"all things work together for good"—and they want to scream. Because right now, nothing feels like it's working together. It all feels like it's falling apart.

## THE WILDERNESS WE ALL KNOW

If you've picked up this book, chances are you know something about wilderness seasons. About the place between deliverance and promise. About the long, brutal stretch where God seems to have led you out of Egypt but hasn't yet brought you to Canaan—and you're starting to wonder if maybe you misheard the whole thing.

You know what it's like to be hungry. Not just physically, though maybe that too. But soul-hungry. Heart-hungry. Hungry for provision, for answers, for clarity, for God's presence, for *something* to make sense again.

You know what it's like to feel abandoned. To pray prayers that seem to go nowhere. To worship when you don't feel like it. To keep showing up even when everything in you wants to quit.

You know what it's like to watch other people's prayers get answered while yours collect dust. To see blessing fall on everyone around you while you're still waiting for breadcrumbs. To wonder if maybe there's something wrong with you, something broken in your faith, some hidden sin that's keeping God at arm's length.

And if you're really honest—the kind of honest you only get at 3 a.m. when you can't sleep and everyone else is gone—you've asked the question:

*God, where are You? And why does Your kindness look so much like cruelty?*

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## THE UNCOMFORTABLE TRUTH

Here's what nobody tells you in the victory testimony services, the breakthrough conferences, the social media posts about #blessed:

Sometimes God's kindness *does* look like cruelty.

Sometimes His love feels like abandonment.

Sometimes His provision is precisely measured to keep you hungry enough to keep seeking Him.

And the reason nobody talks about this is because it doesn't fit our preferred narrative. We want our God-stories to have quick turnarounds and happy endings. We want the wilderness to last three days, not forty years. We want the Red Sea to part, not the long walk through the desert with nothing but manna and trust.

We want resurrection Sunday without Friday's crucifixion.

We want Pentecost power without the ten days of waiting.

We want promised land abundance without the wilderness that gets us ready for it.

But Deuteronomy 8:1-3 tells us something different. Something uncomfortable. Something that challenges everything we've been taught about what God's favor looks like.

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It tells us that God—the same God who loved Israel, who delivered them from slavery, who promised them a land flowing with milk and honey—deliberately, intentionally, purposefully led them into a wilderness and *let them be hungry*.

Read that again: **Let. Them. Be. Hungry.**

Not "accidentally allowed them to experience some discomfort."

Not "regretfully permitted some hardship to befall them."

Not "couldn't prevent the enemy from attacking them."

But actively, purposefully, *intentionally* allowed hunger to do its work in their lives.

## THE TEXT THAT FRAMES EVERYTHING

Let's look at the passage we'll be unpacking throughout this book:

*"All the commandments that I am commanding you today you shall be careful to do, that you may live and multiply, and go in and take possession of the land which the LORD swore to give to your forefathers. And you shall remember all the way which the LORD your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart, whether you would keep His commandments or not. And He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."* (Deuteronomy 8:1-3, NASB)

This passage is Moses speaking to the second generation of Israelites—the ones who were about to enter the Promised Land. He's looking back on forty years of wilderness wandering and saying, "This is what it was all about. This is why God let you be hungry. This is why He took you the long way. This is what the wilderness was supposed to teach you."

And what he tells them is counterintuitive, uncomfortable, and absolutely critical:

## WHEN GOD LETS YOU BE HUNGRY

God's purpose in the wilderness was:

1. **To humble them** (break their self-sufficiency)
2. **To test them** (reveal what was really in their hearts)
3. **To let them be hungry** (create a need only He could satisfy)
4. **To feed them with manna** (provide in ways they didn't expect or control)
5. **To teach them dependence on His word** (real life comes from obeying Him, not from accumulating stuff)

Notice what God's purpose was *not*: to punish them, to abandon them, to make them suffer for suffering's sake, or to prove He was stronger than they were.

The wilderness had a purpose.

The hunger had a point.

The manna was a mercy.

But you can't see it when you're sitting in your car in the church parking lot, wondering if you can fake one more Sunday. When you're staring at bills you can't pay and prayers God won't answer. When you're holding the hand of someone you love and watching them slip away.

You can't see it in the moment.

But that doesn't mean it's not true.

# WHEN GOD LETS YOU BE HUNGRY

## WHY THIS MATTERS NOW

We live in a culture—both secular and religious—that treats hunger as the ultimate evil. Something to be avoided, eliminated, or at the very least, minimized as quickly as possible.

Hungry for food? DoorDash it.

Hungry for connection? Swipe right.

Hungry for meaning? Download the app, buy the course, attend the conference.

Hungry for God? Well, there's a worship song for that. A podcast. A twelve-step program. A prophetic word from someone who's never met you but is *sure* your breakthrough is coming.

We've been conditioned to believe that hunger is something to fix, not something to feel. That discomfort is the enemy, not the invitation. That if we're experiencing lack, something has gone terribly wrong.

But what if it hasn't?

What if the hunger you're experiencing right now is exactly what God intended?

What if the wilderness you're walking is not a detour from the promise but the very pathway to it?

What if God is doing something in your lack that He could never do in your abundance?

What if—and this is the hardest truth of all—what if your hunger is His kindness?

## WHAT THIS BOOK IS NOT

Before we go any further, I need to be clear about what you're *not* going to get in these pages.

### **This is not a prosperity gospel book.**

I'm not going to tell you that your breakthrough is right around the corner, that your harvest is coming, that you just need to sow a seed and watch God multiply it back to you. I'm not going to promise that if you just have enough faith, God will give you everything you want.

Because that's not what Deuteronomy 8 teaches. God didn't lead Israel through the wilderness so He could give them Canaan faster. He led them through the wilderness so they'd be *ready* for Canaan when they got there. The process mattered more than the timeline.

### **This is not a toxic positivity book.**

I'm not going to tell you to just be grateful, to count your blessings, to focus on the positive, or to fake it till you make it. I'm not going to minimize your pain by telling you it's all part of God's plan and you should just praise Him anyway.

## WHEN GOD LETS YOU BE HUNGRY

Because the Israelites complained. A lot. And God didn't strike them down for honest lament. What got them in trouble wasn't their hunger or their questions or their struggles—it was their unbelief, their nostalgia for Egypt, their refusal to trust that God knew what He was doing.

There's a difference between lament and rebellion. Between honesty and unbelief. Between "God, this is hard and I don't understand" and "God, You don't know what You're doing and I'm going back to Egypt."

This book makes space for the former while confronting the latter.

**This is not a book that minimizes suffering.**

Your wilderness is real. Your hunger is valid. The pain you're experiencing matters, and God is not offended by your honesty about it.

The wilderness is brutal. Hunger hurts. The absence of God's tangible presence can feel like soul-death. And pretending otherwise doesn't help anyone.

But—and this is crucial—**your suffering is not meaningless.**

God doesn't waste wilderness seasons. He doesn't allow hunger without purpose. He doesn't take you through the desert just to watch you wander. There is intention behind the difficulty. There is pedagogy in the pain. There is preparation happening in the process.

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And that's what this book is about.

## WHAT THIS BOOK IS

**This is an honest exploration of God's wilderness pedagogy.**

God teaches us things in the wilderness that we simply cannot learn anywhere else. He uses hunger, deprivation, and difficulty not as punishment but as curriculum. The wilderness is His classroom, and hunger is often His most effective teaching tool.

Throughout this book, we're going to explore:

- Why God deliberately allows us to be hungry
- What He's trying to reveal in our hearts
- How hunger prepares us for promise
- What manna teaches us about provision
- How to live by "every word that proceeds from the mouth of the LORD"
- What it means to journey from humiliation to humility to humbled obedience

**This is a theology of holy hunger.**

Not all hunger is holy. Some hunger is just the consequence of poor choices. Some hunger is the result of living in a broken world. Some hunger is the enemy's attack.

But some hunger—the kind God allows, the kind He uses, the kind that drives us back to dependence on Him—is sacred. It's the hunger that reminds us we were made for more than bread. It's the hunger that creates capacity for God Himself. It's the hunger that keeps us seeking when we'd rather settle.

## WHEN GOD LETS YOU BE HUNGRY

Holy hunger is what drove the Prodigal Son home. It's what brought the woman at the well to Jesus at noon. It's what made the psalmist cry out, "As the deer pants for the water brooks, so my soul pants for You, O God" (Psalm 42:1).

And it's what God is cultivating in you right now, even if it feels like abandonment.

**This is a roadmap through humbling to humility.**

There's a progression in Deuteronomy 8 that we can't ignore:

God *humbled* them (external circumstances that exposed their pride) → so they would *be humbled* (internal transformation of the heart) → so they would learn *humility* (a sustained posture of dependence and obedience).

Humbling is what God does *to* us. Being humbled is what happens *in* us. Humility is who we *become*.

And you can't skip steps.

This book will walk you through that progression—not with formulas or easy answers, but with honest theology, biblical truth, and the messy reality of what it looks like to let God break your self-sufficiency so He can build something better.

## HOW TO USE THIS BOOK

This isn't a book you read in one sitting. It's not a quick-fix manual or a seven-step program. It's a companion for the journey you're already on—the wilderness between where you've been and where God is taking you.

Here's how I'd suggest you approach it:

**Read it slowly.** Let the chapters marinate. Sit with the uncomfortable parts. Don't rush to the "application" before you've wrestled with the theology.

**Read it honestly.** If something makes you angry, pay attention to that. If something makes you defensive, ask why. If something resonates deeply, mark it and come back to it.

**Read it in community, if possible.** The wilderness is brutal when you walk it alone. If you can find even one other person to process this with—a friend, a small group, a spouse—it will make all the difference. (There's a study guide in the appendix for exactly this purpose.)

**Read it with your Bible open.** I'm going to reference a lot of Scripture throughout this book, but don't just take my word for it. Look it up. Wrestle with the text yourself. Let God speak to you directly through His word.

**Read it with expectation.** Not expectation that your circumstances will change immediately, but expectation that *you* will change. That God will use these pages to expose what's in your heart, to deepen your dependence on Him, to prepare you for what He's already prepared for you.

## A WORD TO THE HUNGRY

If you picked up this book because you're in a wilderness season right now—because you're hungry and scared and wondering if God has forgotten you—I want you to know something:

**He hasn't.**

Your hunger is not evidence of His absence. It's evidence of His presence and His purposeful work in your life.

He led you here. Not to punish you. Not to abandon you. But to teach you something you could never learn in Egypt's comfort or Canaan's abundance. Something about dependence. Something about trust. Something about what it means to truly live by every word that proceeds from His mouth.

The Israelites didn't understand it in the moment either. They complained. They questioned. They wanted to go back to Egypt where at least they had leeks and onions and predictable misery.

## WHEN GOD LETS YOU BE HUNGRY

But forty years later, standing on the edge of the Promised Land, Moses could look back and say, "This is what it was all about. God humbled you and let you be hungry *so that He could teach you*. So He could prepare you. So you'd be ready for what He's been preparing for you all along."

Your wilderness has a purpose.

Your hunger has a point.

Your manna is coming.

But first, you have to stop demanding steak and learn to receive the bread that comes from heaven.

Let's walk this road together.

The wilderness is brutal, but you're not walking it alone.

And the God who let you be hungry is the same God who feeds you with Himself.

And He is enough.

Even when it doesn't feel like it.

*Especially* when it doesn't feel like it.

## WHEN GOD LETS YOU BE HUNGRY

*"Man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."*

—Deuteronomy 8:3b (NASB)

# WHEN GOD LETS YOU BE HUNGRY

## PART ONE: THE WILDERNESS WE DIDN'T CHOOSE

### CHAPTER 1: BETWEEN EGYPT AND CANAAN—THE GEOGRAPHY OF TRANSFORMATION

#### THE JOURNEY NOBODY WANTED

The map made no sense.

If you trace the route from Egypt to Canaan on an actual map, the journey should have taken about eleven days. Eleven days of walking. Maybe two weeks if you're traveling with children and livestock and taking it slow.

The Israelites took forty years.

Let that sink in. A two-week journey stretched into four decades. An entire generation born in slavery died in the desert, never seeing the promise fulfilled. Their children—the ones who would actually enter Canaan—spent their formative years eating the same food, walking the same circles, listening to the same complaints, watching the same miracles, and wondering why God was taking so long.

It wasn't a scenic route. It wasn't a learning vacation. It wasn't an extended wilderness retreat with optional worship sessions and catered meals.

It was brutal. Repetitive. Confusing. Frustrating. And absolutely, completely necessary.

## WHEN GOD LETS YOU BE HUNGRY

Because the wilderness between Egypt and Canaan wasn't just geography. It was transformation. And transformation takes time.

### THE PATTERN WE'D RATHER SKIP

Here's the pattern Scripture gives us, over and over again:

**DELIVERANCE → WILDERNESS → PROMISE**

Not: Deliverance → Promise.

Not: Wilderness → Deliverance → Promise.

But: Deliverance → Wilderness → Promise.

God delivers you from Egypt (bondage, slavery, the old life). Then He leads you into the wilderness (the in-between place, the testing ground, the formation space). And eventually—eventually—He brings you into Canaan (the promise, the abundant life, the thing He's been preparing for you all along).

## WHEN GOD LETS YOU BE HUNGRY

We see this pattern everywhere:

- **Abraham**: Called out of Ur (deliverance) → Twenty-five years of waiting for Isaac (wilderness) → The son of promise (Canaan)
- **Joseph**: Delivered from the pit (deliverance) → Prison and obscurity (wilderness) → Second in command of Egypt (Canaan)
- **Moses**: Escape from Pharaoh's wrath (deliverance) → Forty years on the backside of the desert (wilderness) → Leading Israel to freedom (Canaan)
- **David**: Anointed as king (deliverance) → Running from Saul, hiding in caves (wilderness) → The throne (Canaan)
- **Israel**: Red Sea crossing (deliverance) → Forty years in the desert (wilderness) → Promised Land (Canaan)
- **Jesus**: Baptism and affirmation by the Father (deliverance) → Forty days of temptation and fasting (wilderness) → Public ministry (Canaan)
- **Paul**: Damascus Road encounter (deliverance) → Three years in Arabia (wilderness) → Apostolic ministry (Canaan)

Over and over and over. The pattern is so consistent it can't be accidental. It's not a bug in the system—it's a feature. It's how God works. It's *always* been how God works.

Deliverance gets you out of Egypt.

But the wilderness gets Egypt out of you.

And you can't enter Canaan until Egypt is gone.

## WHY GOD DOESN'T TAKE THE SHORTCUT

Let's be honest: we would have designed this differently.

## WHEN GOD LETS YOU BE HUNGRY

If we were God (and thank God we're not), we'd do it like this:

1. Deliver people from bondage
2. Give them a pep talk and a map
3. Send them directly to the promise
4. Watch them thrive

Clean. Efficient. Minimal suffering. Maximum breakthrough.

But God doesn't work that way. And Numbers 33:1-49 makes this painfully clear. That entire chapter is a detailed list of every single place Israel camped during their forty years in the wilderness. Forty-two stops. Forty-two places between Egypt and Canaan. Forty-two times they set up camp, lived there for a while, then packed up and moved on.

Why?

Because God knew something they didn't: **the people who left Egypt weren't ready for Canaan.**

They were free from Egypt's slavery, but they weren't free from Egypt's mindset. They'd been delivered from Pharaoh's authority, but they hadn't been delivered from Pharaoh's influence. Their bodies were in the wilderness, but their hearts were still in Egypt.

And you can't possess what you're not prepared for.

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Listen to how they talk in Numbers 11:5-6:

*"We remember the fish which we used to eat free in Egypt, the cucumbers and the melons and the leeks and the onions and the garlic, but now our appetite is gone. There is nothing at all to look at except this manna."* (NASB)

Read that again. They're complaining about *free food from heaven* because they miss the menu from their slavery. They'd rather be enslaved with variety than free with manna. They'd rather have Egypt's leeks than God's provision.

That's the Egypt mindset.

And that's exactly why they needed the wilderness.

### THE WILDERNESS AS CLASSROOM, NOT CORRIDOR

Here's where we get it wrong: we think the wilderness is a corridor. A hallway between two rooms. A necessary but unfortunate stretch of space you have to walk through to get from point A to point B.

Get through it as fast as possible. Don't stop. Don't look around. Just keep your head down and push toward the exit.

But God treats the wilderness as a classroom. A place where you don't just *pass through*, but where you *learn something*. Where you don't just *survive*, but where you're *transformed*.

## WHEN GOD LETS YOU BE HUNGRY

Deuteronomy 8:2 makes this explicit:

*"You shall remember all the way which the LORD your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart, whether you would keep His commandments or not." (NASB)*

Notice the purpose: "that He might humble you, testing you, to know what was in your heart."

The wilderness was never just about getting from Egypt to Canaan. It was about *becoming the kind of people who could handle Canaan.*

Think about it: What would have happened if God had taken them straight from Egypt to the Promised Land?

They would have:

- Turned Canaan into Egypt 2.0
- Built golden calves in Jerusalem
- Enslaved the Canaanites instead of driving them out
- Created the same corrupt systems they'd just escaped
- Worshipped the same false gods, just with Hebrew names

The same people who built the golden calf at the base of Mount Sinai (Exodus 32) would have built it in the center of the Promised Land. Same hearts. Same idolatry. Same unbelief. Just a different location.

# WHEN GOD LETS YOU BE HUNGRY

Geography doesn't transform hearts. Wilderness does.

A.W. Tozer understood this. He wrote: *"It is doubtful whether God can bless a man greatly until He has hurt him deeply."*

That statement offends our sensibilities. We don't like the idea that God *hurts* people He loves. But Tozer isn't talking about arbitrary cruelty or divine sadism. He's talking about the necessary breaking of self-sufficiency, the painful exposure of our sin, the uncomfortable revelation of what's really in our hearts.

God can't give you Canaan until He's dealt with the Egypt in your soul. And wilderness is where that happens.

## THE CURRICULUM OF THE DESERT

So what exactly does God teach in the wilderness? What's the curriculum?

### **Lesson 1: You are not self-sufficient.**

In Egypt, there was a predictable system. You worked, you ate. You pleased Pharaoh, you survived. You played the game, you got the bread. It was brutal, but it was predictable.

In the wilderness, none of that works. You can't work for your bread—it falls from the sky. You can't store it up—it rots overnight (Exodus 16:19-20). You can't control it, manipulate it, or earn it. You can only receive it.

## WHEN GOD LETS YOU BE HUNGRY

Every single day, you wake up dependent on God's provision. Every single day, you face the reality that you cannot save yourself. Every single day, your self-sufficiency dies a little more.

And every single day, God proves faithful.

### **Lesson 2: Obedience is non-negotiable.**

In Egypt, survival was about compromise. You learned to bend, to accommodate, to do what you had to do to get by. Morality was flexible because survival demanded it.

But in the wilderness, God gives commandments. Not suggestions. Not helpful hints for better living. Commandments. And He tests whether you'll keep them or not (Deuteronomy 8:2).

He tells them not to gather manna on the Sabbath—some do anyway (Exodus 16:27).

He tells them not to store up extra—some try it anyway (Exodus 16:20).

He tells them not to grumble—they do it constantly (Numbers 11:1).

And through it all, He's teaching them: obedience matters. Not because God is a controlling tyrant, but because trust must be proven through action. You don't really trust God if you won't obey Him. And Canaan requires people who trust God enough to obey Him, even when it doesn't make sense.

### Lesson 3: What's in your heart will eventually come out.

Deuteronomy 8:2 says God led them through the wilderness "to know what was in your heart." Not to *put* something in their hearts, but to *reveal* what was already there.

Wilderness doesn't create your character—it exposes it.

Pressure doesn't make you into something you're not—it reveals who you really are.

And what came out of Israel's heart in the wilderness? Entitlement. Unbelief. Idolatry. Nostalgia for slavery. A desire for comfort over freedom. A preference for the predictable over the miraculous.

All of that was in them before the wilderness. Egypt had planted those seeds. But wilderness brought them to the surface where they could be addressed.

You cannot fix what you will not face. And wilderness forces you to face it.

### Lesson 4: God's presence is better than Egypt's provision.

This is the big one. The one that takes forty years to learn.

Egypt offered security without God. Canaan offers abundance *with* God. The wilderness offers neither security nor abundance—only God Himself.

And the question the wilderness asks is this: *Is God enough?*

## WHEN GOD LETS YOU BE HUNGRY

Not "God plus comfort." Not "God plus security." Not "God plus all the things you used to have in Egypt."

Just God.

Is He enough?

Israel's answer, for most of forty years, was a resounding "No." They wanted the fish. The cucumbers. The melons. The leeks. The onions. The garlic. They wanted the stuff more than they wanted God.

And that's why they died in the wilderness.

The second generation—the ones who entered Canaan—learned the lesson their parents refused to learn: *God is enough. Even when there's nothing else. Especially when there's nothing else.*

### THE LONG OBEDIENCE

Eugene Peterson wrote a book called *A Long Obedience in the Same Direction*, and the title alone captures something essential about wilderness seasons. It's not about dramatic breakthroughs or sudden transformations. It's about showing up, day after day, putting one foot in front of the other, trusting God when you can't see the end.

It's gathering manna every morning, even though you're sick of manna.

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It's following the cloud by day and the pillar of fire by night, even when they lead you in circles.

It's worshipping at the tabernacle, even when it feels like your prayers aren't getting past the tent roof.

It's choosing obedience when obedience doesn't make sense, doesn't feel good, and doesn't seem to produce results.

Peterson writes: *"There is a great market for religious experience in our world; there is little enthusiasm for the patient acquisition of virtue, little inclination to sign up for a long apprenticeship in what earlier generations of Christians called holiness."*

The wilderness is that apprenticeship. It's where you learn holiness not as a moment but as a lifestyle. Not as an achievement but as a sustained dependence on God.

And it's long. Painfully long. Longer than you want it to be. Longer than you think it should be. Longer than seems necessary or fair or kind.

But it's exactly as long as it needs to be.

# WHEN GOD LETS YOU BE HUNGRY

## HENRI NOUWEN AND THE DESERT EXPERIENCE

Henri Nouwen spent years exploring what he called "the desert experience" in spiritual formation. He wrote about the early Church Fathers who deliberately went into the desert—not to escape the world, but to encounter God in a way that was impossible amid the noise and distraction of civilization.

Nouwen observed that the desert strips away everything we use to avoid God: our busyness, our accomplishments, our relationships, our comforts, our distractions. In the desert, there's nowhere to hide. Nothing to do. No one to impress. Nothing to achieve.

Just you and God and the terrifying silence between you.

He writes: "*In the desert we can find the intimate place where God dwells, the place from which all fruits come.*"

But getting to that intimate place requires going through the stripping process. The ego must die. The false self must be exposed. The illusions must be shattered. The idols must be toppled.

And that's painful.

But it's also holy.

## WHEN GOD LETS YOU BE HUNGRY

Because what you discover in the wilderness—if you don't quit, if you don't go back to Egypt, if you don't try to shortcut the process—is that God has always been enough. You just needed everything else stripped away to realize it.

### DIVINE DELAYS AND THE QUESTION OF "WHY SO LONG?"

The question that haunts every wilderness season is this: *Why is it taking so long?*

If God is sovereign, if He loves me, if He has a plan, if He's promised me Canaan—why doesn't He just get on with it? Why the delay? Why the waiting? Why the endless repetition of the same lessons, the same struggles, the same circular routes?

Here's what I've learned: **God isn't in a hurry because the timeline isn't the point. The transformation is.**

Israel could have walked to Canaan in eleven days. But God gave them forty years because the journey wasn't about covering distance—it was about covering ground *in their hearts.*

## WHEN GOD LETS YOU BE HUNGRY

Consider what had to happen before they were ready for Canaan:

- **The slave mentality had to die.** They had to stop thinking like victims and start thinking like free people.
- **The Egypt worldview had to be replaced.** They had to learn a completely different way of understanding God, provision, security, and purpose.
- **A generation had to grow up.** The children who were born in the wilderness had no memory of Egypt. They only knew God's provision. They were the ones who could possess the land.
- **Faith had to be tested and proven.** Not theoretical faith, but the kind that shows up in a daily decision to trust God for manna, to follow the cloud, to keep the commandments.

All of that takes time.

You cannot rush transformation. You can rush behavior modification, but that's not what God is after. He's after heart change. And heart change is slow, messy, painful work that happens over years, not days.

Psalm 105:19 says this about Joseph: "*Until the time that his word came to pass, the word of the LORD tested him.*"

Joseph had a promise—a dream from God that he would rule. But between the dream and its fulfillment were thirteen years of slavery and imprisonment. Thirteen years of wilderness. Thirteen years of waiting while "the word of the LORD tested him."

## WHEN GOD LETS YOU BE HUNGRY

Why? Because the seventeen-year-old boy who had the dream wasn't ready to rule Egypt. He was arrogant, tactless, naive, self-centered. He needed to be broken, humbled, refined, and transformed before he could handle the authority God was preparing for him.

The delay wasn't punishment. It was preparation.

And your delay is too.

### WHERE ARE YOU IN THE WILDERNESS?

The wilderness journey has stages. Understanding where you are can help you know what God is doing.

#### **Stage 1: The Honeymoon (Exodus 15)**

You've just been delivered. The Red Sea is behind you. You're singing songs of victory. You're convinced the wilderness will be short and Canaan is just around the corner. This is exciting! This is faith! This is what you signed up for!

This stage usually lasts about three days (Exodus 15:22).

## Stage 2: The Complaint (Exodus 15:24-17:7)

The water is bitter. There's no food. There's no water again. This isn't what you expected. You start questioning whether God really knows what He's doing. You start looking back at Egypt with rose-colored glasses. The complaints start.

This is where most people get stuck. They spend years—decades even—cycling through complaint and provision, complaint and provision, never learning the lesson, never moving forward.

## Stage 3: The Testing (Exodus 16:4)

God says, *"Behold, I will rain bread from heaven for you; and the people shall go out and gather a day's portion every day, that I may test them, whether or not they will walk in My instruction."*

The wilderness becomes a daily test. Will you trust God today? Will you obey today? Will you gather only what you need today, trusting that He'll provide again tomorrow?

This stage is where character is formed. Where faith becomes real. Where you learn dependence.

## Stage 4: The Revelation (Exodus 19-20)

God reveals Himself. At Sinai, He gives the Law, establishes the covenant, shows them how to live as His people. The wilderness becomes the place of encounter, not just endurance.

This is where you start to realize: the wilderness isn't just about getting to Canaan. It's about knowing God. And knowing God changes everything.

## Stage 5: The Failure and Restoration Cycle (Numbers 11-21)

You mess up. You complain again. You build a golden calf. You rebel against leadership. You refuse to enter the land when God says go. And God disciplines you, but He doesn't abandon you. He keeps providing. Keeps leading. Keeps working.

This stage teaches you that failure isn't final. That God's patience outlasts your rebellion. That His commitment to you isn't based on your performance.

## Stage 6: The Second Generation (Deuteronomy 1-8)

A new generation rises. One that only knows God's provision. One that's been formed in the wilderness. One that's ready to enter.

This is where the purpose of the wilderness finally makes sense. You look back and realize: everything that happened had a reason. Every test had a purpose. Every delay was necessary.

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And you're ready—finally ready—for what God has prepared.

## THE QUESTION YOU HAVE TO ANSWER

The wilderness will ask you one question, over and over, in a thousand different ways:

**Will you trust Me when I'm all you have?**

Not "Will you trust Me when things are going well?"

Not "Will you trust Me when I give you what you want?"

But "Will you trust Me when there's no food except manna, no direction except a cloud, no security except My word?"

That's the question Egypt never asked. And it's the question Canaan won't ask either.

Only the wilderness forces you to face it.

And how you answer determines whether you die in the desert or enter the promise.

## REFLECTION QUESTIONS

Before you move to the next chapter, sit with these questions. Don't rush through them. Let them do their work.

**1. What "Egypt" has God delivered you from?**

What bondage, what slavery, what old life has He brought you out of? Be specific. Name it. Remember it. Because when the wilderness gets hard, you'll be tempted to romanticize Egypt and forget why you left.

## **2. What "Canaan" has He promised you?**

What promise are you holding onto? What future are you believing for? What has God shown you that you're not yet living in? Write it down. Keep it in front of you. Because the wilderness will make you forget.

## **3. Where are you in the wilderness journey?**

Are you in the honeymoon stage, still excited about deliverance? In the complaint stage, angry that it's taking so long? In the testing stage, learning daily dependence? In the revelation stage, encountering God in new ways? In the failure cycle, learning about grace? Or in the second generation stage, finally ready to possess the promise?

## **4. What is the wilderness revealing about your heart?**

Remember, wilderness doesn't create what's in your heart—it exposes it. What's coming out? What are you learning about yourself that you couldn't see in Egypt's busyness or in your pursuit of Canaan?

## 5. What lesson keeps repeating?

If you feel like you're walking in circles, covering the same ground over and over, there's probably a lesson you haven't learned yet. What is it? What is God trying to teach you that you keep resisting?

## 6. Is God enough?

This is the big one. The one that all the other questions lead to. Strip away the comfort, the security, the plans, the dreams, the promises. Just you and God in the wilderness. Is He enough?

Your answer to that last question will determine everything that comes next.

*"You shall remember all the way which the LORD your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart."*

—Deuteronomy 8:2 (NASB)

## CHAPTER 2: "THAT HE MIGHT HUMBLE YOU"—THE DIVINE PURPOSE

### THE BREAKING OF A MAN

There's a story about a successful pastor—we'll call him Marcus—who built a thriving church from nothing. Five years in, they had three services, a building campaign, staff, programs, and a growing reputation. Marcus was good at this. Really good. He could preach, lead, cast vision, raise money. People respected him. Other pastors asked his advice. Denominational leaders took notice.

He was, by every measurable standard, crushing it.

Then it all fell apart.

Not because of scandal or moral failure. Not because of doctrinal drift or financial mismanagement. It fell apart because God dismantled it. Slowly. Methodically. Painfully.

Key families left for reasons Marcus couldn't understand. Donors pulled their support. Staff members moved on to "better opportunities." The building campaign stalled. Attendance declined. The buzz died. And Marcus—the man who'd built it all, who'd sacrificed everything for it, who'd tied his identity to it—found himself standing in an increasingly empty sanctuary, wondering what the hell God was doing.

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He tried everything. Worked harder. Prayed longer. Adjusted the strategy. Brought in consultants. Changed the worship style. Rebranded. Relaunched. Nothing worked. The decline continued.

And somewhere in year three of the slow collapse, Marcus hit bottom. Not rock bottom —the kind where you do something dramatic and everyone notices. But the quiet bottom. The kind where you sit in your office at 2 p.m. on a Tuesday, staring at an email from another family leaving, and you realize: you have absolutely nothing left. No strength. No vision. No confidence. No answers. No Plan B.

Just the crushing awareness that you cannot fix this. You cannot save this. You cannot work hard enough, pray long enough, or strategize well enough to turn this around.

You are not sufficient.

And that's when Marcus heard it. Not an audible voice, but a whisper in his spirit that felt like Deuteronomy 8:2:

*"That He might humble you."*

And Marcus thought: *I'm already humiliated. Isn't that enough?*

But it wasn't humiliation God was after.

It was humbling.

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And there's a difference.

## THE TEXT THAT EXPLAINS EVERYTHING

Let's look again at Deuteronomy 8:2, because every word matters:

*"You shall remember all the way which the LORD your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart, whether you would keep His commandments or not."* (NASB)

Three things jump out immediately:

First: "The LORD your God has led you."

The wilderness wasn't an accident. It wasn't a detour. It wasn't Plan B after Israel messed up Plan A. God *led them* there. Intentionally. Purposefully. The same God who delivered them from Egypt, who parted the Red Sea, who promised them Canaan—that God led them into the wilderness.

This is crucial because when you're in the wilderness, you will be tempted to believe you did something wrong. That you're being punished. That God is angry with you. That this is your fault.

But Scripture says God *led them* there. Present tense. Active voice. This was His idea, not theirs.

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### Second: "That He might humble you."

The wilderness wasn't random suffering. It had a purpose. A specific, intentional, divine purpose: to humble them.

Not to destroy them. Not to abandon them. Not to make them suffer for suffering's sake. But to humble them.

### Third: "Testing you, to know what was in your heart."

The wilderness was a test. Not like a teacher trying to catch students cheating, but like a doctor running a diagnostic. God wasn't trying to find out what was in their hearts because He didn't know—He was revealing to *them* what was in their hearts. What they really trusted. What they really worshipped. What they really believed about Him.

The wilderness exposes the heart.

And exposure is the first step toward transformation.

### HUMILIATION VS. HUMBLING: THE CRITICAL DISTINCTION

Here's something we have to get straight: humiliation and humbling are not the same thing.

**Humiliation is what people do to you.**

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It's shame-based. It's destructive. It tears down without building up. It's designed to make you feel small, worthless, less-than. It's the work of the enemy, not the work of God.

Humiliation says: *You are nothing. You have no value. You deserve this pain.*

God does not humiliate His children.

**Humbling is what God does for you.**

It's love-based. It's redemptive. It tears down false structures so He can build something true. It's designed to make you dependent, not worthless. It's the work of a Father who loves you too much to let you stay self-sufficient.

Humbling says: *You are not self-sufficient, and that's okay. You don't have to be. I am sufficient for you.*

The difference matters.

When Marcus stood in that empty sanctuary, he felt humiliated. Ashamed. Like a failure. Like everyone was watching him crash and burn, and they all knew he wasn't as good as he pretended to be.

But what God was doing wasn't humiliation. It was humbling. God was dismantling Marcus's self-sufficiency—not to destroy him, but to save him from the prison of his own competence.

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Because here's the truth Marcus had to learn: **you cannot serve God out of your sufficiency. You can only serve Him out of His.**

And as long as Marcus was sufficient, he didn't need God. He needed God's blessing, God's favor, God's help—but not God Himself. Not the daily, desperate, I-have-nothing-without-You dependence that real relationship requires.

The wilderness strips away sufficiency so you can discover Source.

### THE ANATOMY OF SELF-SUFFICIENCY

Self-sufficiency is the original sin. It's what happened in the Garden. The serpent's promise was this: "You will be like God" (Genesis 3:5). You won't need Him. You'll be able to figure it out yourself. You'll be sufficient.

And we've been trying to prove our sufficiency ever since.

But here's what self-sufficiency looks like in modern life—and it's often not what we think:

**Self-sufficiency isn't just the obvious pride.**

It's not just the person who says, "I don't need God. I've got this."

Self-sufficiency is more subtle. More religious. More acceptable.

Self-sufficiency is:

- **The pastor who builds a ministry on his gifts** instead of on God's power, who measures success by attendance and budget, who secretly believes the church would fall apart without him.
- **The professional who works 80-hour weeks** not because she loves her job, but because her identity is tied to her performance, and she's terrified of what happens if she slows down.
- **The parent who controls every detail of their children's lives** because they believe if they just manage it well enough, their kids will turn out okay—as if salvation were a product of good parenting rather than grace.
- **The person who refuses to ask for help** because admitting need feels like admitting defeat, like proving they're not as strong as they need to be.
- **The Christian who has a routine of spiritual disciplines** but uses them as a way to manage God, to ensure His favor, to guarantee blessing—Bible reading as transaction instead of relationship.
- **The ministry leader who can quote Scripture fluently** and teach others about dependence on God while privately relying on their education, their experience, their platform, their network—everything except God Himself.

Self-sufficiency wears religious clothes. It quotes Bible verses. It serves in ministry. It looks successful.

And God will take you to the wilderness to break it.

Because self-sufficiency is incompatible with the Kingdom of God.

C.S. Lewis understood this. He wrote: *"As long as you are proud you cannot know God. A proud man is always looking down on things and people: and, of course, as long as you are looking down you cannot see something that is above you."*

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Pride—self-sufficiency—makes knowing God impossible. Not difficult. Impossible.

Because knowing God requires receiving from Him, and you cannot receive what you believe you don't need.

The wilderness makes you need.

### THE EGYPT WE CARRY IN OUR HEARTS

Here's the thing about Egypt: it's not just a geographical location. It's a mindset. A way of operating. A system you internalize.

Egypt taught Israel that:

- **Survival depends on you.** Work hard enough, and you'll eat. Fail to produce, and you'll starve.
- **Security comes from what you control.** Store up enough, and you'll be safe. Depend on others, and you'll be vulnerable.
- **Value is earned through performance.** Prove you're useful, and you'll be kept alive. Become useless, and you'll be discarded.
- **Suffering is your fault.** If things are bad, you didn't work hard enough, please the right people, or avoid the wrong mistakes.

That's the Egypt mindset.

And the Israelites carried it with them into the wilderness.

When they got hungry, they didn't ask, "What is God teaching us?" They complained, "Why did you bring us out here to die?" (Exodus 16:3)

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When they needed water, they didn't trust, "God will provide." They grumbled, "Is the LORD among us, or not?" (Exodus 17:7)

When they faced enemies, they didn't remember God's faithfulness. They panicked: "Were there no graves in Egypt that you have taken us away to die in the wilderness?" (Exodus 14:11)

Egypt had taught them that survival was their responsibility. And the wilderness kept triggering that old programming.

### **We do the same thing.**

Whatever system we grew up in—dysfunctional family, performance-based religion, achievement-oriented culture—we internalize its rules. And when we get to the wilderness, when the old systems don't work anymore, we panic.

The wilderness reveals the Egypt we're still carrying.

Maybe your Egypt taught you that love is conditional. That you have to earn it, perform for it, be good enough to deserve it. And now, in the wilderness, when God isn't responding the way you expect, you revert to performance. You try harder. Do more. Be better. Because that's what Egypt taught you.

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Maybe your Egypt taught you that you're on your own. That nobody's coming to help. That if you want something done, you'd better do it yourself. And now, in the wilderness, when God is asking you to wait and trust, you can't do it. You have to take control. Fix it yourself. Because that's what Egypt taught you.

Maybe your Egypt taught you that suffering means you did something wrong. That good people get blessed and bad people get punished, and if you're in pain, you must have messed up somewhere. And now, in the wilderness, you're tormented by guilt and shame, trying to figure out what you did to deserve this. Because that's what Egypt taught you.

The wilderness humbles you by exposing the Egypt you're still carrying.

And then it invites you to let it go.

### PRIDE: THE INVISIBLE BARRIER

Pride is the most dangerous sin because it's the most invisible. You can see lust. You can measure greed. You can identify anger. But pride? Pride disguises itself as strength, confidence, capability, wisdom.

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Pride is the voice that says:

- "I've got this."
- "I know what I'm doing."
- "I don't need help."
- "I can figure it out."
- "I've been through worse."
- "I'm strong enough to handle this."

And all of those statements might be true. You *might* have it. You *might* know what you're doing. You *might* be strong enough.

But that's not the point.

The point is: **God doesn't want your strength. He wants your dependence.**

James 4:6 is devastating in its simplicity: "*God is opposed to the proud, but gives grace to the humble.*"

Read that again. God is *opposed* to the proud. Not disappointed in them. Not frustrated with them. *Opposed* to them. Actively working against them. Setting Himself in opposition to their self-sufficiency.

Why? Because pride makes relationship with Him impossible. You cannot receive grace if you believe you don't need it. You cannot depend on God if you believe you're sufficient without Him.

Pride is the invisible barrier between you and the promised land.

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Israel could not enter Canaan as long as they were proud. As long as they believed they could fight their own battles, provide their own food, secure their own future. The first generation died in the wilderness not because God was cruel, but because they refused to humble themselves. They refused to trust. They refused to let go of self-sufficiency.

And the same thing will keep you in the wilderness.

The promised land is for the humble. For those who've learned that every good thing they have comes from God. For those who wake up every morning knowing they can't do it without Him. For those who've been broken enough to stop trying to be self-sufficient.

Thomas Merton wrote extensively about what he called the "true self" and the "false self." The false self is the one we construct—the image we project, the persona we maintain, the version of ourselves we want others (and God) to see. It's built on achievement, reputation, control, and self-sufficiency.

The true self is who we actually are before God—broken, needy, dependent, beloved not because of what we do but because of who He is.

The wilderness destroys the false self.

And humbling is how it happens.

## THE MODEL: CHRIST'S HUMBLING

If you want to understand what humbling looks like, look at Jesus.

Philippians 2:5-8 gives us the pattern:

*"Have this attitude in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross." (NASB)*

Notice the progression:

### **1. He didn't grasp at equality with God.**

Jesus didn't cling to His rights, His position, His status. He didn't say, "I'm God—I shouldn't have to do this." He released what was rightfully His.

### **2. He emptied Himself.**

This is *kenosis*—the self-emptying of Christ. He laid down His divine privileges. Not His divinity, but the independent exercise of His divine attributes. He made Himself vulnerable, limited, dependent.

### **3. He took the form of a servant.**

From glory to slavery. From throne to towel. From worshipped to serving. This is humbling—voluntary descent for the sake of others.

### **4. He humbled Himself by becoming obedient.**

Humbling leads to obedience. When you're no longer protecting your pride, your reputation, your rights—obedience becomes possible in a new way.

### **5. To the point of death. Even death on a cross.**

The ultimate humbling. The most shameful, humiliating death Rome could devise. And Jesus went there willingly. Not because He was weak, but because He trusted the Father completely.

This is the pattern God invites us into.

Not humiliation. Humbling. Voluntary descent into dependence. Trusting the Father even when it makes no sense. Laying down our rights, our sufficiency, our control.

And discovering that on the other side of death is resurrection.

On the other side of humbling is exaltation.

On the other side of dependence is power.

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## HUMILITY IS NOT SELF-HATRED

Before we go any further, we need to address a critical misunderstanding.

Humility is not thinking you're worthless.

Humility is not hating yourself.

Humility is not denying your gifts, your abilities, your value.

Andrew Murray said it perfectly: *"Humility is not thinking less of yourself; it's thinking of yourself less."*

Humility is about *orientation*, not *evaluation*.

A proud person is constantly thinking about themselves—how they're perceived, what they're accomplishing, whether they're appreciated. Their focus is turned inward. Self is at the center.

A humble person isn't constantly thinking about themselves at all. They're free from the burden of self-obsession. They can focus on God, on others, on what actually matters—because they're not constantly monitoring their own status, performance, or reputation.

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C.S. Lewis said that if you meet a truly humble person, you won't come away thinking, "Wow, what a humble person." You'll come away thinking, "Wow, they were really interested in me."

Humility frees you from the prison of self.

And God humbles you—through the wilderness, through hunger, through stripping away your self-sufficiency—not to destroy you, but to liberate you.

### THE DAILY PRACTICE OF HUMILITY

So how do you practice humility in the wilderness? How do you cooperate with what God is doing instead of fighting it?

#### 1. Name your self-sufficiency.

You can't repent of what you won't acknowledge. Where are you still trying to be sufficient? What are you still trying to control? What are you still unwilling to surrender?

Write it down. Say it out loud. Confess it to someone you trust.

"I've been trying to build this ministry on my gifts instead of God's power."

"I've been deriving my identity from my performance instead of from Christ."

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"I've been terrified of failure because I've believed my worth depends on success."

Name it.

### 2. Practice daily dependence.

The Israelites had to gather manna every morning. Every. Single. Morning. No storing up. No getting ahead. No creating security.

What's your manna? What's the thing God is asking you to trust Him for today, without trying to solve tomorrow?

Maybe it's your finances. Trust Him for today's provision, not next month's security.

Maybe it's your relationships. Trust Him with today's conversation, not the long-term outcome.

Maybe it's your ministry. Trust Him for today's faithfulness, not your ten-year plan.

Daily dependence trains you in humility.

### 3. Embrace your need.

Our culture worships independence. Christianity worships dependence.

The world says: "Don't need anyone. Be self-sufficient. Be strong."

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Jesus says: "Blessed are the poor in spirit" (Matthew 5:3). Blessed are those who know they're needy. Blessed are those who can't make it on their own.

Stop apologizing for your need. Stop pretending you've got it together. Stop hiding your struggle.

Your need is not a liability. It's an invitation. It's the doorway to receiving from God.

### 4. Receive correction.

Proud people cannot be corrected. They defend. Justify. Explain. Deflect.

Humble people receive correction as a gift. "Show me where I'm wrong. Help me see my blind spots. I'd rather be corrected now than continue in error."

2 Chronicles 7:14 says: *"If My people who are called by My name humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin and will heal their land."*

Notice the order: humble → pray → seek → turn. Humbling comes first. And it opens the door to everything else.

### 5. Celebrate others.

Pride needs to be the best. Humility can celebrate when others succeed.

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If someone else gets the opportunity you wanted, can you genuinely rejoice? If someone else gets the recognition you thought you deserved, can you celebrate their win?

Your answer reveals how much Egypt you're still carrying.

### 6. Serve without needing credit.

Do the thing nobody sees. Give the money anonymously. Help without announcing it. Serve without needing applause.

Matthew 6:3-4: *"But when you give to the poor, do not let your left hand know what your right hand is doing, so that your giving will be in secret; and your Father who sees what is done in secret will reward you."*

Humility serves for an audience of One.

### THE EGYPT MINDSET TEST

Here's how to identify the Egypt mindset you're still carrying. Ask yourself: **What do I default to under pressure?**

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- **When you're anxious**, do you try to control everything, or do you surrender to God?
- **When you're criticized**, do you defend yourself, or can you receive it humbly?
- **When you fail**, do you spiral into shame, or do you run to grace?
- **When you're overlooked**, do you fight for recognition, or can you rest in God's approval?
- **When provision is delayed**, do you panic and scheme, or do you trust and wait?
- **When someone else succeeds**, do you feel threatened, or can you celebrate?
- **When you're suffering**, do you assume you did something wrong, or do you trust God's purposes?

Your default under pressure reveals what's really in your heart.

And the wilderness is designed to expose it.

Not to condemn you. But to heal you. To free you from the Egypt you're still carrying so you can enter the Canaan God has prepared.

## WHEN HUMBLING FEELS LIKE DYING

Here's the hard truth: humbling feels like death.

Because in a very real sense, it is death. Death of the self-sufficient self. Death of the false self. Death of the version of you that believed you could do it on your own.

And death is painful.

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Marcus, the pastor whose church was dismantled, described it like this: "I felt like I was disappearing. Like everything that made me *me* was being stripped away. My competence. My reputation. My vision. My confidence. And I was terrified that once it was all gone, there'd be nothing left."

But here's what he discovered on the other side: "There was something left. Someone left. The *real* *me*. The *me* who was beloved before I ever did anything impressive. The *me* who was God's son, not because I built a church, but because He chose me. And for the first time in my life, I didn't have to *do* to be loved. I just *was* loved. And that was enough."

That's what humbling gives you.

It takes away everything you thought you needed to be valuable.

And reveals that you were valuable all along.

Not because of what you do, but because of Whose you are.

### THE PROMISE ON THE OTHER SIDE

God doesn't humble you to leave you there, broken and defeated. He humbles you to prepare you for what's next.

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The Israelites who entered Canaan weren't the proud, self-sufficient slaves who left Egypt. They were the humble, God-dependent generation who'd learned to trust Him for daily bread, to follow Him through impossibilities, to obey Him even when it didn't make sense.

And that's why they could possess the land.

Because Canaan requires humility. It requires people who know that every victory comes from God, not from their strength. Every provision comes from Him, not from their work. Every blessing comes from His grace, not from their merit.

You cannot possess what you're not prepared for.

And humbling is what prepares you.

### REFLECTION QUESTIONS

#### **1. What does self-sufficiency look like in your life right now?**

Where are you still trying to be sufficient? What are you clinging to that gives you a sense of control, security, or value apart from God?

#### **2. What's the Egypt mindset you default to under pressure?**

When things get hard, what's your automatic response? Control? Performance? Hiding? Blaming? That's the Egypt you're still carrying.

### 3. How do you respond to correction or criticism?

Do you defend? Deflect? Justify? Or can you receive it humbly, knowing that God might be using someone else to show you your blind spots?

### 4. What would it look like to practice daily dependence?

What's the one thing God is asking you to trust Him for today, without trying to solve tomorrow?

### 5. Where are you confusing humiliation with humbling?

Is there a place where you feel ashamed, worthless, defeated—thinking that's what God wants? Remember: humiliation is from the enemy. Humbling is from the Father. And there's a difference.

### 6. What are you afraid will be left if God strips away your self-sufficiency?

This is the core fear. That if you're not competent, successful, strong, impressive—you'll be nothing. But the truth is, you'll be *you*. The real you. The beloved you. The you that God has always seen and always loved.

The wilderness is where God humbles you.

Not to destroy you, but to save you.

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Not to humiliate you, but to liberate you.

Not to prove you're nothing, but to prove that He is everything.

And on the other side of humbling is a freedom you've never known.

The freedom to be loved without having to earn it.

The freedom to serve without needing credit.

The freedom to fail without being destroyed.

The freedom to be weak because His strength is made perfect in your weakness.

The freedom to live by every word that proceeds from the mouth of the LORD.

Because you've finally learned: you don't have to be sufficient.

He is.

*"God is opposed to the proud, but gives grace to the humble."*

—James 4:6 (NASB)

## CHAPTER 3: "TESTING YOU, TO KNOW WHAT WAS IN YOUR HEART"

### WHAT CAME OUT WHEN THE PRESSURE HIT

She'd been a Christian for fifteen years. Led Bible studies. Served in children's ministry. Had all the right answers. Could quote Scripture with ease. Everyone thought she had her life together.

Then her husband lost his job.

And what came out shocked her.

Not gentle trust. Not peaceful surrender. Not the faith she'd been teaching others about for years.

What came out was panic. Control. Frantic scheming. A desperate attempt to fix everything herself because deep down—deeper than her theology, deeper than her Bible knowledge, deeper than her Sunday morning image—she didn't really believe God would come through.

She'd believed *about* God. She'd believed *in* God. But when the pressure hit, when the money ran out, when the future looked uncertain, what surfaced wasn't trust. It was terror.

And the terror revealed something she'd never seen before: she'd been trusting her husband's paycheck more than she'd been trusting God.

## WHEN GOD LETS YOU BE HUNGRY

The wilderness didn't create that misplaced trust. It just revealed it.

Like squeezing a tube of toothpaste—you can't squeeze out what isn't already in there.

### THE TEXT THAT WON'T LET US HIDE

Deuteronomy 8:2 is brutally honest about why God leads us into the wilderness:

*"You shall remember all the way which the LORD your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart, whether you would keep His commandments or not."* (NASB)

Three critical words: **"to know what was in your heart."**

Now, God already knows what's in your heart. He's omniscient. He doesn't need to run tests to gather information. Psalm 139:1-4 makes this clear: *"O LORD, You have searched me and known me. You know when I sit down and when I rise up; You understand my thought from afar. You scrutinize my path and my lying down, and are intimately acquainted with all my ways. Even before there is a word on my tongue, behold, O LORD, You know it all."*

So if God already knows, why the test?

Because **we** don't know what's in our hearts.

## WHEN GOD LETS YOU BE HUNGRY

We lie to ourselves. We create narratives. We believe our own press releases. We think we trust God because we can articulate the theology of trust. We think we're humble because we can define humility. We think we have faith because we attend church and read our Bibles.

But the wilderness reveals the truth.

God tests us not to discover what's in our hearts—He already knows. He tests us so that **we** discover what's in our hearts. So we can see what we really believe. What we really trust. What we really worship. What we really fear.

And once we see it, we can deal with it.

You cannot heal what you will not acknowledge.

You cannot repent of what you refuse to see.

You cannot be transformed by what remains hidden.

The wilderness forces the reveal.

### TESTING VS. TEMPTING: A CRITICAL DISTINCTION

Before we go any further, we need to get something straight: **God's testing is not the same as Satan's tempting.**

# WHEN GOD LETS YOU BE HUNGRY

James 1:13-15 makes this clear:

*"Let no one say when he is tempted, 'I am being tempted by God'; for God cannot be tempted by evil, and He Himself does not tempt anyone. But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death." (NASB)*

God doesn't tempt. Satan tempts.

But God does test. And there's a difference.

**Satan's tempting:**

- Purpose: To destroy you
- Method: Exploitation of weakness
- Direction: Toward sin
- Goal: Death and separation from God
- Nature: Deceptive, manipulative, accusatory

**God's testing:**

- Purpose: To refine you
- Method: Revelation of truth
- Direction: Toward holiness
- Goal: Life and intimacy with God
- Nature: Loving, redemptive, formative

Same wilderness. Different intentions.

## WHEN GOD LETS YOU BE HUNGRY

Satan whispers: "See? You're not who you pretend to be. You're a fraud. You might as well give up."

God whispers: "Look. Here's what's really in your heart. Now let's deal with it together. Let's get you free from this."

Satan's goal is condemnation. God's goal is transformation.

Satan wants you to hide in shame. God wants you to come out in honesty so He can heal you.

The wilderness will involve both testing and tempting. Both God's voice and the enemy's. And learning to distinguish between them is essential.

Here's how you tell the difference:

**If it leads you toward God in honest dependence, it's testing.**

**If it leads you away from God in shame and hiding, it's tempting.**

Both can feel uncomfortable. Both can expose sin. But testing leads to repentance and restoration. Tempting leads to condemnation and despair.

## THE PURPOSE OF DIVINE EXAMINATION

So why does God test us? What's the purpose of the divine examination?

## 1. To reveal what we really trust.

We say we trust God. But the wilderness asks: Do you really? When the bank account is empty, when the relationship is broken, when the diagnosis is terminal, when the promise is delayed—what do you *actually* trust?

Your answer under pressure is your real answer.

## 2. To expose our functional gods.

We all have them. The things we look to for security, identity, worth, meaning, satisfaction. The things we run to when we're anxious. The things we can't imagine living without.

For Israel, it was the food of Egypt. They'd rather have slavery with leeks and onions than freedom with manna.

For us, it might be:

- Financial security
- Relational approval
- Professional success
- Physical comfort
- Control over our circumstances
- Our reputation
- Our ministry
- Our family
- Our plans

None of those things are bad in themselves. But when we can't lose them without losing ourselves, they've become functional gods. And the wilderness reveals that.

### **3. To show us what we believe about God's character.**

When God doesn't come through the way we expect, when He delays, when He's silent, when He allows pain—what does that reveal about what we *really* believe about Him?

Do we believe He's good? Or do we believe He's good only when things go our way?

Do we believe He loves us? Or do we believe His love is conditional on our performance?

Do we believe He's sovereign? Or do we believe He's powerless against our circumstances?

The wilderness reveals our functional theology—not the one we articulate on Sunday mornings, but the one we operate from on Tuesday nights when everything is falling apart.

### **4. To prepare us for greater responsibility.**

You cannot be trusted with Canaan until you've been tested in the wilderness.

## WHEN GOD LETS YOU BE HUNGRY

God doesn't give authority to untested people. He doesn't give influence to those who haven't been refined. He doesn't give promises to those who haven't proven faithful in obscurity.

1 Peter 1:6-7: *"In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, so that the proof of your faith, being more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ."*

The testing proves the faith. And proven faith is what God uses to change the world.

### WHAT THE WILDERNESS REVEALS

So what exactly does the wilderness expose? What comes out when the pressure hits?

#### 1. ENTITLEMENT

Listen to how Israel talks in Numbers 11:4-6:

*"The rabble who were among them had greedy desires; and also the sons of Israel wept again and said, 'Who will give us meat to eat? We remember the fish which we used to eat free in Egypt, the cucumbers and the melons and the leeks and the onions and the garlic, but now our appetite is gone. There is nothing at all to look at except this manna.'" (NASB)*

They're complaining about free food from heaven because it's not the variety they want.

That's entitlement.

Entitlement says:

- "God owes me better than this."
- "I deserve more than what I'm getting."
- "I shouldn't have to go through this."
- "Other people get blessing—why not me?"

Entitlement is the belief that you're owed something. That God's job is to make you comfortable, happy, successful. That if you're suffering, something has gone terribly wrong.

The wilderness reveals entitlement by giving you manna instead of the full buffet you think you deserve.

And the question is: Can you be grateful for manna? Or will you spend your wilderness complaining that it's not steak?

## 2. FEAR

When Israel got to the edge of the Promised Land the first time, they sent twelve spies to check it out. Ten came back terrified. Two came back ready to go.

## WHEN GOD LETS YOU BE HUNGRY

Numbers 13:31-33: *"But the men who had gone up with him said, 'We are not able to go up against the people, for they are too strong for us.' So they gave out to the sons of Israel a bad report of the land which they had spied out, saying, 'The land through which we have gone, in spying it out, is a land that devours its inhabitants; and all the people whom we saw in it are men of great size. There also we saw the Nephilim (the sons of Anak are part of the Nephilim); and we became like grasshoppers in our own sight, and so we were in their sight.'"*

They saw giants and forgot God.

That's fear.

Fear says:

- "The obstacles are too big."
- "I'm not strong enough."
- "This is impossible."
- "I can't do this."

And fear is right—you can't do it. But God can. And the question is whether you trust Him more than you fear the giants.

The wilderness reveals fear by putting you in situations where you're clearly insufficient and God is your only option.

### 3. UNBELIEF

The fundamental issue with the first generation wasn't that they were scared. It's that they didn't believe God would do what He promised.

Hebrews 3:19: *"So we see that they were not able to enter because of unbelief."*  
(NASB)

Unbelief is not the same as doubt. Doubt asks questions. Unbelief refuses answers.

Unbelief says:

- "God won't come through."
- "His promises aren't for me."
- "I've been let down too many times to hope again."
- "Maybe it worked for other people, but it won't work for me."

Unbelief looks at forty years of God's faithfulness—manna every morning, water from rocks, clothes that didn't wear out, enemies defeated, guidance by cloud and fire—and says, "Yeah, but He can't handle *this* problem."

The wilderness reveals unbelief by giving you a promise and then making you wait for it while nothing makes sense and everything looks impossible.

## 4. SELF-PRESERVATION

Abraham is the father of faith, right? The man who trusted God, left everything, followed God into the unknown.

But Genesis 16 reveals what was in his heart when the promise was delayed:

*"Now Sarai, Abram's wife had borne him no children, and she had an Egyptian maid whose name was Hagar. So Sarai said to Abram, 'Now behold, the LORD has prevented me from bearing children. Please go in to my maid; perhaps I will obtain children through her.' And Abram listened to the voice of Sarai."* (Genesis 16:1-2, NASB)

God had promised Abraham a son through Sarah. But Sarah was barren and getting older. So Abraham took matters into his own hands. He tried to fulfill God's promise through human effort.

That's self-preservation.

Self-preservation says:

- "God's taking too long—I'll help Him out."
- "I can't just wait—I have to do *something*."
- "If I don't take care of myself, who will?"
- "God helps those who help themselves." (Which, by the way, is not in the Bible.)

Self-preservation is the instinct to protect yourself, to guarantee your own future, to manipulate circumstances to ensure you get what you need.

And it always produces an Ishmael—something that looks like the promise but isn't actually what God intended.

The wilderness reveals self-preservation by putting you in situations where you can't fix it, can't control it, can't guarantee the outcome. Where your only option is to trust God or to force a solution yourself.

### 5. IDOLATRY

Exodus 32. Moses is up on the mountain receiving the Law. The people are down below, waiting. And waiting. And waiting.

And they get anxious.

So they build a golden calf and worship it.

*"When the people saw that Moses delayed to come down from the mountain, the people assembled about Aaron and said to him, 'Come, make us a god who will go before us; as for this Moses, the man who brought us up from the land of Egypt, we do not know what has become of him.'" (Exodus 32:1, NASB)*

The minute they felt abandoned, they created a god they could control.

That's idolatry.

## WHEN GOD LETS YOU BE HUNGRY

Idolatry is reaching for anything other than God to meet the need that only God can meet.

The wilderness reveals idolatry by removing your false securities and showing you what you run to when you're desperate.

### 6. DIVISION AND BLAME

When things get hard, people turn on each other.

Israel blamed Moses (Exodus 14:11). Moses got frustrated with Israel (Numbers 11:11-15). Miriam and Aaron turned against Moses (Numbers 12:1-2). Korah led a rebellion (Numbers 16).

Hardship reveals relational dynamics. It shows you who blames, who controls, who manipulates, who withdraws.

The wilderness reveals division by putting pressure on relationships and showing you how you handle conflict, disappointment, and shared suffering.

### BIBLICAL EXAMPLES: WHAT THE WILDERNESS REVEALED

Let's look at how the wilderness functioned in specific biblical examples:

## ISRAEL: The Wilderness Revealed Chronic Unbelief

Forty years. Countless miracles. Daily provision. And yet they never learned to trust.

Every time something went wrong, they complained. Every time they faced an obstacle, they wanted to go back to Egypt. Every time God asked them to trust Him, they chose fear instead.

The wilderness revealed that an entire generation was so formed by Egypt that they could never possess Canaan. They had to die in the desert so a new generation—one formed by trust rather than slavery—could enter the promise.

## ABRAHAM: The Wilderness Revealed Impatience

God promised Abraham a son. Abraham waited. And waited. And waited.

And in the waiting, what came out was impatience. Self-reliance. A willingness to compromise God's plan to speed up the process.

Ishmael was born of Abraham's inability to wait on God's timing.

But here's the redemptive part: the wilderness that revealed Abraham's impatience also refined it. By the time Isaac was born—twenty-five years after the promise—Abraham had learned to trust God's timing. And by the time God asked him to sacrifice Isaac (Genesis 22), Abraham had become a man who trusted God even when it made absolutely no sense.

## WHEN GOD LETS YOU BE HUNGRY

The wilderness revealed the impatience. The continued wilderness refined it into patience.

### **DAVID: The Wilderness Revealed His Heart for God**

David was anointed king as a teenager (1 Samuel 16). But he didn't take the throne until he was thirty (2 Samuel 5:4). In between was wilderness: running from Saul, hiding in caves, living as a fugitive, leading a band of misfits.

What did the wilderness reveal?

That David's heart was set on God, not on the throne. That he refused to take shortcuts or force the promise. That he could trust God's timing even when it meant years of waiting in obscurity.

1 Samuel 24 and 26 show David sparing Saul's life—twice—when he could have killed him and taken the kingdom. The wilderness revealed a man who would rather wait on God than seize the promise prematurely.

And that's exactly the kind of man God could trust with the throne.

### **JESUS: The Wilderness Revealed His Dependence on the Father**

After Jesus' baptism, where the Father declared, "This is My beloved Son, in whom I am well-pleased" (Matthew 3:17), the Spirit immediately led Him into the wilderness to be tempted by the devil (Matthew 4:1).

## WHEN GOD LETS YOU BE HUNGRY

Forty days of fasting. Forty days of hunger. Forty days of testing.

And what did the wilderness reveal? That Jesus' dependence was completely on the Father. That He would not use His divine power independently. That He would live by "every word that proceeds out of the mouth of God" (Matthew 4:4, quoting Deuteronomy 8:3).

Satan tempted Jesus to:

- Turn stones to bread (meet Your own needs)
- Throw Himself off the temple (test God's faithfulness)
- Worship Satan for instant kingdoms (shortcut the cross)

And every time, Jesus quoted Scripture and refused. Because the wilderness revealed what was truly in His heart: total submission to the Father's will, total dependence on the Father's word, total trust in the Father's plan.

The wilderness didn't create that in Jesus. It revealed it.

And it qualified Him for what came next.

## OSWALD CHAMBERS AND THE TEST OF THE ORDINARY

Oswald Chambers wrote: *"The test of a man's religious life and character is not what he does in the exceptional moments of life, but what he does in the ordinary times, when there is nothing tremendous or exciting on."*

## WHEN GOD LETS YOU BE HUNGRY

This is profound.

We think the test is in the crisis moments. The big decisions. The dramatic trials. And yes, those reveal our hearts too.

But Chambers says the *real* test is in the ordinary. The boring. The repetitive. The mundane.

What do you do when it's just another Tuesday? When there's no crisis to rise to, no dramatic challenge to overcome, just the same manna, the same routine, the same wilderness you've been walking for months or years?

Do you stay faithful? Or do you check out?

Do you keep worshipping? Or do you go through the motions?

Do you maintain hope? Or do you settle into cynical resignation?

The wilderness isn't just the dramatic moments of testing. It's the long, slow, boring stretches where nothing is happening and you have to choose, day after day, to keep trusting God when there's no visible evidence that anything is changing.

That's where the real revelation happens.

Because anyone can trust God in the dramatic moments when His presence is tangible and His intervention is obvious.

## WHEN GOD LETS YOU BE HUNGRY

But can you trust Him on day 3,472 of the same wilderness, when nothing has changed, when the promise still seems impossibly far away, when you're tired and bored and wondering if maybe you imagined the whole thing?

That's the test.

And what comes out reveals what's really in your heart.

### JERRY BRIDGES ON GOD'S SOVEREIGNTY IN TRIALS

Jerry Bridges understood that nothing—*nothing*—happens to a believer that hasn't first passed through God's sovereign hands. Even Satan had to ask permission to test Job (Job 1:12).

This is crucial for understanding wilderness seasons. The wilderness isn't random. It's not an accident. It's not God losing control or taking a break while the enemy runs wild.

God is sovereign over your wilderness. Which means:

#### 1. He allowed it.

He could have prevented it, but He didn't. Not because He doesn't love you, but because He has purposes in it that are more loving than comfort would be.

### 2. He's using it.

Romans 8:28: "*And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.*"

Even the attacks of the enemy, even your failures, even the consequences of your sin—God is sovereign enough to weave it all into His redemptive purposes.

### 3. He's with you in it.

Isaiah 43:2: "*When you pass through the waters, I will be with you; and through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, nor will the flame burn you.*"

Notice: He doesn't say "if you pass through." He says "when." He doesn't promise to prevent the fire. He promises to be with you in it.

Understanding God's sovereignty in the wilderness changes how you experience it. It's not meaningless suffering. It's purposeful refining. And the God who allowed it is the God who will use it and the God who is with you through it.

### DALLAS WILLARD ON SPIRITUAL FORMATION THROUGH HARDSHIP

Dallas Willard wrote extensively about how spiritual transformation happens—not primarily through information, but through formation. And formation requires practice, discipline, and often, hardship.

## WHEN GOD LETS YOU BE HUNGRY

He would say that the wilderness is where we're *formed* into Christlikeness. Not just informed about it. Not just inspired toward it. But actually formed.

Willard wrote: "*Grace is not opposed to effort, it is opposed to earning. Earning is an attitude. Effort is an action.*"

The wilderness requires effort. Not the effort of earning God's approval—that's already settled in Christ. But the effort of cooperating with what God is doing. The effort of choosing trust when fear is screaming. The effort of practicing obedience when disobedience seems easier. The effort of maintaining hope when despair feels more realistic.

Formation happens through repetition. Through practicing the right response over and over until it becomes second nature.

Israel had forty years of practice. Forty years of choosing trust over fear, obedience over rebellion, worship over complaint. And those who learned the lessons—the second generation—became the people who could possess Canaan.

The wilderness is your formation ground. Your training facility. Your practice field.

And what gets revealed in the wilderness becomes the raw material for transformation.

## THE HEART ISSUES THAT DISQUALIFY US

Here's the sobering truth: some heart issues, if left unaddressed, will disqualify us from the promise.

Not because God stops loving us. Not because we lose our salvation. But because we're not ready. We're not prepared. We'd destroy the promise if we got it.

**The first generation of Israel died in the wilderness.** Not all of them because they were wicked. Most of them died simply because they never learned to trust God. And God couldn't give Canaan to people who didn't trust Him.

What disqualifies us?

### **1. Persistent unbelief.**

If you refuse to believe God, even after He's proven Himself faithful over and over, you cannot possess the promise. Because possessing the promise requires acting in faith. And unbelief makes that impossible.

### **2. Refusal to repent.**

If the wilderness reveals sin and you respond by hiding it, defending it, or justifying it instead of repenting, you cannot move forward. God can't transform what you won't acknowledge.

### 3. Nostalgia for Egypt.

If you spend your wilderness longing for the very bondage God delivered you from, you're not ready for freedom. Canaan is for people who would rather have God in the wilderness than comfort in slavery.

### 4. Rebellion against God's leadership.

If you keep fighting God's direction, questioning His methods, rebelling against His timing, you cannot follow Him into the promise. Canaan requires obedience.

### 5. Division and bitterness.

If you spend your wilderness blaming others, creating division, holding grudges, refusing reconciliation, you cannot build community in Canaan. The Promised Land requires people who can work together in unity.

The wilderness reveals these issues. And then it gives you a choice: will you address them or will you defend them?

Your answer determines your future.

## REVELATION MUST PRECEDE TRANSFORMATION

Here's why the revelation matters so much: **you cannot be transformed by what remains hidden.**

God could supernaturally zap you and change your heart instantly. He's God—He can do anything.

But that's not how He typically works. Instead, He uses the wilderness to expose what's really in your heart so that you can see it, acknowledge it, grieve it, confess it, and cooperate with Him in transforming it.

The process looks like this:

### **1. REVELATION: The wilderness exposes what's in your heart.**

You thought you trusted God. Then the crisis hit and you discovered you don't. Not really. Not when it costs you something.

### **2. ACKNOWLEDGMENT: You face what's been revealed.**

You stop denying it. Stop defending it. Stop justifying it. You say, "Yes. This is true. This is in me. And it's not okay."

### **3. CONFESSION: You bring it to God.**

1 John 1:9: *"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."*

You don't hide. You don't pretend. You come out of the shadows and into the light, knowing that God already knows and He's not shocked.

### 4. REPENTANCE: You turn from it.

Repentance isn't just feeling bad about sin. It's turning away from it. Choosing a different path. Replacing the old pattern with a new one.

### 5. TRANSFORMATION: God does the deep work.

This is where grace does what you could never do yourself. God doesn't just forgive the sin—He heals the wound beneath it. He addresses the fear, the insecurity, the trauma, the lie that made you reach for the false security in the first place.

But it all starts with revelation.

The wilderness forces the reveal.

And what you do with what's revealed determines whether the wilderness becomes transformation or just wasted time.

### PERSONAL INVENTORY: WHAT SURFACES WHEN YOU'RE HUNGRY?

Time to get uncomfortably honest. Here are the questions the wilderness is asking you:

#### 1. What surfaces when you're hungry?

Not just physically hungry, but soul-hungry. Emotionally hungry. When you're desperate for something you don't have, what comes out?

- Panic or peace?
- Control or surrender?
- Complaint or worship?
- Entitlement or gratitude?

Your answer reveals what you really believe about God's goodness and provision.

## 2. What do you reach for when God seems silent?

When you pray and heaven seems quiet, when you're waiting and there's no answer, when God feels distant or absent—what do you reach for?

- Do you reach for God Himself? Or do you reach for substitutes?
- Do you run to friends for reassurance? To social media for distraction? To work for control? To food, alcohol, shopping, entertainment for comfort?
- What's your go-to when God feels gone?

That's your functional savior. That's what you're really trusting.

## 3. Where does your mind go when provision is delayed?

When the answer doesn't come, when the breakthrough doesn't happen, when the door doesn't open—where does your mind go?

- "God has forgotten me."
- "God doesn't care."
- "God is punishing me."
- "I must have done something wrong."
- "This will never change."
- "I need to take control and fix this myself."

Or does your mind go to:

- "God is faithful even when I don't see it."
- "His timing is perfect even when it's painful."
- "He has purposes I don't understand yet."
- "I can trust Him even in the dark."

Your default thought pattern reveals your core beliefs about God.

## 4. How do you respond when someone else gets what you've been praying for?

Can you genuinely celebrate? Or does their blessing trigger envy, bitterness, or a sense of "Why them and not me?"

Your response reveals whether you believe in God's abundance or whether you're operating from a scarcity mindset where someone else's blessing feels like a threat to yours.

## 5. What would you not give up, even if God asked?

Abraham had to put Isaac on the altar. What's your Isaac? What's the thing you can't imagine living without? What would devastate you to lose?

That's your functional god. And God may very well ask you to surrender it—not because He's cruel, but because He wants to be first in your heart.

### 6. When you fail, where do you run?

Do you run to God in honest confession? Or do you hide in shame, convinced He's done with you?

Do you run to grace, knowing you're loved apart from your performance? Or do you run to self-punishment, trying to atone for your failure through suffering?

Where you run in failure reveals what you believe about God's heart toward you.

### 7. What lies do you believe about yourself that the wilderness keeps exposing?

"I'm not enough." "I'm too much." "I'm unlovable." "I'm a burden." "I'm a failure." "I don't deserve good things." "Everyone leaves eventually."

The wilderness has a way of surfacing the core lies we believe. And once they're exposed, God can address them with truth.

## THE GIFT OF THE REVEAL

It feels brutal when the wilderness exposes what's really in your heart. It's humiliating. Painful. Disorienting.

You thought you knew yourself. You thought you were further along. You thought your faith was stronger than this.

## WHEN GOD LETS YOU BE HUNGRY

And now you're face-to-face with entitlement, fear, unbelief, self-preservation, idolatry—all the things you thought you'd dealt with years ago but apparently are still very much alive and well in your heart.

But here's the gift: **you can't be healed from what you won't acknowledge.**

The revelation is mercy.

Because now you know. Now you can see what needs to change. Now you can bring it to God instead of hiding it from Him.

The wilderness doesn't create the problem. It reveals it.

And revelation is the first step toward freedom.

### REFLECTION QUESTIONS

#### 1. What has the wilderness revealed about what's really in your heart?

Don't spiritualize this. Don't give the "right" answer. What has actually come out when the pressure hit? What surprised you about your own response?

#### 2. Where have you seen entitlement surface?

## WHEN GOD LETS YOU BE HUNGRY

Where have you caught yourself thinking, "I shouldn't have to deal with this" or "I deserve better than this"? Where are you treating God's blessing as something owed rather than something given?

### **3. What fears has the wilderness exposed?**

What are you actually afraid of? Not the spiritual answer, but the real, gut-level fear. Failure? Rejection? Being alone? Losing control? Not having enough?

### **4. Where is unbelief showing up?**

Where are you refusing to believe God's promises apply to you? Where are you looking at circumstances instead of at God's character?

### **5. What's your go-to self-preservation strategy?**

How do you try to guarantee your own security when God seems slow to act? What shortcuts are you tempted to take? What Ishmael are you tempted to create?

### **6. What idols has the wilderness revealed?**

What have you been reaching for instead of God? What can't you imagine living without? What feels more essential to your well-being than God Himself?

### 7. How have you responded to what's been revealed?

Have you acknowledged it and brought it to God? Or have you defended it, justified it, or hidden it?

Remember: The wilderness is not your enemy. It's your training ground. It's the place where God loves you enough to show you the truth about your heart so He can heal it, transform it, and prepare you for the promise He's already prepared for you.

The wilderness reveals.

But revelation is mercy.

Because you cannot be transformed by what you refuse to see.

And God loves you too much to let you stay hidden.

*"You shall remember all the way which the LORD your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart."*

—Deuteronomy 8:2 (NASB)

## CHAPTER 4: THE GIFT OF HOLY HUNGER

### THE THING NOBODY WANTS

There's a phrase in Deuteronomy 8:3 that we've been avoiding. Three words that make us deeply uncomfortable. Three words that challenge everything we believe about God's love, God's provision, God's kindness.

*"Let you be hungry."*

Not "accidentally allowed you to experience hunger." Not "regretfully permitted hunger to touch you." Not "couldn't prevent you from being hungry."

But: *"Let you be hungry."*

Deliberately. Intentionally. Purposefully.

The same God who fed five thousand with a boy's lunch let an entire nation be hungry in the wilderness. The same God who promises to supply all our needs according to His riches in glory (Philippians 4:19) withheld provision from people He loved. The same God who says He cares about even the sparrows let His chosen people wake up day after day with empty stomachs and uncertain futures.

And He did it on purpose.

## WHEN GOD LETS YOU BE HUNGRY

*"He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."* (Deuteronomy 8:3, NASB)

Read that again: **"Let you be hungry."**

This is the uncomfortable truth at the heart of wilderness seasons: sometimes God's greatest gift is His refusal to fill the void you're experiencing. Sometimes His deepest kindness looks like withholding. Sometimes He loves you too much to give you what you're desperate for.

Because He's after something better.

Something you can't receive until you're hungry enough to want it.

### THE FULL TEXT AND THE UNCOMFORTABLE KINDNESS

Let's look at the complete verse one more time, because every word matters:

*"He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."* (Deuteronomy 8:3, NASB)

## WHEN GOD LETS YOU BE HUNGRY

Notice the sequence:

1. **He humbled you** (broke your self-sufficiency)
2. **Let you be hungry** (created a need you couldn't meet)
3. **Fed you with manna** (provided in a way you didn't expect or control)
4. **That He might make you understand** (this was pedagogy, not punishment)
5. **Man does not live by bread alone** (physical provision is not the point)
6. **But by every word from the LORD** (spiritual nourishment is what you're actually starving for)

The hunger was intentional. The withholding was purposeful. The lack was meant to teach something abundance never could.

And what He was teaching was this: **You were made for more than bread. And until you're hungry enough to realize that, you'll keep trying to satisfy a spiritual hunger with physical food.**

### STARVING VS. FASTING: A CRITICAL DISTINCTION

Before we go any further, we need to distinguish between two very different experiences of hunger: **starving** and **fasting**.

**Starving is involuntary deprivation with no purpose.**

It's hunger forced upon you by poverty, oppression, tragedy, or injustice. It's the kind of hunger that destroys rather than refines. It's suffering without redemption.

God does not starve His children.

## WHEN GOD LETS YOU BE HUNGRY

**Fasting is voluntary abstinence for a holy purpose.**

It's hunger you choose (or, in the wilderness, hunger God allows) specifically to create space for God. It's deprivation that has a point. It's hunger that prepares you for something better.

God does let His children fast—sometimes involuntarily, but always with purpose.

The Israelites weren't starving in the wilderness. They were being fed—just not the way they wanted. They had manna every single day. But they had to wake up hungry. They had to feel the need. They had to experience lack before they experienced provision.

That's fasting, not starving.

And there's a difference.

Starving says: "You're on your own. Nobody cares. You're going to die."

Fasting says: "You're being prepared. God is near. Something holy is happening."

The wilderness involves fasting, not starving. God lets you be hungry, but He doesn't let you die. He withholds abundance, but He provides sufficiency. He creates need, but He meets it—just not always in the way you expect or the timing you demand.

And that uncomfortable in-between space—where you're not starving but you're definitely not satisfied—that's where transformation happens.

# WHEN GOD LETS YOU BE HUNGRY

## WHY GOD WITHHOLDS

So why does God deliberately let us be hungry? Why withhold when He could easily provide? Why allow lack when He owns everything?

### 1. To reveal what we're really hungry for.

When you're full, you don't think about food. When you're comfortable, you don't think about provision. When you have everything you need, you don't think about God—at least not in the desperate, I-need-You-to-survive way that true dependence requires.

Hunger reveals desire.

Israel thought they were hungry for fish and cucumbers and leeks. But what they were really hungry for was security. Predictability. Control. The familiar, even if the familiar was slavery.

God let them be hungry to show them: you're not actually hungry for Egyptian food. You're hungry for something deeper. And until you figure out what that is, I can't satisfy it.

### 2. To create capacity for something better.

Augustine famously prayed: *"Thou hast made us for Thyself, O Lord, and our hearts are restless until they find their rest in Thee."*

## WHEN GOD LETS YOU BE HUNGRY

We were made for God. Not as an add-on to an otherwise full life, but as the very source and center of life itself. We were created with a God-shaped space in our souls that nothing else can fill.

But as long as that space is stuffed with substitutes—comfort, success, relationships, achievements, food, entertainment, approval—there's no room for God Himself.

Hunger creates capacity.

God withholds the substitutes so there's finally space for the real thing. He empties you out so He can fill you up—not with what you think you need, but with what you're actually starving for.

### 3. To protect us from the danger of abundance.

Here's the thing nobody tells you: **abundance is spiritually dangerous.**

## WHEN GOD LETS YOU BE HUNGRY

Deuteronomy 8:11-14 warns about this explicitly:

*"Beware that you do not forget the LORD your God by not keeping His commandments and His ordinances and His statutes which I am commanding you today; otherwise, when you have eaten and are satisfied, and have built good houses and lived in them, and when your herds and your flocks multiply, and your silver and gold multiply, and all that you have multiplies, then your heart will become proud and you will forget the LORD your God who brought you out from the land of Egypt, out of the house of slavery." (NASB)*

Read that carefully. The danger isn't poverty—the danger is prosperity. The threat isn't lack—it's abundance. The warning isn't about not having enough—it's about having so much that you forget you need God.

When you're full, you stop seeking. When you're comfortable, you stop depending. When you have everything you want, you stop wanting God.

God lets you be hungry to protect you from the spiritual complacency that comes with abundance.

### **4. To teach you that you can't live by bread alone.**

This is the whole point of Deuteronomy 8:3. The lesson God was teaching through hunger:

## WHEN GOD LETS YOU BE HUNGRY

*"Man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."*

You need more than physical provision. You need God's word. God's presence. God's direction. God Himself.

And as long as bread satisfies you, as long as physical comfort is enough, you'll never discover the deeper nourishment you're actually made for.

God lets you be hungry for bread so you'll get hungry for Him.

### PASCAL'S GOD-SHAPED VACUUM

Blaise Pascal, the 17th-century mathematician and philosopher, understood this hunger better than most. He wrote:

*"What else does this craving, and this helplessness, proclaim but that there was once in man a true happiness, of which all that now remains is the empty print and trace? This he tries in vain to fill with everything around him, seeking in things that are not there the help he cannot find in those that are, though none can help, since this infinite abyss can be filled only with an infinite and immutable object; in other words by God himself."*

## WHEN GOD LETS YOU BE HUNGRY

There's a vacuum in the human soul. An emptiness. A hunger. And we try to fill it with everything—success, relationships, money, pleasure, achievement, approval, control, comfort.

But nothing fits. Nothing satisfies. Nothing fills the void.

Because the void is God-shaped. And only God can fill it.

Pascal continues: *"The heart has its reasons, which reason does not know."*

You can't logic your way out of this hunger. You can't think it away. You can't strategize or organize or optimize your way to satisfaction. Because the hunger isn't rational—it's existential. It's built into the fabric of who you are.

You were made for God. And until you have God—not just God's blessings, not just God's provision, but God Himself—you will be hungry.

The wilderness lets you feel that hunger. Exposes it. Intensifies it. Makes it impossible to ignore.

And that's mercy.

### THE TYPES OF HUNGER GOD ALLOWS

Hunger isn't just physical. In the wilderness, God allows different kinds of hunger—each one designed to drive us back to Him.

## 1. EMOTIONAL HUNGER (Loneliness, Validation, Worth)

This is the hunger to be seen. Known. Valued. Validated.

The wilderness often strips away the people, the roles, the achievements that made you feel significant. And suddenly you're alone with the question: *Am I enough? Just as I am? Without the performance? Without the applause? Without the approval?*

God lets you be emotionally hungry because:

- You've been deriving your worth from people instead of from Him
- You've been performing for validation instead of resting in your belovedness
- You've been trying to earn love instead of receiving it as a gift

Emotional hunger drives you to the Father who says: *"You are My beloved child, in whom I am well-pleased"* (see Matthew 3:17)—not because of what you do, but because of who you are in Him.

## 2. RELATIONAL HUNGER (Belonging, Intimacy, Connection)

This is the hunger for deep, authentic relationship. To be known and still loved. To belong. To not be alone.

The wilderness often involves relational isolation. Friendships end. People misunderstand you. Those you thought would walk with you can't handle your wilderness and they leave. You find yourself more alone than you've ever been.

God lets you be relationally hungry because:

- You've been finding your identity in relationships instead of in Him
- You've been dependent on people instead of dependent on God
- You've been settling for shallow community instead of deep communion with Him

Relational hunger drives you to God as Friend (John 15:15), as Father (Romans 8:15), as the One who promises never to leave or forsake you (Hebrews 13:5).

### 3. MATERIAL HUNGER (Provision, Security, Stability)

This is the hunger for financial security. A stable income. A roof over your head. Food on the table. The basics.

The wilderness often involves financial instability. The job ends. The income dries up. The bills pile up. The savings run out. And you're forced to trust God for daily bread in a way you never had to before.

God lets you be materially hungry because:

- You've been trusting money instead of trusting Him
- You've been finding security in savings accounts instead of in His provision
- You've been living for accumulation instead of for His Kingdom

Material hunger drives you to God as Jehovah Jireh—the LORD who provides (Genesis 22:14). Not always in the timing or the amount you want, but always enough. Always sufficient. Always faithful.

## 4. SPIRITUAL HUNGER (Meaning, Purpose, God's Presence)

This is the deepest hunger. The hunger for God Himself. For purpose. For meaning. For the sense that your life matters.

The wilderness often involves spiritual dryness. The heavens seem brass. Your prayers feel empty. Worship feels hollow. God feels distant, silent, maybe even absent.

God lets you be spiritually hungry because:

- You've been content with routine instead of relationship
- You've been satisfied with knowledge about God instead of knowing God
- You've been going through religious motions instead of pursuing His presence

Spiritual hunger drives you to God as the source of life itself. Not just the giver of good things, but the Good Thing. Not just the provider of meaning, but the Meaning. Not just the one who answers prayers, but the Answer to every longing your soul has ever known.

Psalm 42:1-2: *"As the deer pants for the water brooks, so my soul pants for You, O God. My soul thirsts for God, for the living God; when shall I come and appear before God?"*

That's holy hunger. And God allows it—creates it, even—because He knows: until you're desperate for Him, you'll keep settling for substitutes.

## WHEN GOD LETS YOU BE HUNGRY

### JOHN PIPER: HUNGER FOR GOD

John Piper has written extensively on this theme. In his book *A Hunger for God*, he writes:

*"If you don't feel strong desires for the manifestation of the glory of God, it is not because you have drunk deeply and are satisfied. It is because you have nibbled so long at the table of the world. Your soul is stuffed with small things, and there is no room for the great."*

This is the problem: we're not hungry for God because we're too full of everything else.

We've been snacking on entertainment, achievement, approval, comfort, control—all the small things that temporarily satisfy but never truly fill. And because we're perpetually snacking, we never get hungry enough to feast.

God allows the wilderness to take away the snacks. To empty you out. To create the kind of hunger that can only be satisfied by Himself.

## WHEN GOD LETS YOU BE HUNGRY

Piper continues: *"If we don't feel strong desires for the manifestation of the glory of God, it is not because we have drunk deeply and are satisfied. It is because we have nibbled so long at the table of the world. Your soul is stuffed with small things, and there is no room for the great. God did not create you for this. There is an appetite for God. And it can be awakened. I invite you to turn from the dulling effects of food and the dangers of idolatry, and to say with some simple fast: 'This much, O God, I want you.'"*

The wilderness is God's invitation to stop snacking and start feasting. To stop settling for small satisfactions and start hungering for the Great One. To stop being content with substitute gods and start pursuing the real God.

But you can't do that until you're empty. Until you're hungry. Until the void is so obvious you can't ignore it anymore.

### THE REDEMPTIVE PURPOSES OF HUNGER

So what does hunger actually accomplish? Why is it a gift instead of a curse?

#### 1. HUNGER DRIVES US TO SEEK

When you're satisfied, you don't search. When you're full, you don't look for more. When you have everything you need, you stay put.

## WHEN GOD LETS YOU BE HUNGRY

But when you're hungry—really, genuinely hungry—you seek. You search. You pursue. You don't stop until you find what you need.

Matthew 5:6: "*Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.*"

Notice: the blessing isn't in being satisfied. The blessing is in the hunger that drives you to seek righteousness—to pursue God—until you're satisfied.

God allows hunger to turn you into a seeker. Someone who won't settle. Someone who won't stop until they've found the real thing.

### 2. EMPTINESS CREATES CAPACITY

You can't fill a cup that's already full. You can't pour water into a vessel that's stuffed with other things.

God has to empty you out before He can fill you up.

The wilderness creates space. It removes the clutter. It empties out all the substitutes you've been using to fill the God-shaped void. And once you're empty—once there's finally capacity—God can fill you with Himself.

This is why Jesus said in Matthew 5:3: "*Blessed are the poor in spirit, for theirs is the kingdom of heaven.*"

The poor in spirit are the empty ones. The ones who know they have nothing. The ones who've been stripped of their self-sufficiency, their pretense, their spiritual pride. And precisely because they're empty, there's room for the Kingdom.

You cannot receive what you have no capacity for. And the wilderness creates that capacity.

### 3. DEPRIVATION REVEALS DEPENDENCY

As long as you have enough—enough money, enough approval, enough success, enough comfort—you can maintain the illusion of independence. You can pretend you're self-sufficient. You can convince yourself you don't really need God; He's just a nice addition to an otherwise functional life.

But deprivation shatters that illusion.

When the money runs out, when the approval disappears, when the success crumbles, when the comfort is gone—suddenly your dependency becomes obvious. You can't do this on your own. You never could. You were always dependent; you just didn't know it.

The wilderness reveals what was always true: you are utterly, completely, desperately dependent on God for everything.

And that revelation is liberating.

## WHEN GOD LETS YOU BE HUNGRY

Because once you know you're dependent, you stop fighting it. You stop pretending. You stop trying to be sufficient. And you start receiving—daily, humbly, gratefully—from the only Source that never runs dry.

### 4. WANT TEACHES US TO WANT THE RIGHT THINGS

Here's one of the most profound purposes of hunger: it reorients our desires.

When you're full, you want more of what you already have. More success. More comfort. More control. More stuff.

But when you're hungry—when you're truly lacking—your desires change. You start wanting what actually matters. What actually satisfies. What actually lasts.

Israel wanted fish and leeks. God gave them manna and His presence.

They wanted Egyptian comfort. God wanted to give them Canaan abundance.

But they had to learn to want the right things. And that learning happened through hunger.

C.S. Lewis wrote: *"It would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased."*

## WHEN GOD LETS YOU BE HUNGRY

We settle for mud pies when God is offering the ocean.

We settle for crumbs when God is offering the feast.

We settle for slavery when God is offering freedom.

And God has to let us be hungry for the mud pies—has to let us discover they don't satisfy—before we'll hunger for what He's really offering.

Want teaches us to want the right things.

### JESUS AND THE TEMPTATION: APPLYING DEUTERONOMY 8:3

It's no accident that when Satan tempted Jesus in the wilderness, Jesus quoted Deuteronomy 8:3.

Matthew 4:2-4: *"And after He had fasted forty days and forty nights, He then became hungry. And the tempter came and said to Him, 'If You are the Son of God, command that these stones become bread.' But He answered and said, 'It is written, "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God."'"*

Jesus was hungry. Physically, genuinely hungry after forty days of fasting. And Satan's temptation was simple: "You have the power. You're hungry. Just turn these stones into bread. Meet Your own need."

But Jesus refused.

## WHEN GOD LETS YOU BE HUNGRY

Why?

Because Jesus understood what Deuteronomy 8:3 was teaching: **Life doesn't come from bread. Life comes from God's word. From obedience. From dependence on the Father.**

Jesus could have turned stones into bread. He would later multiply loaves and fish to feed thousands. But in that moment, turning stones to bread would have been an act of independence. It would have been meeting His own need instead of trusting the Father to meet it. It would have been living by bread instead of by every word from God's mouth.

And Jesus refused to shortcut the Father's process.

He chose hunger over independence.

He chose dependence over self-provision.

He chose to trust God's word over satisfying His physical need.

And that's the lesson of the wilderness: **Sometimes the most spiritual thing you can do is stay hungry rather than meet your own need in a way that bypasses trust.**

# WHEN GOD LETS YOU BE HUNGRY

## THE DIFFERENCE BETWEEN HUNGER AND PUNISHMENT

Let's be very clear about something: **hunger as pedagogy is not the same as hunger as punishment.**

God is not punishing you by letting you be hungry. He's not mad at you. He's not making you suffer because you did something wrong. He's not withholding provision to teach you a lesson in the vindictive sense.

He's withholding provision to teach you a lesson in the *formative* sense. There's a difference.

**Punishment says:** "You deserve this pain because you failed."

**Pedagogy says:** "You need this process because I'm preparing you for something better."

Punishment is about paying for the past. Pedagogy is about preparing for the future.

Punishment is rooted in anger. Pedagogy is rooted in love.

Punishment destroys. Pedagogy develops.

## WHEN GOD LETS YOU BE HUNGRY

The wilderness hunger you're experiencing is not God's anger. It's God's love. He loves you too much to let you stay satisfied with substitutes. He loves you too much to let you build your life on temporary comforts that will eventually fail you. He loves you too much to give you Canaan before you're ready to handle it.

So He lets you be hungry. Not to harm you, but to prepare you. Not to punish you, but to transform you. Not to break you, but to remake you into someone who can receive and steward the promises He's already prepared.

### HUNGER AS INVITATION

Here's the reframe that changes everything: **Hunger is not evidence of God's absence. It's evidence of God's invitation.**

When you're hungry for provision, God is inviting you to trust Him as Provider.

When you're hungry for relationship, God is inviting you to intimacy with Him.

When you're hungry for purpose, God is inviting you to find your meaning in Him.

When you're hungry for His presence, God is inviting you to seek Him in a way you never have before.

The hunger isn't the problem. The hunger is the invitation.

And your response to the invitation determines what happens next.

## WHEN GOD LETS YOU BE HUNGRY

You can respond with complaint: "God, where are You? Why aren't You providing? Why are You letting me suffer?"

Or you can respond with pursuit: "God, I'm hungry. And I'm finally ready to admit that only You can satisfy this. So I'm coming to You—not for Your stuff, but for You."

One response keeps you stuck in the wilderness. The other response moves you toward the promise.

### WHAT TO DO WITH YOUR HUNGER

So practically, what do you do when you're in the wilderness and you're experiencing hunger—emotional, relational, material, spiritual?

#### 1. Name it.

Don't spiritualize it. Don't minimize it. Don't pretend you're not hungry when you are.

"I'm lonely." "I'm scared about money." "I feel like God is distant." "I don't know what I'm supposed to do with my life."

Name the hunger. Be honest about it. Bring it into the light.

### 2. Bring it to God, not to substitutes.

This is the hard part. When you're hungry, your instinct is to reach for whatever will temporarily satisfy the craving.

Lonely? Scroll social media. Anxious about money? Obsess over your budget. Spiritually dry? Add more Christian activities to your schedule.

But those are substitutes. And substitutes don't satisfy; they just distract.

Bring the hunger to God. Let Him be the one who meets the need—in His way, in His timing, from His sufficiency.

### 3. Ask: What is this hunger teaching me?

Every hunger has a lesson. Every lack reveals something.

What is your hunger revealing about what you've been trusting? About what you've been worshiping? About what you really believe?

Let the hunger be a teacher, not just a torment.

### 4. Refuse the shortcuts.

Abraham tried to shortcut God's promise by having Ishmael through Hagar. It didn't work. It created more problems.

## WHEN GOD LETS YOU BE HUNGRY

You'll be tempted to shortcut your wilderness. To force a solution. To create your own provision. To settle for something less than what God has promised because at least it's *something* and you're tired of being hungry.

Don't do it.

The hunger is accomplishing something. And if you shortcut the process, you'll miss the transformation.

### 5. Let hunger drive you to His word.

Remember what Jesus said: "*Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.*"

When you're hungry, feast on Scripture. Not as a formula. Not as a transaction. But as actual nourishment for your soul.

Let God's word feed you when nothing else can.

### 6. Trust that God will provide.

He let Israel be hungry, but He didn't let them starve. Every single day for forty years, there was manna. Sufficient. Reliable. Faithful.

God will provide. Maybe not the way you want. Maybe not when you want. But He will provide.

# WHEN GOD LETS YOU BE HUNGRY

Trust Him.

## REFLECTION QUESTIONS

### 1. What hunger are you experiencing right now?

Be specific. Emotional? Relational? Material? Spiritual? Name it. Don't hide from it.

### 2. What have you been reaching for to satisfy that hunger instead of reaching for God?

What's your substitute? What's the thing you turn to when the hunger gets uncomfortable?

### 3. What is this hunger revealing about what you've been trusting?

If you're hungry for approval, maybe you've been trusting people's opinions more than God's. If you're hungry for financial security, maybe you've been trusting money more than God. What's the hunger exposing?

### 4. How are you responding to the hunger—with complaint or with pursuit?

Are you spending your wilderness complaining about what you don't have? Or are you using the hunger to drive you deeper into God?

### 5. Where are you tempted to take a shortcut?

Where are you tempted to create your own solution instead of waiting on God's provision?

### 6. What would it look like to let this hunger drive you to God's word?

How could you feast on Scripture in this season? What promises do you need to meditate on? What truth do you need to let nourish your soul?

### 7. Can you thank God for the hunger?

This is the hardest question. Can you get to a place where you actually thank God for letting you be hungry? Where you recognize that the hunger—as uncomfortable as it is—is actually mercy? That it's protecting you from settling for substitutes? That it's creating capacity for something better?

The wilderness lets you be hungry.

Not to punish you, but to prepare you.

Not to harm you, but to help you.

Not to starve you, but to teach you that you were made for more than bread.

You were made for every word that proceeds from the mouth of the LORD.

## WHEN GOD LETS YOU BE HUNGRY

And until you're hungry enough to want that—to need that—to pursue that—you'll keep settling for crumbs when God is offering the feast.

The hunger is the invitation.

Will you accept it?

*"He humbled you and let you be hungry... that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."*

—Deuteronomy 8:3 (NASB)

## PART TWO: MANNA AND THE MOUTH OF GOD

### CHAPTER 5: "FED YOU WITH MANNA WHICH YOU DID NOT KNOW"

#### THE PROVISION NOBODY WANTED

They woke up to a landscape covered in something they'd never seen before. Small. White. Flaky. Covering the ground like frost after the dew evaporated.

"*What is it?*" they asked each other. In Hebrew: "*Man hu?*"—which is where we get the word *manna*. It literally means "What is this?"

That's how God's provision arrived in the wilderness. Not with fanfare. Not with the familiar. Not with something they recognized or could control or knew how to handle.

But with strangeness. With the question: "*What is this?*"

Exodus 16:14-15: "*When the layer of dew evaporated, behold, on the surface of the wilderness there was a fine flake-like thing, fine as the frost on the ground. When the sons of Israel saw it, they said to one another, 'What is it?' For they did not know what it was. And Moses said to them, 'It is the bread which the LORD has given you to eat.'*" (NASB)

This is God's answer to their hunger. This strange, unrecognizable, can't-control-it, don't-understand-it, never-seen-it-before substance that appeared every morning and disappeared every night.

## WHEN GOD LETS YOU BE HUNGRY

Not what they asked for. Not what they expected. Not what they would have chosen.

But exactly what they needed.

And that's the lesson we have to learn about God's provision: **It rarely looks like what we want. It usually looks like something we don't recognize. And that's entirely on purpose.**

Because if God gave us provision we could understand, control, and manage on our own, we wouldn't need Him. We'd just need His stuff.

But manna—strange, daily, uncontrollable manna—required relationship. Required trust. Required daily dependence.

And that's the whole point.

### THE TEXT: GOD'S STRANGE PROVISION

Let's look at the key verse again:

*"He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."* (Deuteronomy 8:3, NASB)

Notice the phrase: "**manna which you did not know, nor did your fathers know.**"

## WHEN GOD LETS YOU BE HUNGRY

This wasn't familiar food. This wasn't a known commodity. This wasn't something they could categorize, understand, or feel confident about.

This was completely new. Completely strange. Completely outside their experience and their control.

Why?

Because **familiar provision doesn't require trust. Strange provision does.**

If God had given them something they recognized—bread from a bakery, fish from a market, produce from a garden—they would have understood the process. They could have rationalized it. They could have taken credit for it.

"Oh, we worked hard and earned this." "Oh, this is just the natural result of our efforts."  
"Oh, we understand this system and we can manage it ourselves."

But manna? You couldn't earn manna. You couldn't work for manna. You couldn't understand manna. You couldn't store manna. You couldn't control manna.

All you could do was receive it. Every single day. With open hands and humble hearts.

And that was the lesson.

## WHEN GOD LETS YOU BE HUNGRY

### WHY MANNA AND NOT MEAT (INITIALLY)

In Numbers 11, the people complain about the manna and demand meat. And God gives it to them—but with devastating consequences.

Numbers 11:4-6: *"The rabble who were among them had greedy desires; and also the sons of Israel wept again and said, 'Who will give us meat to eat? We remember the fish which we used to eat free in Egypt, the cucumbers and the melons and the leeks and the onions and the garlic, but now our appetite is gone. There is nothing at all to look at except this manna.'" (NASB)*

Notice what they're complaining about: variety. Flavor. The comfort of the familiar.

They're not starving. They're being fed every single day. But they're bored with God's provision. They want something different. Something better. Something that feels more like Egypt.

And God responds by giving them quail—so much quail they're sick of it. And while the meat is still between their teeth, judgment falls (Numbers 11:33).

Why?

Because the complaint wasn't really about food. It was about trust. About contentment. About whether God's provision—even when it's simple, repetitive, and not what you prefer—is enough.

God gave manna instead of meat because:

## **1. Manna was sufficient.**

It had everything they needed nutritionally. They didn't starve. They didn't get sick from malnutrition. It sustained them for forty years.

Sufficiency doesn't require variety. It doesn't require luxury. It doesn't require your preference.

It just requires enough. And manna was enough.

## **2. Manna required daily dependence.**

You couldn't hoard manna (except on the Sabbath—we'll get to that). You had to gather it every morning. You had to trust that tomorrow's provision would come tomorrow.

That daily rhythm trained them in dependence. They couldn't become self-sufficient on God's provision. They had to stay dependent.

## **3. Manna was humble.**

It wasn't impressive. It wasn't Instagram-worthy. It wasn't the kind of provision that made you look successful or blessed.

## WHEN GOD LETS YOU BE HUNGRY

It was simple. Plain. Humble. And that kept Israel humble too.

Fancy provision can lead to pride: "Look what I've achieved. Look what I have."

Simple provision keeps you grateful: "God provided. Again. I have what I need."

### 4. Manna pointed to something greater.

Jesus later identified Himself as "the bread of life" and connected it directly to manna (John 6:31-35). The manna was never just about physical food. It was always pointing to spiritual nourishment. To dependence on God's word. To Christ Himself as the source of life.

If they'd gotten meat and variety and everything they wanted, they might have missed the deeper point: you're not just hungry for food. You're hungry for God.

## THE MANNA PRINCIPLES: LESSONS FROM EXODUS 16

Exodus 16 gives us the detailed account of how manna worked. And embedded in the system are principles that apply far beyond ancient Israel.

### PRINCIPLE 1: GOD'S PROVISION LOOKS DIFFERENT THAN OUR PREFERENCE

The Israelites wanted meat, vegetables, variety—the menu from Egypt.

God gave them manna—plain, simple, repetitive.

## WHEN GOD LETS YOU BE HUNGRY

And this is where we have to decide: **Will we receive what God gives? Or will we spend our wilderness complaining that it's not what we wanted?**

God's provision rarely matches our preferences. He gives:

- A job that pays the bills but isn't your dream career
- A relationship that's healthy but not exciting
- A living situation that's safe but not impressive
- Income that covers today but doesn't guarantee tomorrow
- Opportunities that require faith but don't come with security

And the question is: Can you receive it? Can you be grateful for provision that doesn't look like what you prayed for?

Or will you spend your wilderness nostalgic for Egypt, complaining that God's manna isn't good enough?

### PRINCIPLE 2: SUFFICIENCY DOESN'T MEAN SURPLUS

Exodus 16:16-18: *"This is what the LORD has commanded, 'Gather of it every man as much as he should eat; you shall take an omer apiece according to the number of people each of you has in his tent.' The sons of Israel did so, and some gathered much and some little. When they measured it with an omer, he who had gathered much had no excess, and he who had gathered little had no lack; every man gathered as much as he should eat."* (NASB)

Notice: everyone had enough. No one had excess. No one lacked.

## WHEN GOD LETS YOU BE HUNGRY

That's sufficiency. Not surplus. Not abundance. Not storing up. Just enough.

And in our culture—where more is always better, where accumulation is the goal, where you're supposed to be building wealth and creating margin and ensuring you never have to depend on anyone—this is radically countercultural.

God's provision is often calibrated to give you exactly what you need for today. Not extra. Not overflow. Just enough.

And that feels terrifying. Because we want surplus. We want the security of knowing we're covered for tomorrow, next month, next year.

But surplus creates self-sufficiency. And self-sufficiency kills dependence.

God gives sufficiency precisely because He wants you to stay dependent on Him.

### PRINCIPLE 3: DAILY DEPENDENCE IS THE GOAL, NOT FINANCIAL INDEPENDENCE

*Exodus 16:19-20: "Moses said to them, 'Let no man leave any of it until morning.' But they did not listen to Moses, and some left part of it until morning, and it bred worms and became foul; and Moses was angry with them." (NASB)*

They tried to store it. To keep some for tomorrow. To create their own security.

And it rotted.

## WHEN GOD LETS YOU BE HUNGRY

Why? Because God was teaching them something crucial: **You can't store up enough to stop needing Me. You have to come back every single day.**

This is the opposite of financial independence. This is financial *dependence*—on God.

And that's the goal.

Not because God wants to keep you poor or struggling. But because He wants relationship. He wants you to need Him. To seek Him. To depend on Him. Daily.

The moment you have enough stored that you don't need God anymore, you stop seeking Him. And relationship dies.

Dietrich Bonhoeffer understood this when he wrote about the Lord's Prayer in *The Cost of Discipleship*:

*"Give us this day our daily bread. If God would give us bread for tomorrow and the day after, we would soon forget God. But He will only give us our daily bread. Therefore, we must pray anew every day."*

Every day. Not once and then you're set. Every day. And that daily rhythm of asking, receiving, depending—that's what builds relationship.

## PRINCIPLE 4: HOARDING REVEALS UNBELIEF

When the Israelites tried to hoard manna, they weren't just being practical. They were revealing what was in their hearts: **unbelief**.

They didn't believe God would provide tomorrow. They didn't trust Him. So they tried to control their own future by storing up.

And we do the same thing.

We hoard money because we don't trust God to provide. We hoard relationships because we don't trust God to meet our need for connection. We hoard opportunities because we don't trust God to open doors. We hoard control because we don't trust God's sovereignty.

Hoarding always reveals the same thing: I don't trust that God is sufficient. I have to provide for myself.

And God lets it rot. Lets it breed worms. Lets it become foul. Because hoarded provision doesn't satisfy—it enslaves. It becomes the very thing you're trusting instead of God.

## PRINCIPLE 5: SATISFACTION COMES FROM THE GIVER, NOT THE GIFT

This is the most important principle. And it's the one we most often miss.

## WHEN GOD LETS YOU BE HUNGRY

The Israelites got bored with manna because they thought the provision was the point. They thought if they just had better food, more variety, something different, they'd be satisfied.

But satisfaction doesn't come from the gift. It comes from the Giver.

You can have everything you want and still be miserable if you don't have God.

You can have manna—plain, simple, repetitive manna—and be deeply content if you're walking with God, trusting God, knowing God.

The wilderness teaches this lesson over and over: **If you're looking to the provision for satisfaction, you'll always be disappointed. But if you're looking to the Provider, you'll find that even manna is enough.**

Jesus said it this way in John 6:35: *"I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst."* (NASB)

The satisfaction isn't in the bread. It's in Him. And when you have Him, even the simplest provision becomes a feast.

## RICHARD FOSTER ON SIMPLICITY AND CONTENTMENT

Richard Foster, in *Celebration of Discipline*, wrote about the spiritual discipline of simplicity. He understood that the constant pursuit of more—more stuff, more comfort, more security—is a spiritual disease that kills contentment and destroys our ability to trust God.

He writes: *"Simplicity is freedom. Duplicity is bondage. Simplicity brings joy and balance. Duplicity brings anxiety and fear."*

The Israelites experienced this. When they tried to complicate God's simple provision—by hoarding, by complaining, by demanding more—they experienced anxiety, fear, and judgment.

But when they received what God gave with gratitude, gathered only what they needed, and trusted Him for tomorrow—they experienced freedom.

Foster continues: *"Contemporary culture lacks both the sense of pilgrimage and the sense of homeland. We have become a perpetually nomadic people. But the inward reality of simplicity involves a life of joyful unconcern for possessions."*

Joyful unconcern for possessions. That's what manna taught. You don't need to be anxious about tomorrow's bread because God is faithful. You don't need to accumulate excess because sufficiency is enough. You don't need to hoard because the Giver Himself is with you.

## WHEN GOD LETS YOU BE HUNGRY

Manna trained Israel in simplicity. And the wilderness trains us in the same thing.

### BRENNAN MANNING ON RECEIVING GRACE

Brennan Manning understood something profound about receiving God's provision: **we're terrible at it.**

We want to earn it. Work for it. Deserve it. Control it. But grace—and manna is a picture of grace—can only be received.

Manning wrote: *"The gospel declares that no matter how dutiful or prayerful we are, we can't save ourselves. What Jesus did was sufficient."*

Manna was sufficient. The Israelites didn't have to add to it, improve it, or supplement it. It was enough.

But they struggled to receive it. They wanted to complain about it, compare it to what they used to have, hoard it for security, or demand something better.

And we do the same thing with God's grace. With His provision. With His daily sufficiency.

We can't just receive it and be grateful. We have to analyze it, question it, compare it, try to control it.

## WHEN GOD LETS YOU BE HUNGRY

Manning continues: *"My deepest awareness of myself is that I am deeply loved by Jesus Christ and I have done nothing to earn it or deserve it."*

That's the manna principle: You didn't earn it. You can't control it. You don't deserve it. All you can do is receive it.

Every morning. With open hands. And a grateful heart.

### THE SABBATH EXCEPTION: GRACE FOR REST

There's one exception to the "don't store manna" rule, and it's important.

Exodus 16:22-26: *"Now on the sixth day they gathered twice as much bread, two omers for each one. When all the leaders of the congregation came and told Moses, then he said to them, 'This is what the LORD meant: Tomorrow is a sabbath observance, a holy sabbath to the LORD. Bake what you will bake and boil what you will boil, and all that is left over put aside to be kept until morning.' So they put it aside until morning, as Moses had ordered, and it did not become foul nor was there any worm in it."* (NASB)

On the sixth day, they could gather double. And on the Sabbath, the stored manna didn't rot.

Why?

## WHEN GOD LETS YOU BE HUNGRY

Because God honors rest. Because even in the wilderness, even when provision requires daily dependence, God builds in a rhythm of Sabbath.

You don't have to work seven days a week to survive. You can rest. And God will still provide.

This is grace. This is God saying: "I'm teaching you daily dependence, yes. But I'm also teaching you that rest is holy. That you can trust Me enough to stop working. That provision isn't about your constant effort—it's about My faithfulness."

The Sabbath manna is a reminder: **God's provision isn't contingent on your hustle. It's contingent on His character.**

And when you trust that, you can rest.

### MODERN APPLICATIONS: LIVING THE MANNA PRINCIPLES TODAY

So how do we live these manna principles in a world that values accumulation, security, and control?

#### 1. TRUSTING GOD WITH UNCERTAIN INCOME

Maybe you're self-employed. Or in ministry. Or in a job where income fluctuates. Or you've been laid off and you don't know where the next paycheck is coming from.

This is your wilderness. This is your manna season.

## WHEN GOD LETS YOU BE HUNGRY

And the temptation is to panic. To control. To force a solution. To take the job you know isn't right just because it provides security. To compromise your calling because the uncertain income feels too risky.

But the manna principle says: **Trust God for today. Gather what you need for today. And trust that tomorrow's provision will come tomorrow.**

This doesn't mean you don't work. The Israelites had to get up and gather the manna. It didn't appear in their tents. They had to actively receive what God provided.

But it does mean you don't hoard. You don't compromise. You don't force solutions out of fear. You trust that God is faithful. That He's provided before and He'll provide again.

### 2. LIVING WITHOUT "PLAN B"

The manna system didn't allow for backup plans. You couldn't store extra "just in case." You had to trust that God would provide.

And we hate that. We want Plan B. Plan C. Plan D. We want multiple options, backup strategies, fail-safes.

But sometimes God calls us to burn the ships. To step out without a safety net. To trust Him without a backup plan.

This doesn't mean being foolish or irresponsible. But it does mean asking: **Am I trusting God? Or am I trusting my ability to protect myself if God doesn't come through?**

## WHEN GOD LETS YOU BE HUNGRY

Abraham left Ur without a Plan B. Moses left Egypt without a Plan B. The disciples left their nets without a Plan B. Jesus went to the cross without a Plan B.

Sometimes faith requires the willingness to let go of the backup plan and trust that God is sufficient.

### 3. RESISTING THE ACCUMULATION IMPULSE

Our culture screams: "More! More! More!"

More money. More stuff. More options. More security. More margin. More accumulation.

But the manna principle says: **Enough is enough. Sufficiency is the goal, not surplus.**

This is countercultural. Radical, even.

It means asking:

- Do I really need more, or am I just scared of not having enough?
- Am I accumulating because I don't trust God to provide?
- Am I using acquisition to create a false sense of security?
- What would it look like to live with less and trust God more?

It might mean:

- Not upgrading to the bigger house just because you can afford it
- Giving away what you don't need instead of storing it "just in case"
- Living below your means and giving generously instead of constantly raising your standard of living
- Choosing simplicity over accumulation

## 4. FINDING CONTENTMENT IN "ENOUGH"

Philippians 4:11-13: *"Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me."* (NASB)

Paul learned contentment. It wasn't automatic. It wasn't natural. He had to learn it.

And so do we.

Contentment isn't about having everything you want. It's about wanting what you have. It's about recognizing that God's provision—even when it's simple, even when it's not what you'd choose, even when it's just manna—is enough.

Because the Provider is enough.

## THE DANGER OF REJECTING GOD'S PROVISION

Here's what happens when we reject God's provision because it doesn't look like what we want:

**We miss the lesson.** God is trying to teach us something through the wilderness provision. If we spend the whole time complaining, we never learn it.

**We stay in the wilderness longer.** The first generation rejected the manna, complained constantly, and died in the wilderness. The second generation learned to receive it and entered Canaan.

**We forfeit intimacy with God.** The daily rhythm of receiving manna was meant to create daily intimacy with God. When we reject His provision, we reject relationship with Him.

**We create our own Ishmaels.** When we refuse to receive what God gives and instead force our own solutions, we create problems that take years to resolve.

The wilderness provision—as strange, as simple, as insufficient as it feels—is actually God's mercy. It's His way of keeping us close. Of teaching us dependence. Of preparing us for the promise.

But we have to receive it.

# WHEN GOD LETS YOU BE HUNGRY

## RECEIVING WHAT WE DON'T UNDERSTAND

The hardest part of the manna is that it's unfamiliar. "Manna which you did not know, nor did your fathers know."

You don't understand it. You can't explain it. You don't know how it works or how long it will last or what it means.

But you still have to receive it.

This is faith. Not understanding but trusting anyway. Not knowing how it works but receiving it as God's provision. Not being able to control it but being grateful for it anyway.

God's provision often comes in forms we don't recognize:

- The job that doesn't make sense but pays the bills
- The relationship that's different from what you expected but is healthy
- The opportunity that requires faith but opens doors
- The resource that shows up at exactly the right time from an unexpected source

And the question is: Can you receive it? Even if you don't understand it? Even if it's not what you would have chosen? Even if it doesn't fit your plan?

Or will you reject God's manna because it doesn't look like what you wanted?

# WHEN GOD LETS YOU BE HUNGRY

## THE ULTIMATE MANNA: BREAD FROM HEAVEN

Jesus made the connection explicit in John 6:31-35:

*"Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread out of heaven to eat.' Jesus then said to them, 'Truly, truly, I say to you, it is not Moses who has given you the bread out of heaven, but it is My Father who gives you the true bread out of heaven. For the bread of God is that which comes down out of heaven, and gives life to the world.' Then they said to Him, 'Lord, always give us this bread.' Jesus said to them, 'I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst.'" (NASB)*

The manna was always pointing to Jesus. To the true bread from heaven. To the One who satisfies completely.

Physical manna sustained physical life for forty years. But Jesus—the Bread of Life—sustains spiritual life forever.

And just like the Israelites had to receive manna daily, we have to receive Jesus daily. Come to Him daily. Depend on Him daily. Trust Him daily.

Not once and you're set. But every single day.

And when we do, we discover what they discovered: **He is enough. Even when there's nothing else. Especially when there's nothing else.**

## REFLECTION QUESTIONS

- 1. How is God's current provision in your life different from what you expected or wanted?**

Be specific. Where is God giving you "manna" when you wanted something else?

- 2. Are you receiving it with gratitude? Or complaining that it's not what you prayed for?**

Honest inventory. What's your response to God's provision been?

- 3. Where are you trying to hoard instead of trust?**

What are you storing up because you don't believe God will provide tomorrow? Money? Relationships? Control? Opportunities?

- 4. What would it look like to live with daily dependence instead of working toward financial independence?**

How would your decisions change if the goal was dependence on God rather than independence from need?

- 5. Where are you rejecting God's provision because you don't understand it?**

What opportunity, resource, or provision is God offering that you're rejecting because it doesn't make sense or fit your plan?

### 6. What's the difference between sufficiency and surplus in your life right now?

Do you have enough? Or are you always reaching for more because enough doesn't feel like enough?

### 7. Are you finding your satisfaction in the Provider or in the provision?

If God gave you nothing else but Himself, would He be enough? Would you be satisfied? Or are you only content when you have the stuff you want?

Strange provision. Unfamiliar provision. Uncontrollable provision. Daily provision.

This is manna.

And this is how God trains His children in dependence.

Not with abundance that makes you self-sufficient. But with sufficiency that keeps you seeking Him.

Every single day.

Because the provision was never the point.

The Provider was.

And He is enough.

## WHEN GOD LETS YOU BE HUNGRY

*"He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."*

—Deuteronomy 8:3 (NASB)

## CHAPTER 6: "THAT HE MIGHT MAKE YOU UNDERSTAND"

### THE LESSON THAT COULDN'T BE TAUGHT IN A CLASSROOM

She'd been through seminary. Three years of rigorous theological education. Hebrew. Greek. Systematic theology. Church history. Biblical exegesis. She could articulate the doctrine of God's sovereignty with precision. Could explain the relationship between divine providence and human responsibility. Could defend the biblical basis for trusting God in all circumstances.

She knew the theology. Backwards and forwards. A+ on every exam.

Then her son got sick. Really sick. The kind of sick where doctors use words like "uncertain prognosis" and "experimental treatment" and "prepare yourself."

And everything she knew intellectually about God's sovereignty, God's goodness, God's faithfulness—all that theological knowledge that had been so clear in the classroom—suddenly felt like it was written in a foreign language she couldn't quite translate into real life.

She found herself at 3 a.m., sitting in a hospital chair watching her child sleep, hooked up to machines, and the question that kept surfacing wasn't an intellectual one. It was visceral, raw, desperate:

## WHEN GOD LETS YOU BE HUNGRY

*Do I actually believe this? Not in theory. Not on paper. Not in a systematic theology textbook. But here. Now. In this moment when everything I love is at risk—do I actually believe that God is good? That He's sovereign? That He's faithful?*

And what she discovered in that wilderness was something no classroom could have taught her: **There's a massive difference between knowing about God and knowing God.**

She'd spent three years learning *about* God. She spent that hospital season learning to *know* God in a way that changed everything.

That's what the wilderness does. That's what hunger teaches. That's what Deuteronomy 8:3 is talking about when it says: "*that He might make you understand.*"

Not just *know*. Not just *be informed of*. But *understand*. Experience. Learn through the kind of deep, soul-level comprehension that only comes through actually walking it out.

### THE TEXT: THE PEDAGOGY OF THE WILDERNESS

Let's look at the phrase one more time, because it contains the entire purpose of wilderness seasons:

## WHEN GOD LETS YOU BE HUNGRY

*"He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."* (Deuteronomy 8:3, NASB)

**"That He might make you understand."**

This is purpose language. Intentional language. Pedagogical language.

God humbled them *so that* they would understand. He let them be hungry *so that* they would understand. He fed them with manna *so that* they would understand.

The wilderness wasn't random suffering. It was curriculum. The hunger wasn't meaningless pain. It was teaching method. The manna wasn't just provision. It was object lesson.

Everything—every single aspect of the wilderness experience—was designed to teach them something they could not have learned any other way:

**Man does not live by bread alone, but by every word that proceeds from the mouth of the LORD.**

This isn't just information. It's not a fact to memorize. It's a truth to experience. A reality to live into. A lesson that requires the whole person—mind, heart, body, will—to comprehend.

## WHEN GOD LETS YOU BE HUNGRY

And you can't learn that in a classroom. You can only learn it in a wilderness.

### THE PEDAGOGY OF DEPRIVATION

Here's the uncomfortable truth about how God teaches: **He often uses deprivation as His primary teaching method.**

Not because He's cruel. Not because He enjoys watching us suffer. But because deprivation teaches what abundance simply cannot.

Think about it:

**Abundance teaches you what you can do with resources.** Deprivation teaches you who God is when you have nothing.

**Abundance teaches you how to manage blessing.** Deprivation teaches you how to trust when there's nothing to manage.

**Abundance teaches you gratitude for what you have.** Deprivation teaches you dependence on who He is.

**Abundance confirms your competence.** Deprivation reveals your insufficiency and God's sufficiency.

## WHEN GOD LETS YOU BE HUNGRY

There are some lessons—crucial, foundational, soul-forming lessons—that can only be learned when you don't have what you need. When the resources run out. When the comfort disappears. When the answers don't come. When the provision is uncertain.

Because that's when you discover: **Is God enough?**

Not "Is God plus provision enough?" Not "Is God plus comfort enough?" Not "Is God plus answers enough?"

Just: **Is God enough?**

And you can't answer that question in abundance. You can only answer it in wilderness.

A.W. Pink understood this. He wrote extensively about how the attributes of God—His faithfulness, His sovereignty, His goodness, His sufficiency—are learned not through easy times, but through hard ones.

We learn God's faithfulness when circumstances say He's abandoned us. We learn God's goodness when feelings say He's cruel. We learn God's sovereignty when chaos says He's lost control. We learn God's sufficiency when our resources say we're going to fail.

The wilderness is where theological concepts become lived reality. Where abstract doctrines become concrete experience. Where "I believe God is faithful" becomes "I have experienced God's faithfulness and I know it's true."

## WHEN GOD LETS YOU BE HUNGRY

### WHAT HUNGER TEACHES THAT ABUNDANCE CANNOT

Let's be specific about what wilderness and hunger teach that you simply cannot learn in seasons of abundance:

#### 1. GOD'S FAITHFULNESS IN THE ABSENCE OF FEELING

When everything is going well, it's easy to "feel" God's presence. To "feel" blessed. To "feel" like God is near.

But feelings aren't faith. And abundance doesn't prove faithfulness.

The wilderness teaches you God's faithfulness when you *don't* feel it. When the heavens feel like brass. When prayer feels empty. When worship feels hollow. When God seems distant or even absent.

And you learn: **God's faithfulness is not contingent on my feelings. It's rooted in His character. And His character doesn't change based on whether I can sense His presence or not.**

Lamentations 3:22-23: *"The LORD's lovingkindnesses indeed never cease, for His compassions never fail. They are new every morning; great is Your faithfulness."* (NASB)

## WHEN GOD LETS YOU BE HUNGRY

The writer of Lamentations penned these words in the middle of Jerusalem's destruction. Not in a season of blessing, but in a season of catastrophe. And he discovered: God's faithfulness doesn't depend on circumstances. It's "new every morning"—even when the morning brings manna instead of a miracle, wilderness instead of the promised land.

### 2. GOD'S GOODNESS IN THE ABSENCE OF COMFORT

When life is comfortable, it's easy to say "God is good." But is He good when life isn't comfortable? Is He good when you're hurting? When you're hungry? When everything you thought was certain falls apart?

The wilderness forces you to answer: **Is God's goodness tied to my comfort? Or is His goodness rooted in His nature, regardless of my circumstances?**

Romans 8:28: "*And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.*" (NASB)

Notice: "all things work together for good." Not "all things are good." Not "all things feel good." But they work together for good—meaning God is sovereignly weaving even the painful things into a redemptive purpose.

You can know that intellectually. But you only *understand* it experientially. When you've walked through the wilderness and come out the other side, you can look back and say: "I didn't see it then. I didn't understand it then. But God was good. Even there. Even then."

### 3. GOD'S PRESENCE IN THE ABSENCE OF ANSWERS

Abundance often comes with answers. Or at least the illusion of understanding. You can explain why things are going well. You can see the cause-and-effect. You can make sense of it.

But the wilderness rarely comes with answers. You don't know why. You don't know how long. You don't know what God is doing or what the purpose is.

And in the absence of answers, you learn: **God's presence is not contingent on my understanding. He's with me even when nothing makes sense.**

Psalm 23:4: *"Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me."* (NASB)

Not "You explain everything to me." Not "You give me answers." But "You are with me." And that's enough.

This is what Moses learned in the wilderness. What David learned in the caves. What Job learned in the ashes. What Jesus learned in Gethsemane.

God doesn't always give answers. But He gives Himself. And His presence—even without explanation—is sufficient.

### 4. GOD'S SUFFICIENCY IN THE ABSENCE OF RESOURCES

When you have resources, it's easy to trust God. Because you have options. Backup plans. Safety nets. You can trust God knowing that if He doesn't come through, you have Plan B.

But the wilderness strips away the resources. The backup plans. The safety nets. And you're left with a stark choice: **Will I trust God when He's all I have?**

2 Corinthians 12:9: *"And He has said to me, 'My grace is sufficient for you, for power is perfected in weakness.' Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me."* (NASB)

Paul learned God's sufficiency through a thorn in the flesh that wouldn't go away. Through weakness. Through insufficiency. Through the absence of resources to fix his problem.

And he discovered: **God's grace is sufficient. Not comfortable. Not what I would choose. But sufficient.**

You can't learn that when you have everything you need. You can only learn it when you don't.

## 5. GOD'S SOVEREIGNTY IN THE ABSENCE OF CONTROL

When things are going according to plan, it's easy to believe God is in control. Because you're in control, and you assume God is blessing your control.

But the wilderness is the place where you lose control. You can't manage it. Can't fix it. Can't manipulate the outcome. Can't force a solution.

And you learn: **God is sovereign whether I'm in control or not. In fact, His sovereignty is most evident when I have no control at all.**

Proverbs 16:9: *"The mind of man plans his way, but the LORD directs his steps."*

(NASB)

You plan. God directs. And sometimes His direction looks nothing like your plan.

Sometimes His direction takes you into the wilderness instead of the promised land.

And you have to decide: Is He sovereign? Do I trust Him? Even when I have no idea what He's doing or where He's taking me?

## J.I. PACKER: KNOWING GOD VS. KNOWING ABOUT GOD

J.I. Packer wrote a book called *Knowing God* that has shaped evangelical understanding of what it means to have relationship with God. And his central thesis is this:

*"Knowing God is crucially important for the living of our lives."*

## WHEN GOD LETS YOU BE HUNGRY

Not knowing *about* God. Not knowing *theology* about God. Not having correct *doctrine* about God.

But *knowing* God. Personally. Intimately. Experientially.

Packer distinguishes between two types of knowledge:

**1. Knowledge about God** - This is intellectual. Propositional. You can learn it from books. You can pass tests on it. You can articulate it accurately. But it doesn't necessarily change you.

**2. Knowledge of God** - This is relational. Experiential. You learn it through walking with Him. Through trusting Him. Through experiencing His faithfulness firsthand. And it transforms you.

The wilderness moves you from knowledge about God to knowledge of God.

You can read about God's faithfulness in a book. But you *know* God's faithfulness when He provides manna in your personal wilderness.

You can learn about God's sovereignty in seminary. But you *know* God's sovereignty when you walk through circumstances you can't control and discover He's been directing every step.

You can study God's sufficiency in Scripture. But you *know* God's sufficiency when you have nothing else and He proves to be enough.

## WHEN GOD LETS YOU BE HUNGRY

Packer writes: *"What matters supremely, therefore, is not, in the last analysis, the fact that I know God, but the larger fact which underlies it—the fact that He knows me."*

The wilderness teaches you this. That God knows you. That He sees you. That He's sovereignly orchestrating even the painful parts for your good and His glory. That you're not lost, not forgotten, not abandoned—but known. Fully. Completely. Intimately.

And being known by God changes everything.

### FRANCIS SCHAEFFER: TRUE TRUTH VS. INTELLECTUAL KNOWLEDGE

Francis Schaeffer, the 20th-century theologian and apologist, made an important distinction between what he called "true truth" and mere intellectual knowledge.

True truth isn't just factually accurate. It's lived. It's integrated into your whole person—how you think, how you feel, how you act, how you relate.

You can have intellectually accurate knowledge about God that never impacts your life. You can believe all the right doctrines and still live functionally like an atheist—trusting yourself, controlling your circumstances, relying on your resources, worshiping your comfort.

But true truth transforms. It changes how you live. How you respond to trials. How you handle suffering. How you trust when you can't see.

## WHEN GOD LETS YOU BE HUNGRY

The wilderness is where intellectual knowledge becomes true truth. Where belief becomes trust. Where doctrine becomes devotion.

Schaeffer wrote: *"Christianity is not a series of truths in the plural, but rather truth spelled with a capital 'T.' Truth about total reality, not just about religious things. Biblical Christianity is Truth concerning total reality."*

The wilderness teaches you that Christianity is true—not just theoretically, but practically. That God is faithful—not just in concept, but in your actual daily experience. That His word sustains—not just as a nice idea, but as actual nourishment for your soul.

This is experiential knowledge. And it can only be gained through experience.

### THE CURRICULUM OF HUNGER: STAGES OF THE WILDERNESS

The wilderness has a curriculum. A progression. Stages that most people walk through. Understanding where you are in the process can help you know what God is doing and what He's trying to teach you.

#### WEEKS 1-10: SHOCK AND COMPLAINT

**What's happening:** You've entered the wilderness. Maybe you saw it coming, maybe you didn't. But now you're here, and it's brutal. Uncomfortable. Disorienting. This isn't what you signed up for.

## WHEN GOD LETS YOU BE HUNGRY

### Common responses:

- "This can't be happening."
- "God, how could You let this happen?"
- "This is a mistake. This isn't supposed to be my story."
- "I need to get out of this as fast as possible."

**What you're learning:** That your comfort is not God's highest priority. That His ways are not your ways. That the journey is going to be harder than you expected.

**The temptation:** To bail. To go back to Egypt. To give up on trusting God because this is too hard.

**The invitation:** To stay. To trust that God has a purpose even when you can't see it. To let go of your timeline and embrace His.

Israel experienced this in Exodus 15-16. Three days after crossing the Red Sea, they were complaining about bitter water. They'd just seen the greatest miracle of deliverance in history, and within 72 hours they were questioning whether God would provide.

This stage is normal. Expected. You're allowed to be shocked. Allowed to grieve. Allowed to be honest about how hard this is.

But don't let shock turn into permanent residence. This is the beginning, not the end.

## WEEKS 11-20: BARGAINING AND SELF-HELP

**What's happening:** You've accepted that the wilderness is real and you're in it. But you're still trying to control the process. You're still trying to figure out how to get out faster. You're making deals with God, trying self-help strategies, looking for shortcuts.

**Common responses:**

- "Okay God, if I do X, will You do Y?"
- "Maybe if I just work harder, pray longer, fast more, this will end."
- "Let me try this strategy I read about..."
- "If I can just figure out what I did wrong, I can fix it and get out."

**What you're learning:** That you can't manipulate God. That shortcuts don't work. That your self-help strategies are inadequate for what God is doing.

**The temptation:** To create your own Ishmael. To force a solution. To take control instead of surrendering it.

**The invitation:** To release control. To stop trying to manage the process. To accept that this is God's work, not yours.

Abraham experienced this with Hagar and Ishmael (Genesis 16). He tried to help God fulfill the promise. And it created a mess that took generations to sort out.

This stage is where you realize: you can't fix this. You can't work your way out. You can't strategize or optimize or hustle your way to the promise.

You can only surrender.

## WEEKS 21-30: DESPERATION AND HONESTY

**What's happening:** The self-help strategies didn't work. The shortcuts failed. You're running out of options, out of energy, out of hope. And you're desperate. Raw. Honest in a way you've never been before.

**Common responses:**

- "God, I have nothing left."
- "I don't understand what You're doing and I'm terrified."
- "I'm angry. I'm hurt. I'm confused. And I don't know how to pretend anymore."
- "Help me. Please. I can't do this on my own."

**What you're learning:** That honesty with God is not only acceptable but necessary. That God can handle your anger, your questions, your doubts. That desperation is actually the doorway to deeper intimacy.

**The temptation:** To believe that your honesty has disqualified you. To think that because you're struggling, you're failing.

**The invitation:** To bring all of it to God. The anger. The fear. The doubt. The desperation. And to discover that He doesn't reject you—He receives you.

## WHEN GOD LETS YOU BE HUNGRY

Job experienced this. After weeks of suffering, he stopped trying to defend himself or explain his situation, and he just poured out his heart—raw, honest, angry, desperate. And God didn't rebuke him for his honesty. God met him in it.

The Psalms are full of this kind of desperate honesty. "How long, O LORD?" "Why have You forsaken me?" "I am weary with my crying; my throat is parched."

This stage is where pretense dies. Where religious performance ends. Where you stop trying to impress God and start being real with Him.

And that's when real relationship begins.

### WEEKS 31-40: SURRENDER AND TRUST

**What's happening:** You've been emptied out. Humbled. Broken of your self-sufficiency. And you're finally—finally—ready to surrender. To trust. Not because you understand, but because you've run out of other options. And in that place of surrender, you discover something you couldn't have found any other way: God is enough.

#### Common responses:

- "Not my will, but Yours."
- "I don't understand, but I trust You."
- "Do what You need to do. I'm Yours."
- "Even if You don't rescue me the way I want, You're still God and You're still good."

**What you're learning:** That surrender isn't defeat—it's victory. That trust doesn't require understanding. That God's presence is better than God's provision. That He is enough.

**The temptation:** To believe this is the end. To think that surrender is the final destination.

**The invitation:** To recognize that surrender is the doorway, not the destination. That this is where transformation really begins.

Jesus experienced this in Gethsemane. "Not My will, but Yours be done" (Luke 22:42). Not because He understood. Not because it made sense. But because He trusted the Father completely.

This is the stage where the breakthrough happens—not in circumstances, but in your heart. Where you become the kind of person who can possess the promise. Where Egypt is finally out of your system and you're ready for Canaan.

### BEYOND WEEK 40: TRANSFORMATION AND TESTIMONY

**What's happening:** You're different. You've been changed. The wilderness has done its work. You're not the same person who entered. You're humbler. More dependent. More trusting. More attuned to God's voice. More aware of His faithfulness.

## Common responses:

- "I wouldn't trade this for anything."
- "I see now what God was doing."
- "I'm grateful for the wilderness, even though it was brutal."
- "I want to help others who are walking what I walked."

**What you're learning:** That the wilderness was worth it. That God is faithful. That transformation is real. That testimony matters.

**The temptation:** To forget. To let the lessons fade. To drift back into self-sufficiency when life gets comfortable again.

**The invitation:** To remember. To build monuments. To tell your story. To help others. To live from what you learned rather than returning to what you left.

Moses experienced this. On the edge of the Promised Land, looking back at forty years, he could say: "Remember. Don't forget. God humbled you and let you be hungry... that He might make you understand."

This is the stage where you become a guide for others. Where your suffering becomes service. Where your wilderness becomes ministry. Where your testimony helps someone else trust God through their journey.

## THE DIFFERENCE BETWEEN INFORMATION AND TRANSFORMATION

Here's the critical distinction: **The wilderness isn't about giving you information. It's about transformation.**

You can read a book about trusting God. That's information.

You can walk through a season where you had nothing but God and discovered He was enough. That's transformation.

You can study the doctrine of God's sovereignty. That's information.

You can live through circumstances you couldn't control and experience His sovereign hand guiding every step. That's transformation.

You can memorize verses about God's faithfulness. That's information.

You can experience forty days (or forty months, or forty years) of daily manna and know from lived experience that God is faithful. That's transformation.

Information can be gained in a classroom. Transformation requires a wilderness.

Information changes what you know. Transformation changes who you are.

And God is after transformation. He's not trying to make you smarter. He's trying to make you more like Christ. And that requires experience, not just education.

## WHEN GOD LETS YOU BE HUNGRY

### WHY SOME LESSONS CAN ONLY BE LEARNED IN THE WILDERNESS

Let me be clear: **Some lessons simply cannot be learned anywhere else.**

You cannot learn real dependence while you're self-sufficient.

You cannot learn real trust while you're in control.

You cannot learn real faith while you have all the answers.

You cannot learn real surrender while you have other options.

You cannot learn that God is enough while you have everything you need.

The wilderness creates the conditions where these lessons become possible. It strips away the alternatives. It removes the safety nets. It eliminates the escape routes.

And in that place—where you have no other options, no other resources, no other hope—you discover: **God is enough. And He always has been. You just needed everything else removed to realize it.**

That's why the wilderness is necessary. Not because God is cruel. But because you're stubborn. Because we all are. We won't let go of our self-sufficiency until we're forced to. We won't surrender control until control is taken from us. We won't trust God alone until we have nothing else to trust.

## WHEN GOD LETS YOU BE HUNGRY

The wilderness forces the lesson. And the lesson transforms everything.

### WHAT YOU CANNOT LEARN IN ABUNDANCE

Let's be specific about what abundance simply cannot teach:

**Abundance cannot teach you that God is enough.** Because when you have abundance, you don't need God to be enough. You have the abundance.

**Abundance cannot teach you daily dependence.** Because when you have abundance, you can store up, plan ahead, create security.

**Abundance cannot teach you that God's presence is better than provision.** Because in abundance, you have both. You can't distinguish between loving God and loving His blessings.

**Abundance cannot teach you faith.** Because faith is "the assurance of things hoped for, the conviction of things not seen" (Hebrews 11:1). When you have abundance, you're not hoping—you're experiencing. You're not trusting for the unseen—you're managing what you can see.

**Abundance cannot teach you to live by every word from God's mouth.** Because when you have bread, you don't feel desperate for God's word. You're satisfied with physical provision.

This isn't to say abundance is bad. It's not. God blesses His people with abundance.

But abundance is spiritually dangerous if you haven't first been trained in the wilderness. Because abundance without wilderness training leads to pride, self-sufficiency, and forgetting God (which is exactly what Deuteronomy 8:11-20 warns about).

The wilderness trains you to handle Canaan. It prepares you for abundance by teaching you not to trust the abundance but to trust the God who gives it.

### REFLECTION QUESTIONS

**1. What's the difference between what you know about God intellectually and what you know about God experientially?**

Where is there a gap between your theology and your lived reality?

**2. What has the wilderness taught you that you could never have learned in a classroom?**

Be specific. What truth about God have you experienced that you couldn't have just learned from a book?

**3. Where are you in the curriculum of hunger right now?**

Are you in shock and complaint? Bargaining and self-help? Desperation and honesty? Surrender and trust? Or beyond, in transformation and testimony?

### 4. What lesson is God trying to teach you that you're resisting?

What's the thing you know intellectually but haven't yet accepted experientially?

What's the truth you can articulate but haven't yet lived into?

### 5. How has your understanding of God's character changed through the wilderness?

Is He more faithful than you thought? More sovereign? More present? More good? How has experience shaped your theology?

### 6. What would it look like to move from knowledge about God to knowledge of God in this season?

What would change if you stopped trying to understand everything and started trusting what you can't understand?

### 7. What will you do with what you're learning?

When the wilderness ends—and it will end—how will you remember? How will you live differently? How will you use your testimony to help others?

The wilderness is not a mistake.

It's not a detour.

It's not punishment for something you did wrong.

## WHEN GOD LETS YOU BE HUNGRY

It's God's classroom. His training ground. His formation program.

And hunger—as brutal as it is—is His teaching method.

Not because He's cruel, but because some lessons can only be learned when you have nothing else to rely on but Him.

And what you learn in the wilderness—that God is faithful, that He's good, that He's present, that He's sufficient, that He's sovereign—what you learn there changes everything.

Not just what you know.

But who you are.

And that's the goal.

Not information.

Transformation.

Into the image of Christ.

Who learned obedience through suffering (Hebrews 5:8).

Who was made perfect through hardship (Hebrews 2:10).

## WHEN GOD LETS YOU BE HUNGRY

Who trusted the Father completely, even unto death.

And who invites you to do the same.

*"He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."*

—Deuteronomy 8:3 (NASB)

# WHEN GOD LETS YOU BE HUNGRY

## CHAPTER 7: "MAN DOES NOT LIVE BY BREAD ALONE"

### THE TRAGEDY OF A FULL STOMACH AND AN EMPTY SOUL

He had everything. Successful career. Beautiful home in the suburbs. Wife and kids. Two cars. Retirement account growing steadily. Took nice vacations. Had good health insurance. His kids were in good schools. He was, by every measurable standard, winning at life.

And he was miserable.

Not in an obvious way. Not in a way anyone could see from the outside. He still went to work every day. Still smiled at parties. Still posted the family photos on social media. Still showed up at church most Sundays.

But alone, in the quiet moments he tried desperately to avoid, there was this gnawing emptiness. This sense that something was missing. This hunger that no amount of success or comfort or achievement could satisfy.

He had bread. Plenty of bread. More bread than most people would have in a lifetime.

But his soul was starving.

And he didn't even know it.

## WHEN GOD LETS YOU BE HUNGRY

Because our culture has taught us a lie that many of us have believed without question: **If you can just get your physical needs met—security, comfort, success, pleasure—you'll be satisfied.**

Maslow's hierarchy of needs tells us that once you have physiological needs met, then safety, then belonging, then esteem, you can finally achieve "self-actualization" and be fulfilled.

But Deuteronomy 8:3 tells us something radically different:

*"Man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."*

Not: "Man lives by bread primarily, and spiritual stuff secondarily."

Not: "Man needs bread first, then can worry about God later."

But: **"Man does not live by bread alone."**

Bread is not enough. Physical provision is not enough. Getting all your needs met is not enough. Success, comfort, security, pleasure—none of it is enough.

## WHEN GOD LETS YOU BE HUNGRY

Because you were made for more than bread.

You were made to live by every word that proceeds from the mouth of God.

And until you understand that—until you experience it—you'll keep trying to satisfy a spiritual hunger with physical food. You'll keep eating bread and wondering why you're still empty. You'll keep achieving success and wondering why it doesn't fulfill you.

You'll have a full stomach and a starving soul.

And you won't even know what's missing.

### THE TEXT: WHAT WE ACTUALLY NEED TO LIVE

Let's look at the full verse one more time:

*"He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."* (Deuteronomy 8:3, NASB)

This is the culmination of the entire passage. This is the lesson the wilderness was designed to teach. This is what God wanted them—and wants us—to understand:

**Real life doesn't come from bread. It comes from God's word.**

Not bread supplemented by God's word. Not bread as the foundation with God's word as an addition. But God's word as the source of life itself, with bread as a secondary provision.

This completely inverts our understanding of what we need. We think:

- First, I need food, shelter, security
- Second, I need relationships, belonging, love
- Third, I need purpose, meaning, fulfillment
- And somewhere in there, if I have time and energy left over, I'll pursue God

But God says:

- First, you need Me. My word. My presence. Relationship with Me.
- Everything else flows from that. Including physical provision.

Jesus made this explicit in Matthew 6:33: *"But seek first His kingdom and His righteousness, and all these things will be added to you."* (NASB)

Seek first the Kingdom. The relationship. The spiritual reality. And the physical provision will be added. Not the other way around.

## WHEN GOD LETS YOU BE HUNGRY

This is hard for us to accept. Because bread is tangible. You can see it, touch it, taste it, measure it. God's word is invisible. Intangible. You can't grab hold of it in the same way.

But the invisible is what's actually sustaining you. The intangible is what's actually keeping you alive. The spiritual is what's actually feeding your soul.

Bread keeps your body functioning. But God's word keeps your *self* alive. Your soul. Your spirit. The part of you that's made in God's image.

And you can have a fully functioning body and a completely dead soul. You can be physically alive and spiritually starving. You can have all the bread you need and still be dying.

That's the tragedy. That's what God is trying to prevent through the wilderness. That's why He lets us be hungry for bread—so we'll get hungry for Him.

### MASLOW'S HIERARCHY VS. GOD'S HIERARCHY

Let's contrast two different understandings of human needs:

## MASLOW'S HIERARCHY OF NEEDS

Abraham Maslow, the 20th-century psychologist, proposed a hierarchy of human needs, usually depicted as a pyramid:

1. **Physiological needs** (food, water, shelter) - Base of the pyramid
2. **Safety needs** (security, stability)
3. **Belonging needs** (love, friendship, community)
4. **Esteem needs** (respect, recognition, achievement)
5. **Self-actualization** (reaching your full potential) - Top of the pyramid

The idea is that you have to satisfy the lower levels before you can move to higher levels. You can't worry about self-actualization if you don't have food. You can't pursue belonging if you don't have safety.

It's logical. It makes sense. And it's shaped how Western culture thinks about human flourishing.

But it's incomplete. Because it leaves God out entirely. Or relegates Him to the "self-actualization" tier—something you pursue after everything else is handled.

## GOD'S HIERARCHY OF NEEDS

But Scripture presents a radically different hierarchy:

1. **God Himself** - Relationship with Him, His word, His presence  
**Everything else flows from that**

That's it. That's the hierarchy. Not five levels. Two.

## WHEN GOD LETS YOU BE HUNGRY

First: God. Second: Everything else He provides as you seek Him first.

Jesus said it in Matthew 4:4, quoting Deuteronomy 8:3: "*Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.*"

Not: "Man needs bread first, then God's word." But: "Man shall not live on bread alone."

Meaning: **Bread without God's word is insufficient for life. You need God's word more than you need bread.**

And then in Matthew 6:25-33, Jesus drives the point home:

*"For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?... But seek first His kingdom and His righteousness, and all these things will be added to you."* (NASB)

Notice the order: Seek God first. Don't worry about food and clothing. Why? Because your Father knows you need these things, and He will provide them. But the seeking—the relationship—that comes first.

This is not Maslow's hierarchy. This is a complete inversion of how we naturally think about needs.

## WHEN GOD LETS YOU BE HUNGRY

And it's what the wilderness teaches. When God lets you be hungry, when He withholds physical provision, when He puts you in a place where you can't meet your own basic needs—He's teaching you that those "basic needs" are actually secondary. The primary need is Him.

### WHY JESUS QUOTED THIS VERSE DURING HIS TEMPTATION

It's not an accident that when Satan tempted Jesus in the wilderness, Jesus responded by quoting Deuteronomy 8:3.

Let's look at the scene:

Matthew 4:1-4: *"Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after He had fasted forty days and forty nights, He then became hungry. And the tempter came and said to Him, 'If You are the Son of God, command that these stones become bread.' But He answered and said, 'It is written, "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God."'"*  
(NASB)

Notice the sequence:

1. Jesus fasted for forty days
2. He became hungry (physically hungry, genuinely in need of food)
3. Satan tempted Him to meet that legitimate need independently
4. Jesus refused by quoting Deuteronomy 8:3

## WHEN GOD LETS YOU BE HUNGRY

Satan's temptation wasn't to do something obviously evil. It was to meet a legitimate need in a way that bypassed dependence on the Father.

Jesus had the power to turn stones into bread. He would later multiply loaves and fish to feed thousands. But in this moment, turning stones to bread would have been an act of independence. It would have been living by bread alone. It would have been prioritizing physical provision over spiritual submission to the Father's will.

And Jesus refused.

Why? Because He understood what Deuteronomy 8:3 teaches: **Life doesn't come from bread. Life comes from obedience to God's word. From submission to God's will. From dependence on God's provision—not self-provision.**

Jesus was hungry. Really hungry. And He had the power to fix it. But He chose to stay hungry rather than act independently of the Father.

He chose to live by every word from the Father's mouth rather than by bread alone.

This is the model. This is what the wilderness trains us to do. To choose dependence on God over meeting our own needs. To choose spiritual reality over physical comfort. To choose obedience over self-provision.

## WHEN GOD LETS YOU BE HUNGRY

And the test comes when you're actually hungry. When the need is real. When you have the power to meet it yourself. And you have to choose: Will I trust God to provide in His way and His timing? Or will I take matters into my own hands?

### THE DANGER OF MAKING PHYSICAL COMFORT OUR FUNCTIONAL GOD

Here's the insidious thing about making physical provision, comfort, and security our priority: **We don't usually recognize we're doing it. We think we're just being responsible. Practical. Wise.**

But Timothy Keller, in his book *Counterfeit Gods*, explains how anything—even good things—can become functional gods if we make them ultimate things.

A counterfeit god is anything that becomes so important to you that if you lost it, you'd lose yourself. Anything you can't imagine living without. Anything you trust more than God. Anything you sacrifice for without question.

And for many of us—especially in Western culture—our counterfeit gods are physical comfort, financial security, and control over our circumstances.

We don't bow down to them. We don't build altars. We don't consciously worship them.

But we organize our lives around them. We make decisions based on them. We sacrifice for them. We fear losing them. And if they're threatened, we panic.

That's functional worship. And the wilderness exposes it.

## WHEN GOD LETS YOU BE HUNGRY

When God allows financial insecurity, He's revealing: Have you made money your functional god?

When God allows physical discomfort, He's revealing: Have you made comfort your functional god?

When God allows circumstances you can't control, He's revealing: Have you made control your functional god?

The wilderness forces the question: **What are you actually trusting? What are you actually living for? What's your functional god—the thing you actually organize your life around?**

And for most of us, if we're honest, it's not God Himself. It's the physical provision, the comfort, the security, the control that we think we need to survive.

We're living by bread alone. We just don't realize it.

Until the wilderness takes the bread away. And we discover: Have I been trusting the bread? Or have I been trusting the God who provides it?

### WHAT WE'RE ACTUALLY STARVING FOR

C.S. Lewis wrote: *"If I find in myself desires which nothing in this world can satisfy, the only logical explanation is that I was made for another world."*

## WHEN GOD LETS YOU BE HUNGRY

This is the truth the wilderness reveals: **The hunger you're experiencing isn't ultimately for physical things. It's for God. For transcendence. For meaning. For the eternal.**

You were made for another world. And all the bread in this world cannot satisfy the hunger for the next.

Augustine knew this. He prayed: *"Thou hast made us for Thyself, O Lord, and our hearts are restless until they find their rest in Thee."*

You're restless. Unsatisfied. Hungry. Not because you don't have enough bread—but because bread was never meant to be your ultimate satisfaction.

John Calvin understood this when he wrote about the "chief end of man" in his catechism: *"What is the chief end of man? Man's chief end is to glorify God, and to enjoy him forever."*

Not to accumulate stuff. Not to achieve success. Not to be comfortable. But to glorify God and enjoy Him.

That's what you're starving for. The enjoyment of God. The glory of God. Relationship with God.

And nothing in this world can satisfy that hunger. No amount of bread. No level of success. No degree of comfort. No accumulation of possessions.

## WHEN GOD LETS YOU BE HUNGRY

You can have everything and still be empty. Because you were made for more than things. You were made for God Himself.

And until you have Him—not just His blessings, but Him—you will be hungry.

The wilderness teaches this by taking away the things you thought would satisfy you. And in the absence of those things, you discover: they were never what I needed. What I actually need is God.

### THE DIFFERENCE BETWEEN NEEDS AND WANTS

Part of what the wilderness does is clarify the difference between needs and wants. And we're terrible at distinguishing between the two.

We think we *need*:

- Financial security
- A comfortable home
- A successful career
- Respect from others
- Control over our circumstances
- A clear plan for the future
- Physical comfort
- Immediate answers to our prayers

## WHEN GOD LETS YOU BE HUNGRY

But what we actually *need*:

- God Himself
- His word
- His presence
- His provision (which may look very different from what we want)

Everything else is a want. Maybe a legitimate want. Maybe something God will graciously provide. But not a need in the ultimate sense.

Jesus made this clear in the Sermon on the Mount:

Matthew 6:31-33: "*Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness, and all these things will be added to you.*" (NASB)

Notice:

1. Your Father knows you need food, drink, clothing
2. Therefore, don't worry about them
3. Instead, seek His Kingdom first
4. And He'll add those things

The physical needs are real. God acknowledges them. But they're not your primary concern. Your primary concern is the Kingdom. The relationship. The spiritual reality.

And when that's your primary concern, God takes care of the secondary concerns.

## WHEN GOD LETS YOU BE HUNGRY

But we get it backwards. We make the physical needs primary. We worry about them. Strategize around them. Organize our lives to ensure they're met. And we relegate God to a secondary role—something we pursue if we have time and energy left over.

And we wonder why we're still empty. Still unsatisfied. Still hungry.

Because we're living by bread alone. And man does not live by bread alone.

### SCRIPTURE DEEP DIVE: LIVING WATER AND TRUE BREAD

Let's look at how Jesus develops this theme throughout the Gospels:

#### JOHN 4: THE WOMAN AT THE WELL

Jesus encounters a Samaritan woman at a well. She's come to draw water—a daily necessity, a physical need.

And Jesus says something that sounds crazy:

John 4:13-14: "*Jesus answered and said to her, 'Everyone who drinks of this water will thirst again; but whoever drinks of the water that I will give him shall never thirst; but the water that I will give him will become in him a well of water springing up to eternal life.'*" (NASB)

## WHEN GOD LETS YOU BE HUNGRY

Notice the contrast:

- Physical water temporarily satisfies physical thirst
- Spiritual water permanently satisfies spiritual thirst

The woman doesn't understand. She thinks He's talking about physical water: *"Sir, give me this water, so I will not be thirsty nor come all the way here to draw."* (John 4:15)

But Jesus is talking about something deeper. About living water. About spiritual satisfaction. About a thirst that physical water can never quench.

The woman had been married five times. She was currently living with a man who wasn't her husband. She'd been looking for satisfaction in relationships. In romance. In human connection.

And Jesus is saying: That's not going to satisfy you. You're thirsty for something those relationships can't provide. You need living water. You need Me.

She'd been drinking from broken cisterns. Trying to satisfy a spiritual thirst with physical solutions. And she was still empty.

Jesus offered her what she was actually thirsty for: Himself.

### JOHN 6: THE BREAD OF LIFE

After Jesus feeds five thousand people with five loaves and two fish, the crowds follow Him, wanting more bread.

## WHEN GOD LETS YOU BE HUNGRY

And Jesus confronts them:

John 6:26-27: *"Jesus answered them and said, 'Truly, truly, I say to you, you seek Me, not because you saw signs, but because you ate of the loaves and were filled. Do not work for the food which perishes, but for the food which endures to eternal life, which the Son of Man will give to you, for on Him the Father, God, has set His seal.'"* (NASB)

He's calling them out. You're not following Me because you want Me. You're following Me because you want bread. You want physical provision. You want your needs met.

But I'm offering you something better. Food that doesn't perish. Bread that leads to eternal life.

The crowd doesn't get it. They bring up the manna in the wilderness (John 6:31): *"Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread out of heaven to eat.'"*

And Jesus makes the connection explicit:

John 6:32-35: *"Jesus then said to them, 'Truly, truly, I say to you, it is not Moses who has given you the bread out of heaven, but it is My Father who gives you the true bread out of heaven. For the bread of God is that which comes down out of heaven, and gives life to the world.' Then they said to Him, 'Lord, always give us this bread.' Jesus said to them, 'I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst.'"* (NASB)

**"I AM the bread of life."**

Not "I provide bread." Not "I give bread." But "I AM bread."

Jesus is the fulfillment of the manna. He's the true bread from heaven. He's what the Israelites were actually hungry for during forty years of wilderness. He's what we're actually hungry for now.

And the promise is: **If you come to Him, you will not hunger. Not because He gives you physical bread (though He may), but because He satisfies the deeper hunger. The spiritual hunger. The hunger for God Himself.**

Many of the disciples couldn't handle this teaching. John 6:66 says: *"As a result of this many of His disciples withdrew and were not walking with Him anymore."*

Why? Because they wanted bread. Physical bread. Tangible provision. Something they could sink their teeth into.

But Jesus was offering Himself. Spiritual bread. Eternal satisfaction.

And they chose the physical over the spiritual. The temporary over the eternal. The bread over the Bread.

And they walked away still hungry.

## WHEN GOD LETS YOU BE HUNGRY

### PHILIPPIANS 4:11-13: PAUL'S CONTENTMENT

Paul understood this principle better than most. Listen to what he writes from prison:

*"Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me."* (NASB)

Notice: **"I have learned to be content."**

It wasn't automatic. It wasn't natural. Paul had to learn it. And where did he learn it? Through both abundance and need. Through being filled and being hungry. Through prosperity and poverty.

He learned that his contentment wasn't dependent on his circumstances. It was dependent on Christ.

And the famous verse—"I can do all things through Him who strengthens me"—is often taken out of context. It's not about achieving your dreams or accomplishing great things. It's about enduring hardship. About being content whether you have much or little. About finding strength in Christ when your circumstances are difficult.

## WHEN GOD LETS YOU BE HUNGRY

Paul could endure need because he'd learned the secret: **Christ is enough. Man does not live by bread alone.**

He didn't need bread to be content. He needed Christ. And with Christ, he could handle whatever came—abundance or deprivation, comfort or suffering, provision or lack.

That's the lesson of the wilderness. That's what "man does not live by bread alone" means.

### TIMOTHY KELLER ON COUNTERFEIT GODS

Timothy Keller writes: *"The human heart is a factory of idols... Everyone has to live for something."*

The question isn't whether you're living for something. It's what you're living for.

And if you're living for bread—for physical provision, comfort, security, success—you've made bread your god. It's a counterfeit god. It looks like a legitimate need, but you've elevated it to ultimate importance.

Keller explains that counterfeit gods make two promises that they can never keep:

**1. They promise to give you identity and worth.** "If I have this job, this income, this house, this relationship—then I'll be somebody. Then I'll have value."

But it's a lie. Your worth isn't in what you have. It's in whose you are. And only God can give you that.

**2. They promise to give you security and satisfaction.** "If I just have enough money, enough success, enough control—then I'll be secure. Then I'll be satisfied."

But it's a lie. Nothing in this world can give you ultimate security or satisfaction. Only God can do that.

And the wilderness exposes the lie. It takes away the counterfeit gods and forces you to face the question: **Without this, do I still have worth? Without this, am I still secure?**

And the answer is: Yes. If you have God. Because your worth was never in the thing—it was always in Him. Your security was never in your circumstances—it was always in His character.

The wilderness doesn't take away what you need. It takes away what you were wrongly trusting. And it teaches you to trust the real God instead of the counterfeit ones.

### CHALLENGING QUESTIONS

It's time to get uncomfortably honest. These questions are designed to expose what you're actually living for, what you're actually trusting, what's become more important to you than God.

# WHEN GOD LETS YOU BE HUNGRY

Don't rush through them. Sit with them. Let them do their work.

## 1. WHAT HAVE YOU MADE MORE IMPORTANT THAN GOD?

Finish this sentence: "I can't imagine living without \_\_\_\_\_."

Whatever fills that blank—that's your functional god.

Maybe it's financial security. Maybe it's your career. Maybe it's a relationship. Maybe it's your health. Maybe it's your reputation. Maybe it's control over your circumstances.

Whatever it is, if you can't imagine living without it, you've made it ultimate. You've given it the place that only God should have.

And the wilderness is designed to take it away. Not to punish you, but to free you. To show you that you can live without it. That God is enough even when that thing is gone.

## 2. WHERE DO YOU SEEK SATISFACTION APART FROM HIM?

When you're stressed, what do you reach for? When you're lonely, where do you go? When you're bored, what do you do? When you're anxious, what do you control?

Your answer reveals where you're seeking satisfaction apart from God.

- Do you reach for food? (Comfort eating)
- Do you reach for entertainment? (Distraction)
- Do you reach for work? (Accomplishment)
- Do you reach for shopping? (Acquisition)
- Do you reach for relationships? (Validation)
- Do you reach for control? (Security)

None of those things are bad in themselves. But if they're your go-to when you're hungry—if they're what you turn to instead of turning to God—they've become substitutes. Counterfeit gods. Things you're using to satisfy a hunger that only God can fill.

### 3. WHAT WOULD YOU NOT GIVE UP, EVEN IF GOD ASKED?

This is the Abraham and Isaac question. God asked Abraham to sacrifice the very thing He'd promised—the son, the heir, the fulfillment of everything Abraham had been waiting for.

And Abraham was willing. Because Isaac wasn't his functional god. God was.

What's your Isaac? What's the thing that if God asked you to surrender it, you'd say, "No. I can't. That's too much. I need this."

That thing—whatever it is—has become more important to you than God. It's become your bread. The thing you believe you can't live without.

And the wilderness is where God asks you to put it on the altar. Not because He's cruel. Not because He wants to take it from you forever (He gave Isaac back to Abraham). But because He wants to be first. He wants you to learn that you can live without that thing if you have to. That He is enough even when that thing is gone.

### 4. WHEN HAVE YOU CHOSEN COMFORT OVER OBEDIENCE?

Where has God asked you to do something that would require you to step out of your comfort zone, to risk security, to trust Him without a safety net—and you've said no?

Maybe it's a calling you've ignored because it doesn't pay enough. Maybe it's a relationship you've stayed in because being alone feels scarier than being unhealthy.

Maybe it's a move you've avoided because the familiar is safer than the unknown.

Maybe it's a conversation you've delayed because confrontation is uncomfortable.

Maybe it's a habit you've refused to surrender because the short-term pleasure feels necessary.

Whatever it is, it's evidence that you're living by bread alone. That you're prioritizing physical comfort over spiritual obedience. That you're choosing security over surrender.

And the wilderness is designed to break that pattern. To teach you that obedience is better than comfort. That God's will is better than your preferences. That living by His word is better than living by bread alone.

### 5. WHERE ARE YOU TRUSTING YOUR PROVISION MORE THAN YOUR PROVIDER?

Do you trust your income more than you trust God? Do you trust your job more than you trust God? Do you trust your savings account more than you trust God? Do you trust your skills more than you trust God? Do you trust your plans more than you trust God?

If any of those things were taken away tomorrow, would you panic? Would you despair? Would you feel like your life was over?

If so, you're trusting the provision more than the Provider. You're living by bread alone. And the wilderness is meant to teach you: the bread can be taken away, but God remains. And God is enough.

### 6. WHAT WOULD SATISFY YOU IF GOD GAVE YOU NOTHING ELSE?

Honest question: If God gave you nothing—no provision, no comfort, no success, no recognition, no answered prayers—but you had God Himself, His presence, His word, His relationship—would that be enough?

Or do you need the stuff? Do you need the blessings? Do you need the answers? Do you need the comfortable circumstances?

Because that's the test. That's what the wilderness asks. That's what "man does not live by bread alone" means.

## WHEN GOD LETS YOU BE HUNGRY

Can you be satisfied with God alone? Or do you need God plus everything else?

Your answer reveals whether you're living by bread alone or by every word from the mouth of God.

### THE INVERSION: WHEN LOSING BECOMES GAINING

Here's the paradox of the wilderness: **What feels like losing is actually gaining.**

When God takes away the bread, it feels like loss. Deprivation. Punishment. Like you're being robbed of what you need.

But what's actually happening is that you're gaining something infinitely more valuable. You're gaining the ability to be satisfied by God Himself. To find your sufficiency in Him. To live by His word instead of by bread.

Jesus said it this way in Matthew 16:25: *"For whoever wishes to save his life will lose it; but whoever loses his life for My sake will find it."*

You have to lose the life lived by bread alone to find the life lived by God's word.

You have to lose your trust in provision to gain trust in the Provider.

You have to lose your dependence on comfort to gain dependence on Christ.

You have to lose the counterfeit gods to gain the real God.

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And in that exchange—as painful as it is, as terrifying as it feels—you gain everything. Because you gain God. And He is enough.

### REFLECTION QUESTIONS

**1. What are you actually living for? If someone observed your life—how you spend your time, money, energy—what would they say is your functional god?**

Don't give the right answer. Give the honest answer.

**2. Where have you been trying to satisfy a spiritual hunger with physical solutions?**

Where have you been eating bread and wondering why you're still empty?

**3. What would it look like to seek first the Kingdom in your current circumstances?**

If you actually prioritized God, His word, His will, His presence above everything else—what would change?

**4. What's the difference between what you think you need and what you actually need?**

Make two lists. On one side, write what you think you need. On the other, write what God says you need. How different are they?

### 5. Can you honestly say that God is enough? Or do you need God plus something else?

Be specific about the "something else." What is it? Why do you think you need it?

### 6. What would you have to surrender for God to truly be first in your life?

What's standing between you and full surrender? What are you holding onto that you need to release?

### 7. How would your life change if you actually believed that man does not live by bread alone?

What decisions would you make differently? What risks would you take? What would you surrender? What would you pursue?

The wilderness teaches you a truth that abundance can never teach:

**You don't need bread to live. You need God.**

Not God plus bread. Not God plus comfort. Not God plus security.

Just God.

And when you have God—when you're living by every word that proceeds from His mouth—you have everything you need.

Even when you have nothing else.

## WHEN GOD LETS YOU BE HUNGRY

Especially when you have nothing else.

Because man does not live by bread alone.

And you were made for more than bread.

You were made for Him.

*"Man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."*

—Deuteronomy 8:3 (NASB)

## CHAPTER 8: "BUT MAN LIVES BY EVERYTHING THAT PROCEEDS FROM THE MOUTH OF THE LORD"

### WHEN THE WORD BECAME FOOD

She'd been a Christian for twenty years. Read her Bible regularly. Could quote verses. Knew the stories. Had done Bible studies, attended small groups, even taught Sunday school.

But when the wilderness hit—when her husband walked out, when the finances collapsed, when everything she'd built her life on fell apart—she discovered something shocking:

**She didn't actually know how to feed on God's word.**

She knew how to *read* it. How to *study* it. How to *analyze* it. How to extract principles from it and apply them to her life.

But she didn't know how to let it sustain her. To let it nourish her soul. To let it be the actual food that kept her alive when everything else was gone.

In her wilderness, she would open her Bible in the morning and just... stare at it. The words were familiar. She'd read them dozens of times. But they felt dead. Like reading a cookbook when you're starving—you can see the recipes, but they don't fill you up.

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Then one morning, desperate and broken, she opened to Psalm 34 and read: "*I sought the LORD, and He answered me, and delivered me from all my fears.*" (Psalm 34:4, NASB)

And instead of moving on to the next verse, she just... stopped. Sat with it. Let it sink in. Repeated it. Whispered it. Prayed it back to God.

*"I sought the LORD..."*

Not "I tried to fix my situation." Not "I controlled my circumstances." But "I sought the LORD."

*"...and He answered me..."*

Not "He gave me what I wanted." Not "He fixed everything immediately." But "He answered." He responded. He was there.

*"...and delivered me from all my fears."*

Not from her circumstances. Not from her wilderness. But from her fears. From the terror that was consuming her. From the panic that woke her at 3 a.m.

And as she sat with those words—meditated on them, prayed them, let them sink deep into her soul—something happened. She felt... fed. Strengthened. Sustained.

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Not because her circumstances changed. They didn't. The wilderness was still the wilderness.

But she was different. Because she'd finally learned what it means to live by every word that proceeds from the mouth of the LORD.

Not just to read it. Not just to know it. But to feed on it. To let it nourish her. To let it sustain her when nothing else could.

She'd spent twenty years treating Scripture like information. The wilderness taught her to treat it like food.

And that made all the difference.

### THE TEXT: THE SOURCE OF REAL LIFE

Let's look at the complete verse one final time:

*"He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."* (Deuteronomy 8:3, NASB)

We've focused on the first half: "man does not live by bread alone." We've talked about what we don't live by. What's insufficient. What can't sustain us.

Now we turn to the second half: "**but man lives by everything that proceeds out of the mouth of the LORD.**"

This is the positive statement. This is what we *do* live by. This is the source of real life.

Notice several crucial things about this phrase:

### 1. "Man lives by..."

Not "man survives by." Not "man gets by with." But "man *lives* by."

This is talking about real life. Abundant life. The kind of life Jesus promised in John 10:10: "*I came that they may have life, and have it abundantly.*"

Physical bread keeps your body functioning. But God's word gives you *life*. Real, abundant, eternal life.

### 2. "Everything that proceeds..."

Not "some things." Not "the important parts." But *everything*. Every word. Every command. Every promise. Every story. Every teaching. All of it.

You don't get to pick and choose. You don't get to live by the parts you like and ignore the parts that make you uncomfortable. You live by everything. All of it. The whole counsel of God.

### 3. "Proceeds" (present tense)

This is critical. It's not "everything that *proceeded*" (past tense). It's "everything that *proceeds*" (present tense).

God's word is not just historical information. It's not just what God *said* in the past. It's what God *is saying*. Ongoing. Active. Living.

Hebrews 4:12: *"For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart."* (NASB)

Living. Active. Present tense.

### 4. "Out of the mouth of the LORD"

Not from human wisdom. Not from self-help principles. Not from cultural values. But from God Himself.

This is divine revelation. This is God speaking. And when God speaks, His words don't just convey information—they create reality. They give life. They sustain existence.

Genesis 1: God spoke, and creation happened. "Let there be light," and there was light.

John 1: "In the beginning was the Word, and the Word was with God, and the Word was God... In Him was life, and the life was the Light of men."

## WHEN GOD LETS YOU BE HUNGRY

God's word is not just descriptive—it's creative. It doesn't just tell you about life—it gives you life.

And you live by it. Not alongside it. Not supplemented by it. But *by* it. As your primary source. Your sustenance. Your nourishment.

### THE LIFE-GIVING POWER OF GOD'S WORD

Here's what we have to understand: **Scripture is not just a book of information. It's food. It's sustenance. It's what keeps your soul alive.**

Eugene Peterson, in his book *Eat This Book*, develops this metaphor extensively. The title comes from Ezekiel 3:1-3, where God tells the prophet to eat the scroll. Not read it. Not study it. But eat it. Consume it. Digest it. Let it become part of you.

Peterson writes: *"Holy Scripture is more than a set of facts and teachings. It is food, it is nourishment. It is to be internalized, made part of the self. Not information to be used, but sustenance to be metabolized."*

This is the shift the wilderness forces: from treating Scripture as information to be learned, to treating it as food to be eaten.

Information can be stored. Catalogued. Referenced when needed. You can know information without it changing you.

## WHEN GOD LETS YOU BE HUNGRY

But food must be consumed. It must enter your body, be digested, broken down, absorbed into your bloodstream. It becomes part of you. It sustains you. You can't just know about food—you have to eat it.

And that's what God's word is meant to be. Not something you know about, but something you feed on. Something that enters your soul, nourishes your spirit, sustains your life.

Consider the language Scripture uses about itself:

**Jeremiah 15:16:** *"Your words were found and I ate them, and Your words became for me a joy and the delight of my heart; for I have been called by Your name, O LORD God of hosts."* (NASB)

He ate God's words. They became joy. Delight. Sustenance.

**Job 23:12:** *"I have not departed from the command of His lips; I have treasured the words of His mouth more than my necessary food."* (NASB)

More than necessary food. Physical food was important—but God's words were more important. They were what actually sustained Job through his wilderness.

**Psalm 119:103:** *"How sweet are Your words to my taste! Yes, sweeter than honey to my mouth!"* (NASB)

God's words have taste. Sweetness. They're meant to be savored, not just scanned.

## WHEN GOD LETS YOU BE HUNGRY

This is not metaphorical language. This is describing a real, spiritual reality: **God's word nourishes your soul the way food nourishes your body.**

And when you're in the wilderness—when physical provision is uncertain, when comfort is gone, when resources are limited—you discover: if you're not feeding on God's word, you're starving. Spiritually starving.

### "PROCEEDS" - THE ONGOING, ACTIVE, LIVING WORD

The word "proceeds" in Deuteronomy 8:3 is crucial. It's present tense. Ongoing action.

God is not just the God who spoke. He's the God who speaks. Present tense. Right now. Today.

His word is not locked in the past—it's alive in the present. It's not just historical revelation—it's ongoing communication.

Martin Luther understood this. He wrote: *"The Bible is alive, it speaks to me; it has feet, it runs after me; it has hands, it lays hold of me."*

The word is active. Pursuing. Engaging. Not passive. Not dead. Not merely historical.

When you open Scripture, you're not just reading what God said to people thousands of years ago. You're encountering what God is saying to you, right now, in your current circumstances.

## WHEN GOD LETS YOU BE HUNGRY

This is what the wilderness teaches you. When everything else is stripped away—when you don't have commentaries or study guides or clever sermons to mediate God's word for you—you discover: God speaks through His word. Directly. Personally. Presently.

The woman in the opening story experienced this. Psalm 34:4 wasn't just a nice verse David wrote 3,000 years ago. It was God speaking to her, in her wilderness, in her fear, in that exact moment. Present tense. Proceeding from the mouth of God to her soul.

Hebrews 4:12 emphasizes this: *"For the word of God is living and active..."*

Not "was" living and active. But "is." Right now. Today. In your wilderness. In your hunger. In your circumstances.

And the word that proceeds from God's mouth is not just information about how to live. It's the very source of life itself.

Jesus said it in John 6:63: *"It is the Spirit who gives life; the flesh profits nothing; the words that I have spoken to you are spirit and are life."* (NASB)

His words are not just about life. They *are* life. They contain life. They impart life. They sustain life.

You live by them. Not alongside them. Not supplemented by them. But by them.

## OBEDIENCE AS THE DIGESTIVE SYSTEM OF FAITH

Here's something crucial that we often miss: **You don't truly "receive" God's word unless you obey it.**

You can read it. You can study it. You can memorize it. You can even enjoy it.

But you haven't fully received it—you haven't metabolized it, digested it, made it part of you—unless you obey it.

Dietrich Bonhoeffer understood this better than most. In *The Cost of Discipleship*, he wrote one of the most profound statements about the relationship between faith and obedience:

*"Only he who believes is obedient; only he who is obedient believes."*

Read that again. It's not just "if you believe, you'll obey." It's a circle: believing leads to obedience, and obedience deepens belief. You can't have one without the other.

Bonhoeffer continues: *"Cheap grace is the preaching of forgiveness without requiring repentance, baptism without church discipline, Communion without confession, absolution without personal confession. Cheap grace is grace without discipleship, grace without the cross, grace without Jesus Christ."*

We want to consume God's word without it changing us. We want to eat without digesting. We want nourishment without the hard work of obedience.

## WHEN GOD LETS YOU BE HUNGRY

But that's not how it works.

Think about physical food. You eat it. Then your body has to digest it. Break it down.

Extract the nutrients. Absorb them into your bloodstream. Eliminate the waste.

It's work. It requires your digestive system to function properly. If you eat food but can't digest it, you get no benefit from it. You're still malnourished even though you're eating.

Obedience is the digestive system of faith. It's how you metabolize God's word. How you extract the life from it. How you let it nourish you.

**James 1:22-25** says it clearly:

*"But prove yourselves doers of the word, and not merely hearers who delude themselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; for once he has looked at himself and gone away, he has immediately forgotten what kind of person he was. But one who looks intently at the perfect law, the law of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does."* (NASB)

## WHEN GOD LETS YOU BE HUNGRY

Notice the progression:

1. Hear the word
2. Look intently at it
3. Abide by it (obey it)
4. Be blessed in what you do

The blessing doesn't come from hearing. It comes from doing. From obeying. From letting the word change your actions.

That's digestion. That's metabolism. That's living by God's word.

You can read your Bible every day and still be spiritually malnourished if you're not obeying it. Because you're eating without digesting. You're consuming without metabolizing.

The wilderness forces this issue. It puts you in situations where obedience is costly. Where following God's word requires sacrifice. Where doing what Scripture says conflicts with what your circumstances seem to demand.

And you have to decide: Will I obey? Even when it's hard? Even when it doesn't make sense? Even when it costs me something?

That's when the word becomes food. That's when it nourishes you. That's when you discover you're actually living by it.

# WHEN GOD LETS YOU BE HUNGRY

## THE WORD AS FOOD: MILK, BREAD, MEAT, HONEY

Scripture uses multiple food metaphors to describe God's word. Each one teaches us something about how we're meant to receive it.

### MILK - FOR NEW BELIEVERS (1 Peter 2:2)

*"Like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation." (NASB)*

Milk is for infants. It's easy to digest. It's nourishing. It's what you start with.

New believers need the milk of the word. The simple truths. God loves you. Jesus died for you. You're forgiven. You're a child of God.

These aren't shallow truths. They're foundational. Essential. Life-giving.

But you're not meant to stay on milk forever. You're meant to grow. To mature. To move beyond the basics.

### BREAD - DAILY SUSTENANCE (Matthew 4:4)

*"Man shall not live on bread alone, but on every word that proceeds out of the mouth of God."*

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Bread is daily food. It's what you eat regularly. Consistently. Not just when you're in crisis, but every single day.

This is the manna principle. Daily dependence. Daily feeding. Daily nourishment.

You don't eat physical bread once a week and expect to be sustained. You eat it daily. Multiple times a day, even.

The same is true of God's word. It's meant to be daily bread. Regular. Consistent. The rhythm of your life.

Not just Sunday morning. Not just when you're in trouble. But every single day.

Morning by morning. Fresh manna. Fresh word from God.

### MEAT - FOR THE MATURE (Hebrews 5:12-14)

*"For though by this time you ought to be teachers, you have need again for someone to teach you the elementary principles of the oracles of God, and you have come to need milk and not solid food. For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant. But solid food is for the mature, who because of practice have their senses trained to discern good and evil."*

(NASB)

Meat is harder to digest. It requires maturity. It requires your spiritual digestive system to be developed.

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The deeper truths of Scripture. The harder passages. The doctrines that require wrestling. The commands that require sacrifice. The mysteries that require faith.

These are meat. And you can only handle them if you've been regularly feeding on milk and bread. If you've been growing. Maturing. Developing your ability to digest harder truths.

The wilderness often forces you to eat meat whether you feel ready or not. It puts you in situations where the simple answers aren't enough. Where you need the deep truths. Where you have to wrestle with God's sovereignty, God's goodness, God's purposes in suffering.

And if you've been faithfully feeding on milk and bread—if you've been regularly consuming God's word—you'll be able to digest the meat. You'll be able to receive the harder truths without choking on them.

### HONEY - SWEETNESS AND DELIGHT (Psalm 19:10)

*"They are more desirable than gold, yes, than much fine gold; sweeter also than honey and the drippings of the honeycomb."* (NASB)

God's word isn't just nourishing. It's also sweet. Delightful. Enjoyable.

Honey is a treat. It's not just functional food—it's pleasurable food.

And God's word is meant to be both. Sustaining and sweet. Nourishing and delightful.

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There's a joy in Scripture. A pleasure. A delight that goes beyond duty or discipline.

Psalm 1:2 describes the blessed person as one "*whose delight is in the law of the LORD, and in His law he meditates day and night.*"

Delight. Not just duty. Not just obligation. But actual enjoyment. Pleasure. Satisfaction.

The wilderness can teach you this. When everything else is stripped away, when you have nothing but God's word to sustain you, you discover: it's sweet. It's satisfying. It's delightful.

Not in a superficial "this makes me happy" way. But in a deep "this nourishes my soul and I want more" way.

Like honey. Sweet. Satisfying. Worth savoring.

### MEDITATION AS SPIRITUAL EATING

Let's talk practically about how you actually feed on God's word. How you move from reading to eating. From scanning to savoring.

The biblical word for this is **meditation**.

And meditation in Scripture is not the same as Eastern meditation. It's not emptying your mind. It's filling your mind—but filling it slowly, intentionally, deeply with God's word.

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### Psalm 1:1-3:

*"How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But his delight is in the law of the LORD, and in His law he meditates day and night. He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers." (NASB)*

Notice: meditation leads to being like a tree planted by streams of water. Deeply rooted. Well-nourished. Fruitful.

### Joshua 1:8:

*"This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success." (NASB)*

Meditation leads to obedience. And obedience leads to prosperity (not necessarily financial prosperity, but the prosperity of living aligned with God's purposes).

But what is meditation, practically?

Meditation is:

- **Reading slowly.** Not rushing through chapters. But sitting with a verse. A phrase. A word.
- **Repeating.** Saying the verse over and over. Out loud. In a whisper. Silently.
- **Questioning.** What does this mean? What is God saying here? How does this apply to me?
- **Praying.** Turning the verse into prayer. Talking to God about it.
- **Memorizing.** Storing it in your heart so it's always available.
- **Obeying.** Letting it change how you live.

It's chewing. Savoring. Digesting. Not just swallowing whole.

*Jeremiah 15:16* describes it perfectly: *"Your words were found and I ate them, and Your words became for me a joy and the delight of my heart."*

He ate them. Not just read them. Ate them. Consumed them. Let them nourish him.

That's meditation.

## LECTIO DIVINA: AN ANCIENT PRACTICE OF FEEDING ON SCRIPTURE

One of the most helpful practices for learning to feed on God's word is *Lectio Divina*—Latin for "divine reading."

It's an ancient monastic practice that's been used for centuries as a way to move beyond mere Bible study to actual spiritual nourishment.

# WHEN GOD LETS YOU BE HUNGRY

There are four traditional steps:

## 1. LECTIO (READ)

Read a short passage of Scripture slowly. Multiple times. Out loud if possible.

Don't rush. Don't try to cover a lot of ground. Just a few verses. Maybe even just one verse.

Let the words wash over you. Listen for a word or phrase that stands out. That resonates. That catches your attention.

## 2. MEDITATIO (MEDITATE)

Sit with the word or phrase that stood out. Repeat it. Think about it. Turn it over in your mind.

What is God saying through this word? Why did this particular phrase catch your attention? What does it mean in the context of your current circumstances?

Let it sink deep. Let it marinate. Don't rush to move on.

## 3. ORATIO (PRAY)

Turn the word into prayer. Talk to God about it.

If the word is comfort, thank Him for comfort. If the word is conviction, confess and ask for help. If the word is command, ask for strength to obey.

Let the Scripture become conversation. Let it bridge the gap between you and God.

### 4. CONTEMPLATIO (CONTEMPLATE)

Rest in God's presence. Sit silently. Let the word do its work in you.

This isn't about producing thoughts or insights. It's about being still. Receiving. Letting God speak through His word without you having to respond or analyze or figure anything out.

Just be. With God. With His word. In silence.

This practice turns Scripture from information into food. From something you analyze into something that nourishes you.

And the wilderness is the perfect place to practice it. Because in the wilderness, you don't have the energy for complicated Bible study methods. You don't have the mental bandwidth for deep theological analysis.

You just need food. And Lectio Divina teaches you how to eat.

## SCRIPTURE MEDITATION VS. SCRIPTURE READING

Let's clarify the difference between reading Scripture and meditating on Scripture:

### SCRIPTURE READING:

- Goal: Cover ground, gather information
- Pace: Relatively quick, moving through verses and chapters
- Focus: What does this passage say?
- Method: Eyes on the page, mind processing information
- Result: Knowledge about Scripture

### SCRIPTURE MEDITATION:

- Goal: Go deep, receive nourishment
- Pace: Very slow, sometimes spending hours on a single verse
- Focus: What is God saying to me through this passage?
- Method: Repetition, prayer, silence, listening
- Result: Transformation through Scripture

Both have their place. You need both.

But in the wilderness, you desperately need meditation. You need to feed on God's word, not just read it.

Think about the difference between:

**Reading:** "The LORD is my shepherd, I shall not want." (Move to next verse)

## WHEN GOD LETS YOU BE HUNGRY

**Meditating:** "The LORD is my shepherd..." (Pause. Repeat. The LORD. Not anyone else. Not my job. Not my savings account. The LORD. Is. Present tense. Right now. My shepherd. Personal. Relational. Mine. I shall not want. Not "might not want" or "hope not to want." But shall not. Future certainty. Because He is my shepherd, I will lack nothing essential.) (Sit with this. Pray it. Let it sink in. Let it feed you.)

See the difference?

One gives you information. The other gives you food.

### MEMORIZATION AS "STORING UP" FOOD

Here's another crucial practice: memorization.

Psalm 119:11: "*Your word I have treasured in my heart, that I may not sin against You.*" (NASB)

Treasured in the heart. Stored up. Hidden away. Memorized.

Why memorize Scripture?

#### 1. So it's available when you need it.

In the wilderness, you might not always have access to your Bible. You might be in a situation where you can't physically read. But if Scripture is in your heart, it's always available.

Jesus didn't have a Bible with Him in the wilderness. He had Scripture memorized. And when He was tempted, He could immediately quote Deuteronomy 8:3.

### **2. So it can feed you throughout the day.**

When you've memorized a verse, you can meditate on it while you're driving, working, exercising, falling asleep. It's always there, ready to nourish you.

### **3. So the Spirit can bring it to mind when you need it.**

John 14:26: *"But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you."* (NASB)

The Spirit brings to remembrance what you've stored up. But He can't remind you of what you never learned.

### **4. So it shapes how you think.**

The more Scripture is in your mind, the more it shapes your thought patterns. Your default responses. Your instinctive reactions.

Instead of defaulting to fear, you default to "God has not given us a spirit of fear" (2 Timothy 1:7).

Instead of defaulting to anxiety, you default to "Do not be anxious about anything" (Philippians 4:6).

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Instead of defaulting to bitterness, you default to "Be kind to one another" (Ephesians 4:32).

Memorization is storing up food. So when you're hungry—spiritually, emotionally, mentally—you have immediate access to nourishment.

### OBEDIENCE AS THE PROOF OF DIGESTION

We come back to this: **You haven't truly received God's word unless you obey it.**

Jesus said it in John 14:15: "*If you love Me, you will keep My commandments.*" (NASB)

And in John 14:23-24: "*Jesus answered and said to him, 'If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode with him. He who does not love Me does not keep My words; and the word which you hear is not Mine, but the Father's who sent Me.'*" (NASB)

Love is demonstrated through obedience. Faith is proven through action. Belief is evidenced by behavior.

James 2:17: "*Even so faith, if it has no works, is dead, being by itself.*" (NASB)

You can say you believe God's word. You can say you trust it. You can say you're feeding on it.

But the proof is in the obedience.

## WHEN GOD LETS YOU BE HUNGRY

When God's word tells you to forgive, do you forgive?

When God's word tells you to give, do you give?

When God's word tells you to trust, do you trust?

When God's word tells you to wait, do you wait?

When God's word tells you to speak, do you speak?

When God's word tells you to be silent, do you stay silent?

Obedience is the proof that you've digested God's word. That it's become part of you. That you're living by it, not just reading about it.

And the wilderness forces this issue. It puts you in situations where obedience costs something. Where following God's word requires sacrifice.

And that's when you discover: Am I actually living by God's word? Or am I just living by bread alone with Bible verses as decoration?

### PRACTICAL SPIRITUAL DISCIPLINES FOR FEEDING ON GOD'S WORD

Let's get specific. Here are practical ways to move from reading Scripture to feeding on it:

## 1. START SMALL

Don't try to read five chapters a day if you're new to this. Start with one verse. One paragraph. One psalm.

Quality over quantity. Depth over breadth.

Better to meditate deeply on one verse than to skim through five chapters.

## 2. READ WITH A PEN

Mark your Bible. Underline. Circle. Make notes in the margins.

When a word stands out, circle it. When a phrase resonates, underline it. When God speaks to you through a verse, date it and write a note.

Your Bible should be worn out. Marked up. Evidence of regular feeding.

## 3. PRAY BEFORE YOU READ

Ask God to speak to you. To open your eyes. To give you understanding.

Psalm 119:18: "*Open my eyes, that I may behold wonderful things from Your law.*"

Don't just rely on your own intellect. Invite the Spirit to teach you.

## 4. READ OUT LOUD

There's something about hearing Scripture that makes it more real. More present. More powerful.

Read it out loud. Even if it's just a whisper. Let the words fill your ears as well as your eyes.

## 5. MEMORIZE ONE VERSE A WEEK

Just one. Not ten. Not a whole chapter. One verse.

Write it on a card. Put it somewhere you'll see it throughout the day. Review it multiple times. By the end of the week, you'll have it memorized.

That's 52 verses a year. In ten years, that's 520 verses stored in your heart.

## 6. PRACTICE LECTIO DIVINA

Once a week, set aside time for Lectio Divina. Read. Meditate. Pray. Contemplate.

This is different from your daily reading. This is slow. Deep. Contemplative.

## 7. JOURNAL YOUR INSIGHTS

Write down what God is teaching you. What verses are feeding you. What truths are sustaining you in the wilderness.

## WHEN GOD LETS YOU BE HUNGRY

This becomes your testimony. Your record of God's faithfulness. Something you can look back on and remember.

### 8. SHARE WHAT YOU'RE LEARNING

Talk about it with others. Share verses that are feeding you. Discuss what God is teaching you.

This solidifies the truth in your own heart. And it feeds others too.

### 9. OBEY IMMEDIATELY

When God's word convicts you of something, obey immediately. Don't wait. Don't rationalize. Don't delay.

Immediate obedience trains your heart in responsiveness to God's word.

### 10. RETURN TO FAMILIAR PASSAGES

Don't just chase new insights. Return to familiar passages. Let them feed you again and again.

The same verse that fed you ten years ago can feed you today. Because God's word is living. It proceeds. Present tense.

### EUGENE PETERSON: "EAT THIS BOOK"

Eugene Peterson's entire book *Eat This Book* is dedicated to helping Christians learn to actually consume Scripture, not just read it.

He writes: *"Christians feed on Scripture. Holy Scripture nurtures the holy community as food nurtures the human body. Christians don't simply learn or study or use Scripture; we assimilate it, take it into our lives in such a way that it gets metabolized into acts of love, cups of cold water, missions into all the world, healing and evangelism and justice in Jesus' name, hands raised in adoration of the Father, feet washed in company with the Son."*

This is the goal. Not just knowledge about Scripture. But Scripture metabolized into life. Into action. Into transformation.

Peterson continues: *"Eating a book is radically different from reading a book. Reading a book involves a mind, which is busy with ideas. Eating a book involves the body, which is busy with digestion. Eating the book of God means assimilating the revealed Word of God in such a way that it becomes the very substance of your life."*

The very substance of your life.

Not information you know. But reality you live.

That's what it means to live by every word that proceeds from the mouth of the LORD.

# WHEN GOD LETS YOU BE HUNGRY

## REFLECTION QUESTIONS

### 1. Be honest: Are you treating Scripture as information or as food?

When you read your Bible, are you trying to gather information? Or are you trying to receive nourishment?

### 2. When was the last time you meditated on a single verse for an extended period?

Not just read it. Not just thought about it. But actually sat with it. Repeated it. Prayed it. Let it sink deep.

### 3. What verses have you memorized? What verses are stored in your heart for when you need them?

If you can't think of any, start today. Pick one verse. Memorize it. Store it up.

### 4. How does your obedience (or lack of it) demonstrate whether you're actually living by God's word?

Where is there a gap between what you know Scripture says and what you're actually doing?

### 5. What would it look like to practice Lectio Divina this week?

Can you set aside 30 minutes? Pick a psalm. Read it slowly. Meditate on it. Pray it. Contemplate.

### 6. What's your current rhythm of feeding on God's word?

Daily? Weekly? Sporadic? Nonexistent? What needs to change?

### 7. Which food metaphor do you need right now: milk, bread, meat, or honey?

Are you a new believer needing the basics (milk)? Are you mature but needing daily sustenance (bread)? Are you ready for deeper truths (meat)? Or do you need to rediscover the sweetness and delight of God's word (honey)?

### 8. What truth from Scripture is currently feeding you in your wilderness?

What verse, what promise, what command is sustaining you right now? Write it down. Memorize it. Let it nourish you.

The wilderness teaches you this:

Bread alone is not enough.

Success alone is not enough.

Comfort alone is not enough.

## WHEN GOD LETS YOU BE HUNGRY

Physical provision alone is not enough.

**You need God's word. You need it the way you need air. The way you need water. The way you need food.**

Not as a supplement. Not as an addition. But as your primary source of life.

And when you learn to feed on it—when you learn to meditate on it, memorize it, obey it—you discover:

You can survive any wilderness.

You can endure any hunger.

You can walk through any trial.

Because you're not living by bread alone.

You're living by every word that proceeds from the mouth of the LORD.

And that is enough.

More than enough.

It's life itself.

## WHEN GOD LETS YOU BE HUNGRY

*"Man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."*

—Deuteronomy 8:3 (NASB)

## PART THREE: THE JOURNEY TO HUMBLED OBEDIENCE

### CHAPTER 9: FROM SLAVERY TO SERVICE—REDEFINING FREEDOM

#### THE STRANGE NOSTALGIA FOR CHAINS

She'd been free for three years. Free from the toxic relationship. Free from the manipulation, the control, the constant walking on eggshells. Free from the anxiety of never knowing which version of him would come through the door.

Three years of healing. Three years of therapy. Three years of learning to trust God, to find her identity in Christ, to discover who she was apart from that relationship.

And she was doing better. Healthier. Stronger. More whole than she'd been in a decade.

But some nights—especially the hard nights, the lonely nights, the nights when the future felt uncertain and terrifying—she found herself missing it.

Not the abuse. Not the toxicity. But the *certainty* of it. The predictability. The knowing what to expect, even if what she expected was painful.

## WHEN GOD LETS YOU BE HUNGRY

At least in that relationship, she knew the rules. Knew her role. Knew what was expected. There was a sick comfort in the familiar, even when the familiar was bondage.

Freedom, she discovered, was harder than she'd expected. Freedom meant making her own decisions. Taking responsibility for her own life. Living with uncertainty. Trusting God when she couldn't see the future.

Freedom meant daily dependence instead of enslaved certainty.

And some days—God forgive her—the certainty of slavery felt easier than the risk of freedom.

She never went back. By God's grace, she stayed free. But she finally understood why the Israelites kept wanting to return to Egypt. Why they complained about manna and missed the leeks and onions. Why they romanticized their bondage and resented their liberation.

**Because freedom is terrifying when you've been enslaved for so long.**

And the wilderness—that space between slavery and promise—is where you learn what freedom actually means. Where you discover that real freedom isn't the absence of constraint, but the presence of purpose. Where you realize that you were never meant to be autonomous, but rather to exchange slavery to sin, slavery to circumstances, slavery to fear—for willing slavery to Christ.

# WHEN GOD LETS YOU BE HUNGRY

Which, paradoxically, is the only real freedom there is.

## THE TEXT: NOSTALGIA FOR BONDAGE

Let's look at one of the most revealing passages in the wilderness narrative:

Numbers 11:4-6: *"The rabble who were among them had greedy desires; and also the sons of Israel wept again and said, 'Who will give us meat to eat? We remember the fish which we used to eat free in Egypt, the cucumbers and the melons and the leeks and the onions and the garlic, but now our appetite is gone. There is nothing at all to look at except this manna.'" (NASB)*

Read that carefully. Let it sink in.

They're complaining about *free food from heaven* because they miss the *menu from their slavery*.

They remember the fish "free in Egypt"—conveniently forgetting that nothing in Egypt was free. They paid for that fish with their freedom, their dignity, their bodies, their children's bodies. They paid for it with slavery.

But now, looking back through the rose-colored glasses of nostalgia, Egypt doesn't look so bad. The food was varied. The diet was interesting. At least they knew what to expect.

## WHEN GOD LETS YOU BE HUNGRY

Never mind that they were slaves. Never mind the beatings, the forced labor, the infanticide, the brutal oppression. Never mind that they cried out to God for deliverance for four hundred years.

They miss the cucumbers.

This is the human condition. This is what sin does to our perception. This is why the wilderness is necessary—because we will romanticize our bondage if we're not forced to face the reality of what we've been delivered from.

And here's what's even more revealing: They say "our appetite is gone. There is nothing at all to look at except this manna."

They're bored with God's provision. Dissatisfied with His daily faithfulness. Ungrateful for the miracle of sustenance in a place where there should be nothing.

They want variety more than they want freedom.

They want familiar slavery more than they want uncertain liberty.

They want to know what's coming more than they want to trust who's leading.

And God—patient, long-suffering God—lets them experience exactly what they're asking for. Numbers 11:18-20 records His response:

## WHEN GOD LETS YOU BE HUNGRY

*"Say to the people, 'Consecrate yourselves for tomorrow, and you shall eat meat; for you have wept in the ears of the LORD, saying, "Oh that someone would give us meat to eat! For we were well-off in Egypt." Therefore the LORD will give you meat and you shall eat. You shall eat, not one day, nor two days, nor five days, nor ten days, nor twenty days, but a whole month, until it comes out of your nostrils and becomes loathsome to you; because you have rejected the LORD who is among you and have wept before Him, saying, "Why did we ever leave Egypt?"'" (NASB)*

Notice that last line: *"Why did we ever leave Egypt?"*

That's the question that reveals everything. Why did we leave bondage for this? Why did we trade certainty for uncertainty? Why did we choose freedom when slavery was so much more predictable?

It's the wrong question. But it's the question we all ask when the wilderness gets hard.

### WHY WE ROMANTICIZE OUR BONDAGE

Let's be honest about why we do this. Why we look back at Egypt with nostalgia. Why we miss the very things God delivered us from.

#### 1. BONDAGE OFFERS CERTAINTY

Slavery is predictable. You know your role. You know the rules. You know what's expected.

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Freedom is uncertain. You have to make choices. Bear responsibility. Live with the consequences of your decisions.

And when we've been enslaved—whether to sin, to a relationship, to an addiction, to a system, to a mindset—we get used to the certainty. We adapt. We learn how to survive.

And then when God delivers us, we find ourselves in the wilderness. And the wilderness is anything but certain. You don't know where the next meal is coming from. You don't know where you're going. You don't know how long it will take. You don't know what tomorrow holds.

All you know is that God is leading. And you have to trust Him. Daily.

And that feels more terrifying than the bondage you knew.

### 2. BONDAGE DOESN'T REQUIRE TRUST

In Egypt, the Israelites didn't have to trust God. They just had to survive Pharaoh.

In the wilderness, they had to trust God every single day. For food. For water. For direction. For protection.

Trust is hard. Especially when you've been hurt. Especially when you've been disappointed. Especially when you've learned that people aren't trustworthy.

## WHEN GOD LETS YOU BE HUNGRY

And now God is asking you to trust Him. Daily. With everything. Without guarantees. Without security. Without knowing how it's going to turn out.

And part of you thinks: *I'd rather go back to the thing I know I can survive than trust God with the thing I don't know.*

### 3. BONDAGE DOESN'T REQUIRE RESPONSIBILITY

In slavery, you're not responsible for your life. Someone else makes the decisions. Someone else determines your path. You just obey. Survive. Get through.

In freedom, you're responsible. God gives you choices. Asks for your obedience. Invites you to participate in His purposes.

And responsibility is heavy. Scary. What if you fail? What if you make the wrong choice? What if you can't handle it?

Sometimes it feels easier to let someone else—or something else—control your life than to take responsibility for it yourself.

### 4. BONDAGE OFFERS FALSE COMFORT IN THE FAMILIAR

Even when the familiar is painful, it's still familiar. And there's a twisted comfort in that.

## WHEN GOD LETS YOU BE HUNGRY

You know how this pain works. You know how to manage this dysfunction. You know how to navigate this bondage.

But freedom? Freedom is unfamiliar territory. You don't know the rules. Don't know how it works. Don't know how to handle it.

G.K. Chesterton understood this when he wrote: "*Every man who knocks on the door of a brothel is looking for God.*"

He's looking for transcendence. For meaning. For connection. For something beyond himself.

But he's looking in the wrong place. In a place that offers false comfort. Temporary pleasure. Familiar sin.

Because the real thing—the real transcendence, the real meaning, the real connection—requires risk. Trust. Surrender. The unknown.

And sometimes we'd rather have the counterfeit we know than the real thing we don't.

### 5. WE FORGET HOW BAD IT ACTUALLY WAS

This is the most insidious part of nostalgia: it lies.

## WHEN GOD LETS YOU BE HUNGRY

The Israelites remembered the fish and the cucumbers. They forgot the whips and the chains. They forgot the crying of their children. They forgot the hopelessness. They forgot four hundred years of brutal oppression.

Nostalgia edits out the pain and leaves only the highlights.

You remember the good times in the toxic relationship. You forget the abuse.

You remember the pleasure of the addiction. You forget the destruction.

You remember the success of the performance-driven life. You forget the anxiety and the emptiness.

You remember the comfort of self-reliance. You forget the loneliness and the burden.

The wilderness forces you to remember accurately. To face the truth about what you've been delivered from. To see Egypt for what it really was.

And that's painful. Because it means letting go of the edited version. The romanticized version. The version where going back seems like a viable option.

### FALSE FREEDOM VS. TRUE FREEDOM

Here's where we have to get theologically clear: **Not all freedom is the same. In fact, what the world calls freedom is often just another form of slavery.**

## FALSE FREEDOM: AUTONOMY

The world's version of freedom is autonomy. Self-determination. Being able to do whatever you want, whenever you want, however you want.

No constraints. No authority. No rules. No one telling you what to do.

"You do you." "Live your truth." "Follow your heart." "Be true to yourself."

This sounds liberating. But it's a trap.

Because **autonomy is not freedom—it's slavery to self.**

When you're autonomous, you're enslaved to your desires. Your impulses. Your feelings. Your circumstances. Your fear. Your pride.

You think you're free because no one is telling you what to do. But you're actually enslaved to a thousand different masters—every whim, every craving, every fear, every insecurity that controls your choices.

Jonathan Edwards wrote extensively about this in *Freedom of the Will*. His argument was simple but profound: **True freedom is not the ability to do whatever you want.**

**True freedom is the ability to do what you ought.**

## WHEN GOD LETS YOU BE HUNGRY

A person enslaved to sin is "free" to sin—but they're not free *from* sin. They can't choose righteousness. They can't choose God. They can't choose what's good for them because they're enslaved to what destroys them.

That's not freedom. That's bondage masquerading as liberty.

### TRUE FREEDOM: WILLING SLAVERY TO CHRIST

True freedom comes from surrendering your autonomy to God. From choosing to be His slave. From willingly submitting to His authority.

This sounds like the opposite of freedom. And by the world's standards, it is.

But here's the paradox: **When you become a slave to Christ, you become free from everything else.**

Free from sin's dominion.

Free from fear's control.

Free from the tyranny of your own desires.

Free from the slavery of having to be your own god.

## WHEN GOD LETS YOU BE HUNGRY

Romans 6:15-23 lays this out explicitly:

*"What then? Shall we sin because we are not under law but under grace? May it never be! Do you not know that when you present yourselves to someone as slaves for obedience, you are slaves of the one whom you obey, either of sin resulting in death, or of obedience resulting in righteousness? But thanks be to God that though you were slaves of sin, you became obedient from the heart to that form of teaching to which you were committed, and having been freed from sin, you became slaves of righteousness... But now having been freed from sin and enslaved to God, you derive your benefit, resulting in sanctification, and the outcome, eternal life." (NASB)*

Notice the language: Freed from sin. Enslaved to God.

Freedom and slavery are not opposites in Paul's theology. They're realities that coexist.

**You're always enslaved to something.** The question is: What are you enslaved to?

Are you enslaved to sin, which leads to death? Or are you enslaved to God, which leads to life?

True freedom is choosing the Master who sets you free.

### OBEDIENCE AS THE HIGHEST EXPRESSION OF FREEDOM

This is where it gets really counterintuitive: **Obedience is not the opposite of freedom. It's the expression of it.**

## WHEN GOD LETS YOU BE HUNGRY

When you're enslaved to sin, you can't obey God. You're not free to choose righteousness. You're trapped in patterns of rebellion, self-destruction, autonomy.

But when you're freed from sin and enslaved to Christ, you're finally free to obey. Free to choose what's good. Free to align your will with God's will.

Obedience becomes possible. And obedience becomes joy.

Elisabeth Elliot understood this. She wrote: *"The fact that I am a woman does not make me a different kind of Christian, but the fact that I am a Christian makes me a different kind of woman."*

And she spent her life teaching that submission—to God, to His word, to His design—is not slavery. It's freedom. It's discovering who you were made to be by surrendering to the One who made you.

She wrote: *"One does not surrender a life in an instant. That which is lifelong can only be surrendered in a lifetime."*

This is the journey the wilderness trains you for. Not a one-time decision to follow Jesus, but a daily, lifetime surrender. Daily obedience. Daily choosing to be God's slave instead of your own.

And discovering, day by day, that this slavery is the only real freedom there is.

## WHEN GOD LETS YOU BE HUNGRY

Jesus said it in John 8:31-36:

*"So Jesus was saying to those Jews who had believed Him, 'If you continue in My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free.' They answered Him, 'We are Abraham's descendants and have never yet been enslaved to anyone; how is it that You say, "You will become free"?' Jesus answered them, 'Truly, truly, I say to you, everyone who commits sin is the slave of sin. The slave does not remain in the house forever; the son does remain forever. So if the Son makes you free, you will be free indeed.'" (NASB)*

Notice: They thought they were free because they weren't politically enslaved. But Jesus said they were enslaved—to sin. And the only way to be free was to be set free by the Son.

**Freedom is not autonomy. Freedom is knowing the truth and being liberated by it. Freedom is being released from slavery to sin to become a slave to righteousness.**

And obedience—far from being a burden or constraint—is the natural expression of that freedom. It's what you're finally free to do.

## THE CHRISTIAN PARADOXES: LOSING TO GAIN

Christianity is full of paradoxes. Things that seem contradictory but are actually profoundly true. And the wilderness is where you learn to live in these paradoxes. Where you discover that the way up is down. The way to live is to die. The way to gain is to lose.

### PARADOX 1: WE MUST LOSE OUR LIFE TO FIND IT

Matthew 10:39: *"He who has found his life will lose it, and he who has lost his life for My sake will find it."* (NASB)

If you try to save your life—protect it, control it, direct it according to your own plans—you'll lose it. You'll miss the life God intended for you. You'll spend your days chasing shadows and wondering why you're empty.

But if you lose your life for Christ's sake—surrender it, give it up, let Him direct it—you'll find it. The real life. The abundant life. The life you were made for.

This is the Egypt-to-Canaan journey. Egypt represents the life you're trying to save—the one you control, the one you direct, the one that's predictable and safe and entirely insufficient.

Canaan represents the life you find when you lose the life you were clinging to. The life God gives when you surrender the life you were protecting.

## WHEN GOD LETS YOU BE HUNGRY

And the wilderness is where the losing happens. Where you're forced to let go. Where you discover that what you thought you needed to hold onto was actually keeping you from what you truly needed.

### PARADOX 2: WE BECOME SLAVES TO BECOME FREE

Romans 6:15-23 (which we looked at earlier) is all about this paradox.

You're enslaved either way. Either to sin or to righteousness. Either to yourself or to God. There's no neutral ground. No autonomous freedom.

The question is: Which slavery leads to life?

Slavery to sin leads to death, destruction, bondage, emptiness.

Slavery to God leads to life, freedom, righteousness, fulfillment.

**You become free by becoming a slave—but a slave to the right Master.**

The wilderness teaches this by stripping away the illusion of autonomy. You can't be self-sufficient in the wilderness. You can't control your circumstances. You can't save yourself.

You're forced to choose: Will I be enslaved to fear, to circumstances, to self-preservation? Or will I be enslaved to God, trusting Him, obeying Him, surrendering to Him?

One slavery kills you. The other sets you free.

### PARADOX 3: WE SURRENDER TO GAIN AUTHORITY

Luke 7:8 gives us an interesting picture of this. A centurion comes to Jesus, asking Him to heal his servant. And he says:

*"For I also am a man placed under authority, with soldiers under me; and I say to this one, 'Go!' and he goes, and to another, 'Come!' and he comes, and to my slave, 'Do this!' and he does it."*

The centurion understood something profound: **Authority comes from being under authority.**

He had authority over his soldiers because he was under authority to Caesar. His power to command flowed from his willingness to be commanded.

And it's the same spiritually.

You gain authority—over sin, over temptation, over circumstances, over the enemy—by surrendering to God's authority. By submitting to His word. By obeying His commands.

**The person who won't submit to God has no authority in spiritual matters. But the person who fully surrenders to God carries His authority.**

## WHEN GOD LETS YOU BE HUNGRY

This is why Jesus had such authority. Because He was in perfect submission to the Father.

John 5:19: *"Truly, truly, I say to you, the Son can do nothing of Himself, unless it is something He sees the Father doing; for whatever the Father does, these things the Son also does in like manner."*

Jesus' authority came from His submission. His power flowed from His obedience. His ability to command demons, heal the sick, raise the dead—all of it came from His willingness to do nothing of Himself, but only what He saw the Father doing.

And it's the same for us.

We gain authority by surrendering it. We gain power by submitting to His. We gain the ability to speak with spiritual authority by first learning to obey His word with spiritual humility.

### PARADOX 4: WE DIE TO TRULY LIVE

Galatians 2:20: *"I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me."* (NASB)

Paul says he's been crucified. Dead. The old self—the autonomous, self-directed, Egypt-minded self—is gone.

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But he's more alive than ever. Because Christ lives in him. The real life—the eternal, abundant, God-directed life—has begun.

**You have to die to the old life to experience the new life. You have to let the false self be crucified so the true self can emerge.**

This is what the wilderness does. It kills the old patterns. The old securities. The old identities. The old Egypt-self that wants comfort over calling, certainty over trust, slavery over freedom.

It's painful. It feels like death. Because it is death.

But on the other side of death is resurrection. On the other side of the cross is the empty tomb. On the other side of the wilderness is the promised land.

You have to die to live. You have to lose to gain. You have to surrender to receive authority. You have to become a slave to be free.

These aren't just nice sayings. They're the spiritual mechanics of how transformation actually works.

And the wilderness is where you experience them. Where they move from theology to reality. Where you discover that the paradoxes are true.

## FROM SELF-DIRECTED TO GOD-DIRECTED LIVING

The fundamental shift the wilderness requires is this: **From self-directed to God-directed living.**

Egypt was about survival. You directed your own life as much as you could within the constraints of slavery. You made choices to survive, to get by, to protect yourself.

The wilderness forces you to stop self-directing. Because you can't. You don't have the resources. You don't have the knowledge. You don't have the power.

All you can do is follow the cloud. Obey the word. Trust the provision. Let God direct.

And it's terrifying. Because what if He directs you somewhere you don't want to go? What if His plan doesn't match your plan? What if His timeline doesn't match your timeline? What if His provision doesn't look like what you need?

But here's what you discover: **God's direction is better than your direction. Even when it doesn't feel like it. Even when it doesn't make sense. Even when it takes you through the wilderness instead of around it.**

Because God is directing you toward Canaan. Toward the promise. Toward abundance. Toward purpose.

But you can't get there by self-direction. You can only get there by God-direction.

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And God-direction requires surrender. Daily. Moment by moment.

Not "God, here's my plan—please bless it." But "God, what's Your plan—I'll follow it."

Not "God, I'll obey as long as it makes sense." But "God, I'll obey because You said it, whether it makes sense or not."

Not "God, I'll trust You if You prove Yourself first." But "God, I'll trust You because of who You are, not because of what I can see."

This is the journey from slavery to service. From self-directed to God-directed. From autonomy to submission. From false freedom to true freedom.

And the wilderness is where it happens.

### PRACTICAL APPLICATION: WHAT DOES THIS LOOK LIKE?

Let's get specific. What does it actually look like to move from self-directed to God-directed living?

## 1. RECOGNIZING YOUR DEFAULT PATTERNS

When things get hard, what's your default? Do you:

- Try to control everything?
- Retreat into self-protection?
- Look for someone or something to blame?
- Reach for your old coping mechanisms (the Egypt you know)?
- Make decisions based on fear rather than faith?

Your default patterns reveal whether you're self-directed or God-directed. And most of us default to self-direction under pressure.

The wilderness trains new defaults. New patterns. New instincts. So that when pressure hits, your first instinct is to seek God, trust God, obey God—not to take control yourself.

## 2. PRACTICING DAILY SURRENDER

This isn't a one-time decision. It's a daily practice.

Every morning: "God, I surrender this day to You. Not my will, but Yours. Not my plan, but Yours. Not my direction, but Yours."

Every decision: "God, what are You saying? What does Your word say? What would obedience look like here?"

Every moment of anxiety: "God, I'm choosing to trust You instead of trying to control this."

Daily surrender trains you in God-directed living.

## 3. IDENTIFYING YOUR EGYPT

What's your Egypt? What's the bondage you're tempted to romanticize?

Maybe it's:

- A relationship that was toxic but familiar
- A job that was soul-crushing but secure
- An addiction that was destructive but comforting
- A way of living that was empty but predictable
- A version of yourself that was false but safe

Name it. Acknowledge it. Recognize when you're being tempted to go back to it.

And remind yourself: That wasn't freedom. That was bondage. And God delivered you from it for a reason.

## 4. CHOOSING OBEDIENCE WHEN IT COSTS

The test of God-directed living is not whether you obey when it's easy. It's whether you obey when it's costly.

When God asks you to forgive and it feels impossible.

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When God asks you to give and you're worried about having enough.

When God asks you to speak and you're afraid of rejection.

When God asks you to wait and you want to force the issue.

When God asks you to trust and everything in you wants to control.

That's when you discover: Am I actually surrendered? Or am I only surrendered when it's convenient?

### 5. TRUSTING THE PROCESS

God-directed living means trusting that God knows what He's doing, even when you don't.

Even when He takes you through the wilderness instead of around it.

Even when He allows hunger instead of immediate provision.

Even when He says "not yet" instead of "yes."

Even when the path doesn't make sense and the timeline is longer than you wanted.

Trust the process. Trust the God who's directing it. Trust that He's leading you toward Canaan, even when all you can see is wilderness.

# WHEN GOD LETS YOU BE HUNGRY

## REFLECTION QUESTIONS

### 1. What's your Egypt? What bondage are you tempted to romanticize?

Be specific. What familiar slavery are you tempted to return to when freedom gets hard?

### 2. When you think about freedom, do you think autonomy or surrender?

What's your gut-level definition of freedom? Is it "I get to do whatever I want"? Or is it "I'm free to obey God"?

### 3. Where are you still trying to be self-directed instead of God-directed?

What areas of your life are you still controlling, managing, directing according to your own plans instead of surrendering to God's direction?

### 4. Which paradox is hardest for you to live into?

Losing life to find it? Becoming a slave to be free? Surrendering to gain authority? Dying to live? Which one challenges you most? Why?

### 5. What would it look like to practice daily surrender in your current circumstances?

Practically. Specifically. What would change if you truly surrendered each day to God's direction instead of your own?

### 6. Where is God asking you to obey in a way that costs you something?

And are you willing to pay that cost? Or are you looking for a way to avoid it?

### 7. What false freedom are you clinging to that's actually keeping you in bondage?

Where are you choosing autonomy over submission? And what is that "freedom" actually costing you?

The journey from slavery to service is not intuitive.

It doesn't make sense to the natural mind that becoming a slave would make you free.

It doesn't make sense that surrendering would give you authority.

It doesn't make sense that losing your life would help you find it.

It doesn't make sense that dying would lead to living.

But that's because we're thinking with Egypt minds.

The wilderness is where you learn to think with Kingdom minds.

Where you discover that God's paradoxes are true.

Where you experience that His yoke is easy and His burden is light.

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Where you learn that the only freedom worth having is the freedom that comes from willing slavery to Christ.

Egypt offered certainty. Predictable slavery. Familiar bondage.

Canaan offers purpose. Abundant life. True freedom.

But you have to walk through the wilderness to get there.

You have to let God strip away your self-direction.

You have to learn what it means to lose your life to find it.

You have to become His slave to be truly free.

And when you do, you discover:

This is what you were made for.

Not autonomy, but surrender.

Not self-direction, but God-direction.

Not Egypt's certainty, but Canaan's purpose.

And the journey—as hard as it is—was worth it.

## WHEN GOD LETS YOU BE HUNGRY

*"For you were called to freedom, brethren; only do not turn your freedom into an opportunity for the flesh, but through love serve one another."*

—**Galatians 5:13 (NASB)**

## CHAPTER 10: THE LONG ROAD TO "YES, LORD"

### THE JOURNEY NOBODY TALKS ABOUT

He heard God clearly. Crystal clear. Not an audible voice, but that unmistakable internal knowing that could only be the Holy Spirit. The kind of clarity that makes you wish it had been less clear so you could pretend you didn't hear.

God was asking him to leave. Leave the job that provided for his family. Leave the security he'd spent fifteen years building. Leave the career path he'd invested in. And step into... something. Ministry. Full-time. With no guaranteed income. No clear plan. Just a call and a promise that God would provide.

And his immediate response was: "Absolutely not."

Not out loud. He wasn't that honest yet. But in his heart, that's what it was. A hard no. A "You've got the wrong guy, God. This doesn't make sense. This is irresponsible. This is crazy."

That was year one.

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Year two, he was angry. Angry at God for asking. Angry at himself for hearing. Angry at his circumstances for making the call feel so impossible. Angry at other people who seemed to get easier callings. Angry at the growing conviction that wouldn't go away no matter how hard he tried to ignore it.

Year three, he started bargaining. "Okay God, what if I volunteer more? What if I give more money? What if I do ministry on the side? What if I take a lesser position at work that's less demanding so I have more time for You? Just... don't ask me to leave."

Year four, he crashed. Depression. Exhaustion. The weight of resisting God for three years had worn him down. He couldn't keep fighting. But he also couldn't say yes. So he just... existed. Going through the motions. Spiritually numb. Emotionally depleted.

Year five, something shifted. Not dramatic. Not sudden. But somewhere in the exhaustion, he stopped fighting. Stopped bargaining. Stopped being angry. He just... surrendered. "Okay God. I don't understand. I'm terrified. I don't know how this works. But... not my will. Yours."

Year six, he gave notice at his job.

Year seven, he was in full-time ministry. Scared. Uncertain. But more alive than he'd been in a decade. Because he'd finally said yes.

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And looking back, he realized: **The journey from "Absolutely not" to "Yes, Lord" took seven years. Seven years of wrestling. Of resisting. Of slowly, painfully, being brought to the place of surrender.**

And that's normal. That's the journey most of us take. We just don't talk about it.

We hear the testimony—the sanitized version—where someone hears God's call and immediately obeys. Where surrender is instant and obedience is immediate and the whole thing takes five minutes.

But that's rarely how it actually works.

Most of us take the long road. The messy road. The road that winds through denial and anger and bargaining and depression before we finally, exhaustedly, gratefully get to "Yes, Lord."

And this chapter is about that road. The one nobody talks about. The one that's actually normal.

The long road to wholehearted obedience.

### THE TEXT: THE CALL TO COMPLETE SURRENDER

Throughout Scripture, we see the call to total, unreserved, wholehearted obedience:

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**Deuteronomy 6:5:** "*You shall love the LORD your God with all your heart and with all your soul and with all your might.*" (NASB)

All. Not some. Not most. All.

**Luke 9:23:** "*And He was saying to them all, 'If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me.'*" (NASB)

Deny yourself. Daily. Take up your cross. Follow.

**Romans 12:1:** "*Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.*" (NASB)

Living sacrifice. Your whole body. Your whole self. Not reluctant compliance, but willing worship.

**Matthew 26:39:** "*And He went a little beyond them, and fell on His face and prayed, saying, 'My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will.'*" (NASB)

Jesus Himself in Gethsemane. Honest about His desire for another way. But ultimately surrendered: "Not as I will, but as You will."

## WHEN GOD LETS YOU BE HUNGRY

This is the call. Total surrender. Complete obedience. Not because God is a tyrant demanding our submission, but because He's a Father who knows that wholehearted surrender is the pathway to abundant life.

But here's what we need to understand: **Getting from where we are to wholehearted surrender is a journey. It's a process. And it takes time.**

We want it to be instant. We want to hear God's call and immediately respond with perfect faith. We want to be Abraham on Mount Moriah, knife raised, ready to sacrifice Isaac without hesitation.

But we're usually more like Peter. Bold declarations followed by denial. Promises of faithfulness followed by running away. Good intentions colliding with hard reality.

And God is patient with the process. He doesn't require instant perfection. He invites us on a journey. A long, often painful journey from "No" to "Yes, Lord."

### WHY IMMEDIATE OBEDIENCE IS RARE

Let's be honest about why we don't immediately obey. Why the journey is long. Why it takes time to get to "Yes, Lord."

#### 1. WE DON'T TRUST GOD'S HEART

Deep down—sometimes so deep we don't even realize it—we don't fully trust that God is good. That He has our best interests in mind. That His plan is better than ours.

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We hear the call. And we think: *If I obey this, God is going to take everything from me. He's going to make my life harder. He's going to ask me to do something I'll hate.*

We project our experiences with human authority onto God. We assume He's like the parent who demanded without explaining. The boss who controlled without caring. The system that took without giving.

And so we resist. Because in our gut, we don't believe God is for us. We believe He's against us. Or at best, indifferent to what we want.

It takes time to learn that God is good. That His commands are not arbitrary. That when He asks for surrender, it's because He has something better prepared.

### 2. WE'RE AFRAID OF WHAT OBEDIENCE WILL COST

God's calls are costly. They require sacrifice. They ask for things we don't want to give up.

Abraham had to offer Isaac—the son he'd waited for, the fulfillment of God's promise.

Moses had to return to Egypt—the place he'd fled from, the people who wanted him dead.

Jonah had to go to Nineveh—the enemies of Israel, the people he wanted God to destroy.

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The rich young ruler had to sell everything—his security, his identity, his social standing.

Every significant call from God costs something. And we're terrified of what we'll lose if we obey.

What if obedience means financial insecurity?

What if it means loneliness?

What if it means people think I'm crazy?

What if it means I have to give up something I love?

What if it means suffering?

The fear of cost keeps us from immediate obedience. We need time to count the cost, wrestle with the fear, and finally trust that what we gain in obedience is worth what we lose.

### 3. WE WANT TO CONTROL THE OUTCOME

This is big. We want to obey, but we want to know how it turns out first. We want guarantees. We want to see the plan. We want control.

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But God asks for obedience without explaining the full plan. He asks for the first step without revealing the destination. He asks for trust without giving us control.

And that's terrifying.

We want to negotiate. To bargain. To find a middle ground where we obey but still maintain some control over the outcome.

But surrender doesn't work that way. You can't surrender and control simultaneously. One or the other has to go.

And it takes time to be willing to release control. To obey without knowing how it ends. To trust God with the outcome.

### 4. WE'RE ATTACHED TO OUR PLANS

We have plans. Dreams. Goals. A vision for how our life is supposed to unfold.

And then God calls. And His call disrupts our plans. Conflicts with our dreams. Takes us in a direction we never intended.

And we resist. Because we liked our plan. We invested in our dream. We were attached to our vision.

It takes time to release our plans and embrace God's. To let go of what we thought our life would be and accept what God is actually calling us to.

## 5. WE'RE SHAPED BY EGYPT

This is the wilderness theme again. We've been shaped by Egypt. By the world's values. By cultural expectations. By family systems. By past trauma.

And God's call often conflicts with all of that. It asks us to live counter-culturally. To defy expectations. To break family patterns. To risk triggering old wounds.

And that feels impossible. Because we're not just obeying a command—we're fighting against years of conditioning, layers of dysfunction, deeply ingrained patterns.

It takes time to be re-formed. To let the wilderness reshape us. To become the kind of person who can obey what God is asking.

A.W. Tozer understood this. He wrote: *"God is looking for people through whom He can do the impossible. What a pity we plan only things we can do by ourselves."*

We plan things we can control. God calls us to things that require Him. And the journey from self-reliant planning to God-dependent obedience takes time.

## THE STAGES OF SURRENDER: FROM DENIAL TO JOY

Elisabeth Kübler-Ross identified five stages of grief: denial, anger, bargaining, depression, and acceptance. While she was describing how people process death and loss, these stages also map remarkably well onto how we process God's calls to surrender.

But I'd suggest there are actually seven stages in the spiritual journey. The first five mirror Kübler-Ross, but there are two more that take us beyond mere acceptance to wholehearted joy.

Let's walk through each stage.

### STAGE 1: DENIAL - "GOD WOULDN'T ASK THAT OF ME"

**What it sounds like:**

- "I must have heard wrong."
- "That can't be God. God wouldn't ask me to do something this hard."
- "I'll just ignore this and it will go away."
- "Maybe I'm just being emotional. This isn't a real call."

**What's happening:**

You're protecting yourself from the reality of what God is asking. Because if you acknowledge it's real, you'll have to deal with it. And you're not ready.

Denial is a defense mechanism. It buys time. It creates distance between you and the uncomfortable reality of God's call.

## Biblical example:

Moses at the burning bush. "Who am I, that I should go to Pharaoh?" (Exodus 3:11). He's not ready to accept that God is actually calling *him*—stammering, fugitive, disqualified Moses—to confront the most powerful man in the world.

## The danger:

You can get stuck here. You can spend years denying what you know in your gut is true. Pretending you didn't hear. Convincing yourself it wasn't God.

## The invitation:

Face reality. Acknowledge what you're hearing. Bring it into the light. You don't have to obey it yet. But you have to at least be honest that you heard it.

## STAGE 2: ANGER - "THIS ISN'T FAIR"

### What it sounds like:

- "Why me? Why not someone else?"
- "This isn't what I signed up for."
- "God, You're asking too much."
- "I've already given so much. This isn't fair."
- "Other people get easier callings. Why does mine have to be so hard?"

### What's happening:

You've acknowledged the call is real. And now you're angry about it. Angry at God for asking. Angry at yourself for hearing. Angry at your circumstances. Angry at the cost.

Anger is often the next defense after denial fails. It's a way of pushing back. Of asserting yourself. Of saying "This is not okay."

### Biblical example:

Jonah. God called him to Nineveh. Jonah ran the opposite direction. And when God persisted, Jonah got angry. Angry enough to want to die rather than see God show mercy to his enemies (Jonah 4:1-3).

### The danger:

Anger can harden into bitterness. You can become angry at God in a way that poisons your relationship with Him. You can let resentment build until it separates you from the very One you need most.

### The invitation:

Be honest about your anger. Bring it to God. Tell Him how you feel. He can handle your anger. The Psalms are full of angry prayers. But don't let anger turn into rebellion. Let it be a step in the process, not a permanent residence.

## STAGE 3: BARGAINING - "WHAT IF I DO THIS INSTEAD?"

### What it sounds like:

- "Okay God, what if I do X instead of Y?"
- "Can't we compromise?"
- "What if I meet You halfway?"
- "I'll give You this, but don't ask me to give You that."
- "Let me do the easier version of what You're asking."

### What's happening:

You're negotiating. Trying to find a middle ground. A way to technically obey without fully surrendering. A version of obedience that lets you keep control.

Bargaining is about avoiding the full cost. You're willing to obey a little. Just not all the way.

### Biblical example:

King Saul. God told him through Samuel to completely destroy the Amalekites—everything, including the livestock (1 Samuel 15:3). Saul "obeyed"—except he kept the king alive and kept the best sheep and cattle. When confronted, he had excuses. Reasons. Justifications.

But Samuel said: "*Has the LORD as much delight in burnt offerings and sacrifices as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to heed than the fat of rams. For rebellion is as the sin of divination, and insubordination is as iniquity and idolatry.*" (1 Samuel 15:22-23, NASB)

Partial obedience is still disobedience.

### **The danger:**

You can spend years in bargaining. Doing enough to feel like you're being obedient while avoiding the actual thing God asked for. You can create a whole religious performance that looks like obedience but is actually sophisticated avoidance.

### **The invitation:**

Stop negotiating. Stop trying to find the loophole. Stop offering God substitutes. He wants your obedience, not your sacrifices. He wants your "yes," not your counteroffers.

## **STAGE 4: DEPRESSION - "I CAN'T DO THIS"**

### **What it sounds like:**

- "This is impossible."
- "I don't have what it takes."
- "I'm going to fail."
- "This is too hard. I can't."
- "I give up." (But not surrender—just defeat)

### What's happening:

You've stopped fighting. But you haven't surrendered. You're just... exhausted.

Depleted. The weight of resisting God for however long has worn you down.

You're not angry anymore. You're not bargaining anymore. You're just... done.

But this isn't surrender. This is collapse. It's resignation, not submission. It's giving up, not giving in.

### Biblical example:

Elijah after Jezebel threatened him (1 Kings 19:4): *"It is enough; now, O LORD, take my life, for I am not better than my fathers."*

He'd just had the victory on Mount Carmel. God showed up with fire. The prophets of Baal were defeated. And now, one threat from Jezebel and Elijah is suicidal. Exhausted. Done.

God didn't rebuke him. God let him rest. Fed him. Spoke to him gently. And slowly brought him back from the edge.

### The danger:

You can interpret this exhaustion as evidence that you were right to resist. "See? I can't do this. I was right all along."

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You can use your exhaustion as an excuse to never move toward obedience.

### The invitation:

Let yourself rest. Let God minister to you. This stage is not the end. It's the valley before the climb. And God is gentle with exhausted souls.

But don't stay here. Let the rest renew you. And then let God lead you to the next stage.

### STAGE 5: ACCEPTANCE - "NOT MY WILL, BUT YOURS"

#### What it sounds like:

- "Okay. I don't understand, but okay."
- "I still don't like this, but I'll do it."
- "Not my will, but Yours."
- "I'm willing. Not excited. But willing."

#### What's happening:

You've stopped fighting. Stopped bargaining. Stopped being angry. You've accepted that God is asking this. And you're willing to do it.

This is real progress. This is significant. This is the beginning of true obedience.

But it's not the end. Because acceptance can still be reluctant. Resigned. "I'll do this because I have to, not because I want to."

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### **Biblical example:**

Jesus in Gethsemane (Matthew 26:39): *"My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will."*

Honest about His desire for another way. But ultimately surrendered to the Father's will.

This is beautiful. This is holy. This is real obedience.

But notice—Jesus didn't stay in Gethsemane. He moved from acceptance to action. From "Not My will but Yours" to actually going to the cross.

### **The danger:**

You can get stuck in acceptance without action. You can be perpetually "willing" without ever actually obeying.

You can live in the mental/emotional space of "I accept this is what God wants" without ever taking the step of actually doing it.

### **The invitation:**

Move from acceptance to action. From "I'm willing" to "I'm doing it." From internal surrender to external obedience.

This is where the rubber meets the road.

## STAGE 6: SURRENDER - "YES, LORD"

**What it sounds like:**

- "Yes, Lord."
- "Here I am. Send me."
- "I'm all in."
- "Whatever You ask. Whenever You ask. However You ask."

**What's happening:**

You've moved from reluctant acceptance to active surrender. You're not just willing—you're committed. You're not just acknowledging God's will—you're embracing it.

This is wholehearted obedience. This is complete surrender. This is the "Yes, Lord" that costs everything and gives everything.

**Biblical example:**

Mary when the angel announced she would conceive Jesus (Luke 1:38): *"Behold, the bondslave of the Lord; may it be done to me according to your word."*

She didn't understand how. She knew the cost. She knew the scandal. She knew the risk.

But she said yes anyway. Wholehearted. Unreserved. Surrendered.

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Isaiah when God asked "Whom shall I send?" (Isaiah 6:8): "*Here am I. Send me!*"

Not reluctant. Not resigned. But eager. Willing. Surrendered.

### **The transformation:**

This is where the real transformation happens. Not just in circumstances, but in your heart. You're no longer the person who was fighting God's call. You're the person who has said yes.

And that changes everything.

### **The invitation:**

Live from this place. Not just in the moment of surrender, but in the ongoing practice of "Yes, Lord." Daily. Hourly. Moment by moment.

## **STAGE 7: JOY - "I WOULDN'T WANT IT ANY OTHER WAY"**

### **What it sounds like:**

- "I can't believe I almost said no to this."
- "This is exactly where I'm supposed to be."
- "I wouldn't trade this for anything."
- "This is hard, but it's right. And I'm grateful."

### What's happening:

You've not only surrendered—you've discovered the joy on the other side of surrender. The abundance. The purpose. The rightness of being exactly where God called you.

You're no longer obeying reluctantly. You're obeying joyfully. Not because it's easy. But because you've discovered that God's plan is better than yours. His will is better than yours. His way is better than yours.

### Biblical example:

Paul, writing from prison (Philippians 1:12-14): *"Now I want you to know, brethren, that my circumstances have turned out for the greater progress of the gospel, so that my imprisonment in the cause of Christ has become well known throughout the whole praetorian guard and to everyone else, and that most of the brethren, trusting in the Lord because of my imprisonment, have far more courage to speak the word of God without fear."*

He's in prison. Chained. Suffering. And he's rejoicing. Because even this—especially this—is serving God's purposes.

## WHEN GOD LETS YOU BE HUNGRY

### The testimony:

This is where you look back on the journey and say: "I'm so glad I said yes. I'm so glad God didn't give up on me. I'm so glad I finally surrendered. Because what I have now is so much better than what I was holding onto."

### The ongoing reality:

But this isn't the end. Because there will be new calls. New surrenders. New journeys from "no" to "yes, Lord."

The stages aren't linear. They're cyclical. You don't graduate from them. You walk through them again and again, with different calls, in different seasons.

But each time, the journey gets a little shorter. The resistance a little less. The surrender a little faster. Because you've learned: God is trustworthy. Surrender is worth it. Joy is on the other side.

## WRESTLING WITH GOD: JACOB'S STORY

Let's look at a biblical example of someone who literally wrestled with God on the journey to surrender.

**Genesis 32:22-32** tells the story of Jacob wrestling with God (or the Angel of the LORD —a theophany, an appearance of God in physical form).

## WHEN GOD LETS YOU BE HUNGRY

Jacob is about to meet Esau, the brother he cheated. The brother who vowed to kill him. And Jacob is terrified.

He's made arrangements. Sent gifts. Divided his family into groups so if Esau attacks, at least some will survive. He's done everything he can do.

And then, alone, at night, a Man appears and wrestles with him until daybreak.

*"When he saw that he had not prevailed against him, he touched the socket of his thigh; so the socket of Jacob's thigh was dislocated while he wrestled with him. Then he said, 'Let me go, for the dawn is breaking.' But he said, 'I will not let you go unless you bless me.' So he said to him, 'What is your name?' And he said, 'Jacob.' He said, 'Your name shall no longer be Jacob, but Israel; for you have striven with God and with men and have prevailed.'" (Genesis 32:25-28, NASB)*

Several things are crucial here:

### 1. GOD INITIATED THE WRESTLING

Jacob didn't start this fight. God did. God came to him. God engaged him.

Sometimes God forces the confrontation. He doesn't let us avoid the issue. He shows up and says, "We're dealing with this. Now."

## 2. THE WRESTLING WAS REAL

This wasn't symbolic. Jacob literally wrestled. Physically. For hours. Until his hip was dislocated.

Our wrestling with God is real too. It's not just spiritual metaphor. It involves our whole selves—body, mind, emotions, will. It exhausts us. It costs us. It leaves us marked.

## 3. JACOB WOULDN'T LET GO UNTIL HE WAS BLESSED

Even injured, even overpowered, Jacob held on. "I will not let you go unless you bless me."

There's a kind of holy tenacity here. A refusal to walk away without transformation. A determination to get something from God, even if it costs everything.

## 4. THE BLESSING INVOLVED A NEW IDENTITY

God didn't just give Jacob stuff. He gave him a new name. A new identity. "No longer Jacob (deceiver), but Israel (one who wrestles with God)."

Surrender doesn't just change your circumstances. It changes who you are.

## 5. JACOB WAS PERMANENTLY MARKED

Genesis 32:31: *"Now the sun rose upon him just as he crossed over Penuel, and he was limping on his thigh."*

He walked away limping. Marked. Changed. He would carry the evidence of this encounter for the rest of his life.

Surrender leaves scars. Not destructive scars, but transformative ones. Evidence of the wrestling. Reminders of the encounter. Proof that you met God and were changed.

**The point is this:** The journey to "Yes, Lord" often involves wrestling. Real, exhausting, painful wrestling with God.

And that's okay. God is not threatened by our wrestling. He initiated it. He engages it. He uses it.

Wrestling is not the same as rebellion. Wrestling is honest engagement. It's Jacob saying, "I'm not letting go until this makes sense. Until I'm transformed. Until I'm blessed."

Rebellion walks away. Wrestling holds on.

And at the end of the wrestling—when you're exhausted, when you've been overpowered, when you've been marked—you walk away with a new identity. A new name. A new reality.

## WHEN GOD LETS YOU BE HUNGRY

You walk away surrendered. And limping. But blessed.

### FROM "HAVE TO" TO "GET TO"

Here's a critical shift that happens on the journey to wholehearted obedience:

**You move from "I have to obey" to "I get to obey."**

From duty to delight.

From obligation to privilege.

From burden to joy.

**"Have to" obedience sounds like:**

- "I guess I have to do this."
- "I don't want to, but I know I should."
- "Fine. I'll obey. But I'm not happy about it."

This is compliance. Reluctant submission. Going through the motions.

And it's exhausting. Because you're constantly fighting yourself. Resenting the obedience. Wishing you could do something else.

**"Get to" obedience sounds like:**

- "I can't believe I get to do this."
- "This is exactly what I want to do."
- "I'm so grateful for this opportunity."

This is joy. Eager participation. Wholehearted engagement.

And it's energizing. Because you're aligned. Not fighting yourself. Grateful for the call, not resenting it.

**How do you get from "have to" to "get to"?**

### **1. By experiencing the goodness of God's commands.**

When you obey—even reluctantly—you discover: God's commands are good. His way works. What He asked was for my benefit, not my burden.

And that experience changes future obedience. You start to trust that His commands are for your good. And "have to" becomes "want to."

### **2. By discovering the joy of surrender.**

The first time you fully surrender to God's will, you discover: this isn't death. It's life. It's not losing—it's gaining. It's not burden—it's freedom.

And once you've tasted that, "have to" becomes "get to."

### 3. By watching God work through your obedience.

When you obey, God does things you could never do yourself. He opens doors.

Changes hearts. Provides resources. Accomplishes the impossible.

And you realize: I get to participate in this. I get to be part of what God is doing. I get to see Him work.

That's not a "have to." That's a privilege.

**Brother Lawrence understood this.** His practice of "the presence of God" was all about transforming mundane duty into sacred privilege.

He was a cook in a monastery. Washing dishes. Preparing meals. Menial labor.

But he did it as an act of worship. As communion with God. Not "I have to wash dishes." But "I get to be with God while I wash dishes."

He wrote: *"The time of business does not with me differ from the time of prayer; and in the noise and clatter of my kitchen, while several persons are at the same time calling for different things, I possess God in as great tranquility as if I were upon my knees at the blessed sacrament."*

That's "get to" obedience. That's finding the sacred in the mundane. That's transforming duty into delight.

## BEHAVIOR MODIFICATION VS. HEART TRANSFORMATION

Here's something crucial we need to understand: **Obedience that's only behavior modification isn't real obedience. It's performance. And it doesn't last.**

You can change your behavior without changing your heart. You can do the right things for the wrong reasons. You can comply externally while resisting internally.

And that's not the obedience God is after.

**Hannah Whitall Smith** wrote about this in *The Christian's Secret of a Happy Life*. She distinguished between Christians who were trying to be good and Christians who had surrendered to God and found joy in obedience.

She wrote: *"The will is the king of the soul. If the will is surrendered, all is surrendered... Entire surrender, therefore, means that the will is absolutely yielded."*

It's not about making your behavior conform. It's about surrendering your will. Your desires. Your wants. Your whole heart.

The difference looks like this:

## BEHAVIOR MODIFICATION:

- Focus: External actions
- Motivation: Fear, obligation, approval
- Method: Willpower, self-discipline, accountability
- Result: Temporary compliance that eventually breaks down
- Internal reality: "I'm doing what I'm supposed to, but I hate it"

## HEART TRANSFORMATION:

- Focus: Internal desires
- Motivation: Love, gratitude, trust
- Method: Surrender, dependence on the Spirit, renewal of mind
- Result: Lasting obedience that flows from transformed desires
- Internal reality: "I want what God wants. My desires have changed."

**Jesus addressed this constantly with the Pharisees.** They had behavior modification down to a science. They obeyed every jot and tittle of the law externally. But their hearts were far from God.

## WHEN GOD LETS YOU BE HUNGRY

Matthew 23:25-28: *"Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and of the dish, but inside they are full of robbery and self-indulgence. You blind Pharisee, first clean the inside of the cup and of the dish, so that the outside of it may become clean also. Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs which on the outside appear beautiful, but inside they are full of dead men's bones and all uncleanness. So you too, outwardly appear righteous to men, but inwardly you are full of hypocrisy and lawlessness."*

(NASB)

External obedience. Internal rebellion. That's behavior modification.

God wants heart transformation. He wants your desires to change. Your wants to align with His. Your will to surrender to His.

And that can't be manufactured through willpower. It only comes through surrender. Through the slow, painful, beautiful process of having your heart transformed by His Spirit.

### **The wilderness forces this.**

You can't maintain behavior modification in the wilderness. You don't have the resources. The energy. The willpower.

The only obedience that survives the wilderness is obedience that comes from a transformed heart.

## WHEN GOD LETS YOU BE HUNGRY

From truly wanting what God wants.

From genuinely believing His way is better.

From actually loving Him more than you love your own plans.

That's the obedience God is after. And that's the obedience the wilderness produces.

### PRACTICAL APPLICATION: MOVING TOWARD "YES, LORD"

So how do you actually move through these stages? How do you get from wherever you are now to "Yes, Lord"?

#### 1. IDENTIFY WHERE YOU ARE

Which stage are you in right now with whatever God is asking of you?

Denial? Anger? Bargaining? Depression? Acceptance? Surrender? Joy?

Be honest. No shame. Just acknowledgment of reality.

#### 2. DON'T SKIP STAGES

You can't rush the process. You can't force yourself from denial to surrender overnight.

You have to walk through each stage. Feel the feelings. Process the resistance. Work through the wrestling.

## WHEN GOD LETS YOU BE HUNGRY

Trying to skip stages just means you'll have to come back to them later.

### 3. BE HONEST WITH GOD

Tell Him where you are. Tell Him how you feel. Tell Him what you're resisting and why.

God already knows. But you need to say it. Out loud. In prayer. In your journal. To a trusted friend.

Honesty is the pathway to transformation. Pretending to be more surrendered than you are just delays the process.

### 4. INVITE GOD INTO THE WRESTLING

Don't try to work this out on your own. Invite God into the struggle. Ask Him to help you surrender. To change your heart. To give you the grace to obey.

This is Jacob's approach: "I will not let You go unless You bless me."

Wrestling with God is not the same as resisting God. Wrestling means you're engaging. You're holding on. You're determined to come out transformed.

### 5. LOOK FOR EVIDENCE OF GOD'S GOODNESS

What has obedience already taught you? Where have you seen God prove faithful? When have you obeyed and discovered it was for your good?

Build on that evidence. Let past experiences of God's goodness inform present decisions to trust Him.

### 6. TAKE THE NEXT STEP, EVEN IF YOU'RE NOT FULLY THERE YET

You don't have to wait until you're at Stage 7 (Joy) to start obeying. You can obey from Stage 5 (Acceptance).

You can say, "God, I'm still scared. I still don't fully understand. I'm not joyful yet. But I'm willing. And I'm going to take the next step."

Action often precedes feeling. Obedience often comes before the joy of obedience.

### 7. FIND COMMUNITY

Don't walk this alone. Find people who will walk with you. Who will listen to your wrestling. Who will encourage you toward surrender. Who will celebrate when you finally say yes.

The journey to "Yes, Lord" is hard enough without isolation making it harder.

### 8. REMEMBER: THIS IS NOT THE ONLY CALL

You're not just learning to obey this one thing. You're learning to obey. Period.

## WHEN GOD LETS YOU BE HUNGRY

You're developing the muscle of surrender. The habit of "Yes, Lord." The character of obedience.

So that next time God calls, the journey from "no" to "yes" is a little shorter. A little less painful. A little more joyful.

### REFLECTION QUESTIONS

**1. What is God currently asking you to surrender? Be specific.**

Don't spiritualize this. What's the actual thing God is asking for?

**2. Which stage are you in right now with that call?**

Denial? Anger? Bargaining? Depression? Acceptance? Surrender? Joy?

**3. How long have you been in this stage?**

Weeks? Months? Years? And what's keeping you from moving to the next stage?

**4. What are you afraid will happen if you obey?**

Name the fear. Bring it into the light. What's the worst-case scenario that's keeping you from saying yes?

### 5. Where have you already experienced the goodness of God's commands?

When have you obeyed and discovered God was right? That His way was better? That surrender led to joy?

### 6. What would it look like to move from "have to" to "get to" with this call?

What would need to change in your heart for you to see this as privilege instead of burden?

### 7. Is your current obedience (in any area) behavior modification or heart transformation?

Are you doing the right things while resenting them? Or have your desires actually changed?

### 8. What's one step you can take toward surrender this week?

Not the whole thing. Just one step. One act of obedience. One movement toward "Yes, Lord."

The journey to "Yes, Lord" is long.

Longer than we want.

Harder than we expect.

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More painful than we're prepared for.

But it's also more beautiful than we can imagine.

Because on the other side of surrender is joy.

On the other side of wrestling is blessing.

On the other side of death is resurrection.

And the God who calls you to obedience is the God who walks with you through every stage.

He doesn't condemn you for being in denial.

He doesn't abandon you when you're angry.

He doesn't give up when you're bargaining.

He doesn't leave when you're depressed.

He doesn't rush you through acceptance.

He celebrates when you surrender.

And He rejoices with you when you discover the joy.

## WHEN GOD LETS YOU BE HUNGRY

The road is long.

But He's patient.

And He's not going anywhere.

So take the next step.

Move toward "Yes, Lord."

However long it takes.

However many stages you have to walk through.

He'll be with you.

Every step of the way.

*"Then Mary said, 'Behold, the bondslave of the Lord; may it be done to me according to your word.'"*

—Luke 1:38 (NASB)

## CHAPTER 11: "WHETHER YOU WOULD KEEP HIS COMMANDMENTS OR NOT"

### THE TEST THAT REVEALS EVERYTHING

She knew what she was supposed to do. God had made it clear. Abundantly clear. Uncomfortably clear.

She was supposed to forgive him.

Not just say the words. Not just go through the motions. But actually, genuinely forgive. Release the debt. Let go of the bitterness. Stop rehearsing the offense. Stop waiting for him to grovel. Stop holding it over him.

Just... forgive.

And she didn't want to. At all.

He'd hurt her. Deeply. Repeatedly. And he'd barely acknowledged it. A half-hearted "sorry" that felt more like "sorry you're upset" than "sorry I was wrong." No real repentance. No changed behavior. Just a vague apology followed by a request that she move on.

And God was asking her to forgive him anyway.

Not because he deserved it. He didn't.

## WHEN GOD LETS YOU BE HUNGRY

Not because it was fair. It wasn't.

Not because she felt like it. She absolutely didn't.

But because God had commanded it. And the command was a test.

Not a test to see if she was good enough. Not a test to earn God's approval. But a test to reveal what was actually in her heart.

### **Did she trust God's heart enough to obey His command?**

Did she believe that forgiveness—even when it felt wrong, even when it cost her the satisfaction of staying angry—was actually for her good?

Did she believe that God knew what He was talking about when He said, "Forgive as you've been forgiven"?

Did she love God enough to obey Him even when obedience felt like dying?

That's what the test revealed. Not whether she was perfect. But what direction her heart was facing.

Was she willing to trust God more than she trusted her own sense of justice?

Was she willing to obey even when obedience felt like loss?

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Was she willing to keep His commandments even when keeping them cost her something?

She sat in her car in the church parking lot for twenty minutes. Praying. Weeping. Wrestling.

And finally, exhausted and broken, she whispered: "Okay, God. I'll forgive him. Not because I want to. Not because I feel it. But because You said to. And I trust that You know better than I do."

It wasn't dramatic. It wasn't accompanied by warm feelings or sudden peace. It was just... obedience. Costly, painful, trust-filled obedience.

But it was real.

And in that moment, something shifted. Not in her circumstances. Not in him. But in her.

Because she'd passed the test. Not perfectly. Not easily. But genuinely.

She'd proven—to herself, to God, to the watching universe—that she trusted His heart more than her own hurt.

That she would keep His commandments. Even when it cost her everything.

## THE TEXT: THE PURPOSE OF THE TEST

Let's return to the central verse that's been anchoring this entire book:

Deuteronomy 8:2: *"You shall remember all the way which the LORD your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart, whether you would keep His commandments or not."*  
(NASB)

We've looked at the humbling. We've examined the hunger. We've explored the provision. Now we come to the purpose of it all:

**"Testing you, to know what was in your heart, whether you would keep His commandments or not."**

The wilderness was a test. Not a cruel exam designed to trip you up. Not a sadistic evaluation to prove you're a failure. But a loving assessment to reveal what's actually in your heart.

**Would you keep His commandments? Or wouldn't you?**

Not "Can you keep them perfectly?" but "Will you keep them at all?"

Not "Will you obey when it's convenient?" but "Will you obey when it costs you?"

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Not "Will you follow when you understand?" but "Will you follow when you're in the dark?"

The test isn't about perfection. It's about direction. It's not about flawless performance. It's about fundamental orientation.

**Is your heart set on obeying God? Or is it set on serving yourself?**

That's what the wilderness reveals. That's what the test exposes. That's what God is after.

Not your perfect track record. But your surrendered heart.

Not your ability to get it right every time. But your willingness to keep trying when you get it wrong.

Not your performance. But your posture.

### OBEDIENCE IS NOT ABOUT EARNING—IT'S ABOUT TRUSTING

Let's be absolutely clear about something: **Obedience does not earn God's love. You cannot make God love you more by obeying. And you cannot make Him love you less by disobeying.**

His love is not conditional on your performance. His love is rooted in His character. He loves you because of who He is, not because of what you do.

## WHEN GOD LETS YOU BE HUNGRY

Romans 5:8: *"But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us."* (NASB)

While we were yet sinners. Before we obeyed. Before we cleaned up. Before we got our act together. Christ died for us.

His love is not contingent on our obedience. His love precedes it. Enables it. Motivates it.

**So why does obedience matter?**

**Because obedience proves what we believe about God.**

John 14:15: *"If you love Me, you will keep My commandments."* (NASB)

And John 14:23-24: *"Jesus answered and said to him, 'If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode with him. He who does not love Me does not keep My words; and the word which you hear is not Mine, but the Father's who sent Me.'"* (NASB)

Notice the logic: **If you love Me, you will obey Me.**

Not "Obey Me and then I'll love you." But "If you love Me, obedience will follow."

Obedience is the evidence of love. It's the proof that you trust God's heart. It's the demonstration that you believe His commands are for your good.

## WHEN GOD LETS YOU BE HUNGRY

Dallas Willard said it perfectly: *"Grace is not opposed to effort, it is opposed to earning."*

God's grace is free. Unearned. Given freely to you in Christ.

But grace is not opposed to effort. Grace doesn't say, "Don't try to obey." Grace says, "You don't have to earn My love by obeying—but because you're loved, you'll want to obey. And I'll give you the power to do it."

**Obedience is not the basis of relationship with God. It's the fruit of relationship with God.**

You don't obey to become His child. You obey because you are His child. Because you trust Him. Because you love Him. Because you believe His commands are good.

And the wilderness tests whether that's true. Whether your obedience is rooted in love and trust—or in fear and performance.

### THE TEST ISN'T PERFECTION—IT'S DIRECTION

Here's what we need to understand about God's test in the wilderness:

**God is not testing whether you'll obey perfectly. He's testing whether you're facing the right direction.**

## WHEN GOD LETS YOU BE HUNGRY

Think about it. Israel failed the wilderness test constantly:

- They complained about water (Exodus 15:24)
- They grumbled about food (Exodus 16:2-3)
- They built a golden calf (Exodus 32)
- They tested God at Massah (Exodus 17:7)
- They refused to enter the Promised Land when God said to go (Numbers 14)

Failure after failure after failure.

But some of them still passed the test. Caleb. Joshua. The second generation. Not because they were perfect. But because their hearts were oriented toward God.

Numbers 14:24: *"But My servant Caleb, because he has had a different spirit and has followed Me fully, I will bring into the land which he entered, and his descendants shall take possession of it."* (NASB)

"Followed Me fully." Not perfectly. But fully. Wholeheartedly. With a different spirit than those who rebelled.

**The test is about heart orientation, not perfect execution.**

Are you facing God? Or facing yourself?

Are you trying to obey? Or have you given up trying?

Are you repenting when you fail? Or justifying your disobedience?

## WHEN GOD LETS YOU BE HUNGRY

Are you moving toward obedience? Or away from it?

This is crucial because so many of us give up on obedience entirely because we can't do it perfectly. We think: "I keep failing. I might as well stop trying."

But that's not the test. The test isn't whether you succeed every time. The test is whether you keep getting up when you fall. Whether you keep pursuing God when you stumble. Whether you keep trying to obey even when obedience feels impossible.

**Direction matters more than perfection.**

A ship doesn't travel in a perfectly straight line. It's constantly making micro-corrections. Adjusting course. Compensating for wind and waves. But as long as it's facing the right direction, it will eventually reach its destination.

Same with obedience. You won't walk a perfectly straight line. You'll fail. You'll stumble. You'll mess up.

But if your heart is facing God—if you're genuinely trying to obey, repenting when you fail, and getting back up to try again—you're passing the test.

Because the test isn't perfection. It's direction.

## OBEDIENCE IN THE DARK

One of the hardest aspects of wilderness obedience is this: **God often asks you to obey when you can't see the outcome. When it doesn't make sense. When you're walking in the dark.**

The Israelites had to obey a cloud. They couldn't see ahead. They didn't know where they were going. They didn't know how long it would take. They just had to follow.

Numbers 9:15-23 describes this rhythm:

*"Now on the day that the tabernacle was erected the cloud covered the tabernacle, the tent of the testimony, and in the evening it was like the appearance of fire over the tabernacle, until morning. So it was continuously; the cloud would cover it by day, and the appearance of fire by night. Whenever the cloud was lifted from over the tent, afterward the sons of Israel would then set out; and in the place where the cloud settled down, there the sons of Israel would camp... At the command of the LORD they set out. They kept the LORD's charge, according to the command of the LORD through Moses."* (NASB)

Notice: They didn't get to plan their route. They didn't get to control the timeline. They just had to watch the cloud and obey when it moved.

Sometimes it stayed put for days. Sometimes for months. Sometimes it would lift after one night.

## WHEN GOD LETS YOU BE HUNGRY

They couldn't predict it. Couldn't control it. Could only obey it.

**That's obedience in the dark.**

And it's what God often asks of us.

- Forgive, even though you don't know if the relationship will be restored.
- Give, even though you don't know how you'll make ends meet.
- Speak, even though you don't know how it will be received.
- Wait, even though you don't know how long it will take.
- Surrender, even though you don't know what God will do with what you give Him.

**Obedience without guarantees. Faith without certainty. Trust without proof.**

This is the kind of obedience the wilderness requires. And it's the kind of obedience that proves what's really in your heart.

Because anyone can obey when the outcome is guaranteed. Anyone can follow when the path is clear. Anyone can trust when they can see three steps ahead.

But can you obey in the dark? Can you follow the cloud when you have no idea where it's going? Can you trust God when you can't see what He's doing?

**That's the test.**

And it reveals everything.

# WHEN GOD LETS YOU BE HUNGRY

## WHY DELAYED OBEDIENCE IS DISOBEDIENCE

Here's an uncomfortable truth: **Delayed obedience is actually disobedience.**

When God gives a command, He expects a response. Not eventually. Not when you get around to it. Not when it feels convenient. But now.

Think about it: If your child says, "Okay, I'll clean my room," and then doesn't do it for three weeks, did they obey? No. They delayed. Which is just a slower form of disobedience.

Same with God. When He says "Go," and you say "I will... someday," that's not obedience. That's delay. And delay is disobedience wrapped in the pretense of eventual compliance.

### Why is delayed obedience actually disobedience?

#### 1. IT REVEALS THAT SOMETHING ELSE IS MORE IMPORTANT TO YOU THAN GOD'S COMMAND

If you delay, it's because you're prioritizing something else. Comfort. Convenience. Control. Fear. People's opinions.

Whatever you're prioritizing above immediate obedience—that's your functional god in that moment.

## 2. IT DEMONSTRATES THAT YOU DON'T FULLY TRUST GOD'S TIMING

God doesn't give commands arbitrarily. He doesn't say "do this now" when "do this later" would work just as well. His timing matters.

When you delay, you're essentially saying, "God, I don't trust that Your timing is best. I'll obey when / think it's the right time."

That's not trust. That's control.

## 3. IT ALLOWS TIME FOR RATIONALIZATION AND EXCUSE-MAKING

The longer you delay obedience, the more time you have to talk yourself out of it. To find reasons why you shouldn't do it. To convince yourself it wasn't really God's voice.

Immediate obedience short-circuits rationalization.

## 4. IT INVITES CONSEQUENCES THAT IMMEDIATE OBEDIENCE WOULD HAVE AVOIDED

Jonah delayed. Actually, he outright refused. And he ended up in the belly of a fish. Eventually, he obeyed. But he could have saved himself a lot of suffering if he'd just obeyed the first time.

Delayed obedience often leads to unnecessary hardship.

**But what about when obedience takes time to implement?**

## WHEN GOD LETS YOU BE HUNGRY

There's a difference between delayed obedience and obedience that requires preparation.

If God calls you to a new job, you might need to give notice at your current one. That's not delay—that's wisdom and integrity.

If God calls you to reconcile a relationship, you might need to pray and prepare your heart before the conversation. That's not delay—that's responsible obedience.

But if God says "Forgive," and you say "I will... eventually... when I feel like it... maybe next year..."—that's delay. And delay is disobedience.

**The litmus test is this:** Is your heart set on obeying as soon as appropriately possible? Or are you avoiding, procrastinating, hoping the command will go away?

If it's the former, you're obeying. If it's the latter, you're disobeying.

## THE RELATIONSHIP BETWEEN OBEDIENCE AND INTIMACY

Here's something beautiful that the wilderness teaches: **Obedience leads to intimacy with God. And intimacy with God makes obedience joy.**

It's a virtuous cycle.

When you obey, you experience God's faithfulness. His goodness. His provision. His presence. And that experience deepens intimacy.

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When intimacy deepens, obedience becomes less about duty and more about love.

Less about "have to" and more about "want to."

John 14:21: *"He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him."* (NASB)

Notice: "I will disclose Myself to him."

Obedience opens the door to deeper revelation. To greater intimacy. To knowing God in ways that the disobedient can never know Him.

**Why?**

**Because obedience positions you to experience God in ways that disobedience blocks.**

When you obey God's command to give generously, you experience Him as Provider in ways you never would if you hoarded.

When you obey God's command to forgive, you experience Him as Healer in ways you never would if you held grudges.

When you obey God's command to trust Him in the dark, you experience Him as Guide in ways you never would if you insisted on controlling your own path.

**Obedience doesn't earn intimacy. But it creates the conditions for intimacy to deepen.**

## WHEN GOD LETS YOU BE HUNGRY

Jerry Bridges understood this. In *The Pursuit of Holiness*, he wrote:

*"Holiness is not a series of do's and don'ts but conformity to the character of God and obedience to the will of God."*

Obedience isn't just about rules. It's about relationship. It's about aligning yourself with God's character. About walking in step with Him. About knowing Him through following Him.

And the wilderness is where this connection between obedience and intimacy becomes undeniable.

Because in the wilderness, obedience is all you have. You can't rely on your resources. Your wisdom. Your plans. You can only obey the cloud. Follow the pillar of fire. Trust the manna.

And in that obedience—costly, daily, trust-filled obedience—you discover: **God is closer than you've ever experienced Him. More real. More present. More intimate.**

Not because you've earned it. But because obedience has positioned you to receive it.

### BIBLICAL CASE STUDIES IN TESTED OBEDIENCE

Let's look at four biblical examples of people whose obedience was tested—and what we can learn from their responses.

## 1. ABRAHAM AND ISAAC (GENESIS 22)

### The Test:

Genesis 22:1-2: *"Now it came about after these things, that God tested Abraham, and said to him, 'Abraham!' And he said, 'Here I am.' He said, 'Take now your son, your only son, whom you love, Isaac, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains of which I will tell you.'" (NASB)*

This is the ultimate test. God is asking Abraham to sacrifice the very thing He promised. The son he waited twenty-five years for. The fulfillment of God's covenant. The heir through whom all nations would be blessed.

### The Obedience:

Genesis 22:3: *"So Abraham rose early in the morning and saddled his donkey, and took two of his young men with him and Isaac his son; and he split wood for the burnt offering, and arose and went to the place of which God had told him."*

Notice: "Abraham rose early in the morning."

No delay. No debate. No bargaining. Just immediate obedience.

He didn't understand. He must have been tormented. How could God ask this? How could this align with God's promise?

But he obeyed anyway. Because he trusted God's heart more than he trusted his own understanding.

### **The Outcome:**

God provided a ram. Isaac was spared. And God reaffirmed His covenant with Abraham (Genesis 22:15-18).

### **The Lesson:**

Obedience in the face of the incomprehensible proves the depth of your trust. And God honors that trust—not always by changing circumstances, but always by proving Himself faithful.

## **2. NOAH BUILDING THE ARK (GENESIS 6)**

### **The Test:**

Genesis 6:13-14: "*Then God said to Noah, 'The end of all flesh has come before Me; for the earth is filled with violence because of them; and behold, I am about to destroy them with the earth. Make for yourself an ark of gopher wood; you shall make the ark with rooms, and shall cover it inside and out with pitch.'*" (NASB)

God tells Noah to build a massive boat. In the middle of dry land. For a flood that's never happened before. While everyone around him thinks he's insane.

## **The Obedience:**

Genesis 6:22: *"Thus Noah did; according to all that God had commanded him, so he did."*

And Genesis 7:5: *"Noah did according to all that the LORD had commanded him."*

Noah obeyed. For years. Decades, possibly. Building this ark. Enduring mockery. Trusting God's word when there was zero physical evidence that a flood was coming.

## **The Outcome:**

The flood came. Noah and his family were saved. Humanity was preserved.

## **The Lesson:**

Obedience doesn't require understanding or evidence. It requires trust in God's word. Even when everyone around you thinks you're crazy. Even when you can't see how it will work. Even when it takes years to complete.

## **3. MOSES AT THE BURNING BUSH (EXODUS 3-4)**

## **The Test:**

Exodus 3:10: *"Therefore, come now, and I will send you to Pharaoh, so that you may bring My people, the sons of Israel, out of Egypt."*

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God calls Moses to return to Egypt—the place he fled from—and confront Pharaoh—the most powerful man on earth—and demand the release of all the Hebrew slaves.

### **The Initial Response:**

Moses objects. Five times. "Who am I?" "What if they don't believe me?" "I'm not eloquent." "Please send someone else."

Moses doesn't want to obey. He's scared. He feels inadequate. He tries to talk God out of it.

### **The Turning Point:**

God gets angry (Exodus 4:14). But He also provides: Aaron to speak, signs to perform, His own presence to go with Moses.

And eventually, Moses goes.

### **The Outcome:**

Exodus 4:20: *"So Moses took his wife and his sons and mounted them on a donkey, and returned to the land of Egypt. Moses also took the staff of God in his hand."*

He obeyed. Not perfectly. Not immediately. Not without resistance. But eventually, he obeyed.

## The Lesson:

God is patient with our objections and our fears. He doesn't require perfect faith before we obey. He requires that we eventually say yes. And when we do, He provides what we need to accomplish what He's called us to.

## 4. MARY'S "LET IT BE" (LUKE 1:38)

### The Test:

Luke 1:30-33: An angel appears to Mary and tells her she'll conceive the Son of God while still a virgin.

This is impossible. Scandalous. Dangerous. It will cost her her reputation, possibly her engagement, potentially her life (the penalty for perceived adultery was stoning).

### The Response:

Luke 1:38: *"And Mary said, 'Behold, the bondslave of the Lord; may it be done to me according to your word.' And the angel departed from her."*

No objections. No conditions. No bargaining.

Just: "Let it be done to me according to your word."

Complete, immediate, wholehearted surrender.

## **The Outcome:**

She became the mother of Jesus. The most honored woman in history. The one through whom salvation came into the world.

But first, she had to endure the scandal, the whispers, the judgment, the uncertainty.

## **The Lesson:**

The greatest callings often look like disaster before they look like destiny. Obedience to God's call may cost you your reputation before it establishes your legacy. And wholehearted "yes" to God—regardless of cost—positions you for purposes beyond what you can imagine.

## **COMMON OBJECTIONS TO OBEDIENCE (AND THE TRUTH THAT ANSWERS THEM)**

Let's address the excuses we use to avoid obeying God. The objections that sound reasonable but are actually just sophisticated forms of disobedience.

### **OBJECTION 1: "BUT I DON'T FEEL LIKE IT"**

**The Truth:** Obedience is not based on feeling. It's based on trust.

Your feelings are real. They matter. But they don't determine obedience.

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If you wait to obey until you feel like it, you'll rarely obey. Because most of God's commands require you to do things that go against your natural inclinations.

Forgive when you feel angry.

Give when you feel greedy.

Trust when you feel afraid.

Serve when you feel exhausted.

Wait when you feel impatient.

**The biblical response:** 2 Corinthians 5:7 - *"For we walk by faith, not by sight."* (NASB)

And Jeremiah 17:9 - *"The heart is more deceitful than all else and is desperately sick; who can understand it?"*

Your feelings are not reliable guides for obedience. God's word is.

Obey first. Let the feelings follow. They usually do—but even if they don't, obedience was still the right choice.

### OBJECTION 2: "BUT IT DOESN'T MAKE SENSE"

**The Truth:** God's ways are higher than your ways. His thoughts are higher than your thoughts (Isaiah 55:8-9).

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If you could understand all of God's commands, you wouldn't need faith. You could just rely on logic.

But God often asks you to do things that don't make sense to finite human reasoning:

- Forgive seventy times seven.
- Give to those who persecute you.
- Die to yourself to find life.
- Lose everything to gain Christ.
- Become weak to be strong.
- Become last to be first.

None of it makes sense by worldly logic. All of it makes sense by kingdom logic.

**The biblical response:** Proverbs 3:5-6 - *"Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight."*

Don't lean on your own understanding. Trust God's. Acknowledge Him. And obey even when it doesn't make sense.

### OBJECTION 3: "BUT WHAT WILL PEOPLE THINK?"

**The Truth:** You'll either fear God or fear people. You can't do both.

The fear of man is a trap (Proverbs 29:25). It will keep you from obeying God every single time.

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Noah faced it. Moses faced it. The disciples faced it. Jesus faced it.

And every one of them had to choose: Do I obey God or please people?

**The biblical response:** Galatians 1:10 - *"For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ."*

You can't serve two masters. You can't obey God and simultaneously ensure everyone approves of you.

Choose obedience. Let the chips fall where they may. Trust that God's approval matters more than human applause.

### OBJECTION 4: "BUT I'M AFRAID"

**The Truth:** Fear is real. But it's not an excuse for disobedience.

God doesn't say "Don't be afraid because there's nothing to fear." He says "Don't be afraid because I'm with you."

There's a difference.

The threat is real. The risk is real. The cost is real. But God's presence is more real.

**The biblical response:** Joshua 1:9 - *"Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go."*

And 2 Timothy 1:7 - *"For God has not given us a spirit of timidity, but of power and love and discipline."*

Fear doesn't disqualify you from obedience. It's the very context in which courageous obedience is proven.

Feel the fear. Acknowledge it. Bring it to God. And then obey anyway.

### OBJECTION 5: "BUT I'M NOT QUALIFIED"

**The Truth:** God doesn't call the qualified. He qualifies the called.

Moses stuttered. Gideon was a coward. David was an adulterer. Peter was impulsive. Paul was a murderer.

None of them were qualified. All of them were called. And God provided what they needed to accomplish what He asked.

**The biblical response:** 2 Corinthians 3:5 - *"Not that we are adequate in ourselves to consider anything as coming from ourselves, but our adequacy is from God."*

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And 1 Corinthians 1:27 - *"But God has chosen the foolish things of the world to shame the wise, and God has chosen the weak things of the world to shame the things which are strong."*

Your inadequacy is not a barrier to God's call. It's the very reason He can work through you. Because when He accomplishes the impossible through you, it's obvious that it was Him, not you.

Stop waiting to feel qualified. You never will. Just obey. And watch God make you adequate for what He's called you to.

### JOHN OWEN: MORTIFICATION OF SIN

John Owen, the Puritan theologian, wrote extensively about the relationship between obedience and holiness. His classic work *The Mortification of Sin* makes the case that true obedience requires actively killing sin in our lives—what he calls "mortification."

He wrote: *"Be killing sin or it will be killing you."*

This is the reality of obedience. It's not passive. It's active warfare against the sin that would keep you from obeying God.

Owen understood that **obedience is impossible without the Spirit's power**. You can't mortify sin through willpower alone. You need God's grace. God's strength. God's Spirit working in you.

But that doesn't mean you're passive. It means you're actively cooperating with the Spirit. You're saying no to sin and yes to obedience. You're putting to death the deeds of the flesh (Romans 8:13).

**Obedience is war.** War against your own sinful inclinations. War against cultural pressures. War against spiritual forces that want to keep you in bondage.

And you fight that war not through your own strength, but through dependence on the Spirit. Through faith. Through daily, moment-by-moment surrender.

The wilderness trains you for this war. It strips away everything you're relying on except God. And in that place of absolute dependence, you learn to fight. To mortify sin. To obey through the Spirit's power.

### PRACTICAL APPLICATION: GROWING IN OBEDIENCE

How do you actually grow in obedience? How do you move from knowing what God says to actually doing it?

#### 1. IDENTIFY THE SPECIFIC COMMAND YOU'RE RESISTING

What is God asking you to do that you've been avoiding?

Be specific. Don't spiritualize it. Name it.

## 2. EXAMINE WHY YOU'RE RESISTING

Which objection is holding you back?

- "I don't feel like it"?
- "It doesn't make sense"?
- "What will people think"?
- "I'm afraid"?
- "I'm not qualified"?

Get to the root of your resistance.

## 3. BRING THE OBJECTION TO GOD

Don't hide it. Don't pretend it's not there. Tell God the truth.

"God, I'm scared." "God, this doesn't make sense to me." "God, I don't want to do this."

Honest prayer is the first step toward obedience.

## 4. ASK FOR HELP

You can't obey in your own strength. Ask God for the grace to obey. The power to obey. The faith to obey.

"God, I want to obey, but I can't on my own. Help me."

## 5. TAKE THE FIRST STEP

Don't wait for perfect clarity. Don't wait for all fear to disappear. Don't wait to feel ready.

Just take the first step. Make the phone call. Send the email. Have the conversation. Write the check. Release the grudge.

Obedience starts with action, not perfect readiness.

## 6. EXPECT RESISTANCE

The enemy will fight your obedience. Your flesh will resist. Circumstances will conspire to make it harder.

Expect this. Don't be surprised by it. And don't let it stop you.

## 7. REMEMBER PAST FAITHFULNESS

When has God proven Himself faithful in the past? When have you obeyed and seen His provision? His protection? His blessing?

Remembering builds faith for present obedience.

## 8. FIND ACCOUNTABILITY

Don't obey alone. Tell someone what God is asking you to do. Ask them to check in with you. To encourage you. To pray for you.

Community makes obedience possible.

### REFLECTION QUESTIONS

#### 1. What specific command is God asking you to obey right now?

Don't avoid this. Name it. What is He asking?

#### 2. Which objection are you using to avoid obedience?

"I don't feel like it"? "It doesn't make sense"? "What will people think"? "I'm afraid"? "I'm not qualified"?

#### 3. Is your obedience motivated by love and trust, or by fear and performance?

Why are you obeying (or wanting to obey)? What's the heart motivation?

#### 4. Where have you been delaying obedience?

What has God asked you to do that you keep putting off?

### 5. How has past obedience deepened your intimacy with God?

When have you obeyed and experienced God in a new way because of it?

### 6. What's one step of obedience you can take today?

Not next week. Not when you feel ready. Today. What's one thing you can do to obey God's command?

### 7. Who will you ask to hold you accountable for that obedience?

Don't try to do this alone. Who can you tell? Who can check in with you?

The test isn't whether you're perfect.

The test is whether you'll keep His commandments.

Whether you trust His heart enough to obey His commands.

Whether you love Him enough to do what He says, even when it costs you.

Whether your heart is facing Him or facing yourself.

And the wilderness reveals the answer.

Not to condemn you when you fail.

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But to refine you when you fall and get back up.

To prove you when you obey in the dark.

To transform you from reluctant compliance to joyful surrender.

From "I have to" to "I get to."

From performance to love.

From fear to trust.

God is testing you.

Not to trip you up, but to prove what you're made of.

Not to expose your weakness, but to strengthen your faith.

Not to condemn your failure, but to celebrate your direction.

Will you keep His commandments?

The wilderness is waiting for your answer.

*"If you love Me, you will keep My commandments."*

—John 14:15 (NASB)

## CHAPTER 12: REMEMBERING THE WILDERNESS—BUILDING MONUMENTS TO HUNGER

### THE STONES HE COULDN'T THROW AWAY

Ten years after the wilderness ended, he found himself going through old boxes in the garage. Moving stuff around. Cleaning out. Making space.

And he found them.

Twelve stones. Small. Unremarkable. The kind you'd find in any riverbed or on any hiking trail.

But these weren't just any stones.

Each one represented a month of the worst year of his life. The year everything fell apart. The year he lost his job, his savings, his sense of identity. The year he didn't know how he'd feed his family. The year God felt absent and provision felt impossible.

Every month during that year, on the first of the month, he'd picked up a stone. Held it. Prayed over it. And added it to a bowl on his kitchen counter.

It was his way of marking the journey. Of remembering. Of saying, "God, I don't understand what You're doing. But I'm still here. Still trusting. Still following."

By the end of that year, there were twelve stones in the bowl.

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And now, ten years later, he stood in his garage holding that bowl. And he couldn't throw them away.

Because those stones weren't just rocks. They were monuments. Reminders. Physical evidence of a journey he never wanted to repeat but desperately needed to remember.

His wife walked into the garage. "Are you keeping those?"

He looked at the stones. Thought about the man he was before the wilderness. The man who trusted his job more than he trusted God. Who found his identity in success more than in Christ. Who had everything under control until control was taken from him.

And he thought about the man he became after the wilderness. The man who'd learned to trust God when he had nothing else. Who'd discovered that his identity was secure in Christ regardless of his circumstances. Who'd experienced God's daily faithfulness in ways he never would have known without the hunger.

"Yeah," he said quietly. "I'm keeping them."

Because he knew something crucial: **The wilderness you don't remember is the wilderness you'll have to walk again.**

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Memory is protection. Remembrance is warfare against forgetting. Monuments are insurance against the amnesia that comes when times get good and God's provision becomes so predictable you stop seeing it as miraculous.

Those stones weren't clutter. They were essential. Sacred, even.

They were his Ebenezer. His "thus far the LORD has helped us."

And he couldn't—wouldn't—throw them away.

### THE TEXT: THE COMMAND TO REMEMBER

Deuteronomy 8 is bookended by a command to remember:

**Verse 2:** *"You shall remember all the way which the LORD your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart, whether you would keep His commandments or not."* (NASB)

**Verse 18:** *"But you shall remember the LORD your God, for it is He who is giving you power to make wealth, that He may confirm His covenant which He swore to your fathers, as it is this day."* (NASB)

Remember. Remember. Remember.

This isn't a casual suggestion. It's a command. An imperative. God is saying: **You must remember. Your future depends on it.**

And in between these bookends is a stark warning about what happens when you forget:

**Verses 11-14:** *"Beware that you do not forget the LORD your God by not keeping His commandments and His ordinances and His statutes which I am commanding you today; otherwise, when you have eaten and are satisfied, and have built good houses and lived in them, and when your herds and your flocks multiply, and your silver and gold multiply, and all that you have multiplies, then your heart will become proud and you will forget the LORD your God who brought you out from the land of Egypt, out of the house of slavery."* (NASB)

Notice the progression:

1. You eat and are satisfied
2. You build good houses and live in them
3. Your stuff multiplies
4. Your heart becomes proud
5. You forget the LORD

**Prosperity leads to pride. Pride leads to amnesia. Amnesia leads to destruction.**

This is why God commands remembrance. Because He knows: **When you forget where you've been, you forget who brought you through. And when you forget who brought you through, you start trusting yourself instead of trusting Him.**

And that's deadly.

## WHY GOD COMMANDS US TO REMEMBER

Let's be specific about why remembrance is so critical:

### 1. BECAUSE MEMORY SHAPES IDENTITY

Who you think you are is deeply connected to what you remember about your past.

If you forget the wilderness—forget the hunger, the dependence, the humbling—you'll start to think of yourself as self-made. Self-sufficient. Independent.

But if you remember the wilderness—remember the manna, the daily provision, the absolute dependence on God—you'll know the truth: **Everything you have is gift.**

**Everything you are is grace. Everything you've accomplished is God's power working through your weakness.**

Remembering the wilderness keeps your identity rooted in reality: You are a beloved child of God who was once enslaved, then liberated, then refined in the wilderness, and now brought into abundance—all by grace, all by God's hand, all for His glory.

### 2. BECAUSE MEMORY PREVENTS PRIDE

Pride comes from forgetting.

When you forget that you were once a slave, you start to think you've always been free.

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When you forget that you were once hungry, you start to think you've always been fed.

When you forget that you were once helpless, you start to think you've always been capable.

And pride is the gateway to all other sins. It's the belief that you don't need God. That you can handle life on your own. That you're the source of your own success.

**Remembering the wilderness is the antidote to pride.** It keeps you humble. Keeps you grateful. Keeps you aware that apart from God, you can do nothing (John 15:5).

### 3. BECAUSE MEMORY SUSTAINS FAITH IN FUTURE TRIALS

When the next wilderness comes—and it will come—your past experience of God's faithfulness becomes the foundation for present trust.

You can say: "God was faithful then. He brought me through that. He can bring me through this."

Your testimony becomes your theology. Your history with God becomes your reason to hope.

1 Samuel 17:34-37 shows this beautifully. David is volunteering to fight Goliath. Saul is skeptical. And David says:

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*"Your servant was tending his father's sheep. When a lion or a bear came and took a lamb from the flock, I went out after him and attacked him, and rescued it from his mouth; and when he rose up against me, I seized him by his beard and struck him and killed him. Your servant has killed both the lion and the bear; and this uncircumcised Philistine will be like one of them, since he has taunted the armies of the living God... The LORD who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine."*

Notice: David's confidence against Goliath came from remembering the lion and the bear. His past victories with God gave him faith for the present battle.

Memory builds faith. Remembrance strengthens trust. Testimony prepares you for the next test.

### 4. BECAUSE MEMORY PROTECTS AGAINST DECEPTION

When you forget your history with God, you become vulnerable to lies.

The enemy will whisper: "God's not faithful. He's abandoned you. He doesn't care."

But if you remember—really remember—you can counter with truth: "That's a lie. I remember when... I remember how God... I have twelve stones that prove He's faithful."

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Memory is spiritual armor. It protects you against the lies that would separate you from God.

### 5. BECAUSE MEMORY FUELS WORSHIP

Worship is remembering who God is and what He's done—and responding with gratitude, praise, and surrender.

The Psalms are full of this:

Psalm 103:2: *"Bless the LORD, O my soul, and forget none of His benefits."*

Psalm 77:11-12: *"I shall remember the deeds of the LORD; surely I will remember Your wonders of old. I will meditate on all Your work and muse on Your deeds."*

Psalm 105:5: *"Remember His wonders which He has done, His marvels and the judgments uttered by His mouth."*

When you remember what God has done, worship becomes natural. Inevitable. Joyful.

**Remembrance leads to worship. Worship sustains relationship. Relationship is the goal.**

### THE DANGER OF PROSPERITY-INDUCED AMNESIA

Here's the brutal truth: **Success makes us forget faster than suffering does.**

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When you're in the wilderness, you remember God constantly. You have to. You need Him for survival. Every breath, every meal, every step requires His intervention.

But when you're in Canaan—when you have good houses and full barns and multiplying flocks—you can go days without consciously depending on God. Because everything is running smoothly. Everything is working. Everything is comfortable.

And comfort breeds amnesia.

Deuteronomy 8:12-14 describes this progression:

*"Otherwise, when you have eaten and are satisfied, and have built good houses and lived in them, and when your herds and your flocks multiply, and your silver and gold multiply, and all that you have multiplies, then your heart will become proud and you will forget the LORD your God who brought you out from the land of Egypt, out of the house of slavery."*

The danger isn't the prosperity itself. The danger is what prosperity does to your heart when you're not intentionally remembering.

**Prosperity makes you think:**

- "I earned this." (Forgetting it's gift)
- "I'm in control." (Forgetting dependence)
- "I don't need God as much." (Forgetting He's the source of everything)
- "I can handle life on my own." (Forgetting your wilderness)

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And before you know it, you've stopped praying as much. Stopped reading Scripture as consistently. Stopped gathering with God's people as regularly. Stopped being generous. Stopped depending.

Not because you consciously decided to abandon God. But because prosperity slowly, subtly, imperceptibly made you forget.

**This is why God commands remembrance in Deuteronomy 8.** He knows that when you enter Canaan—when life gets good, when provision becomes predictable, when success comes—you'll be tempted to forget. To drift. To trust yourself instead of Him.

And forgetting leads to falling.

Tim Keller writes: *"We never outgrow our need for the gospel. The gospel is not just how we begin in the Christian life, it's how we make progress."*

Remembering the gospel—remembering that we're saved by grace, sustained by grace, sanctified by grace—keeps us humble. Keeps us dependent. Keeps us worshiping.

But prosperity makes us forget the gospel. Makes us start trusting our own effort, our own wisdom, our own strength.

**Prosperity-induced amnesia is one of the greatest spiritual dangers we face.**

And the only antidote is intentional, disciplined, aggressive remembrance.

# WHEN GOD LETS YOU BE HUNGRY

## BUILDING EBENEZERS: THE PRACTICE OF MEMORIAL

So how do you remember? How do you build monuments to God's faithfulness that will last beyond the moment?

The Bible gives us a model in 1 Samuel 7:12:

*"Then Samuel took a stone and set it between Mizpah and Shen, and named it Ebenezer, saying, 'Thus far the LORD has helped us.'"*

**Ebenezer** literally means "stone of help." It was a physical marker. A monument. A tangible reminder that God had been faithful.

And every time the Israelites passed that stone, they remembered. They told the story. They rehearsed God's faithfulness. They built faith for future battles.

We need to build our own Ebenezers. Our own monuments. Our own tangible reminders of God's faithfulness in the wilderness.

Not because God needs us to remember Him. But because we need to remember Him. Our forgetful hearts require intentional practices of remembrance.

## THE BIBLICAL PATTERN OF MEMORIALS

Throughout Scripture, God's people built physical markers to remember what God had done:

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**Genesis 28:18-22** - Jacob set up a stone pillar after his dream at Bethel.

**Joshua 4:1-7** - Twelve stones from the Jordan River were set up as a memorial so future generations would ask, "What do these stones mean?" and the story would be told.

**Exodus 12:14** - Passover was instituted as an annual memorial: *"Now this day will be a memorial to you, and you shall celebrate it as a feast to the LORD; throughout your generations you are to celebrate it as a permanent ordinance."*

The pattern is consistent: **Physical marker** → **Prompts question** → **Tells story** → **Builds faith**

Memorials aren't just for nostalgia. They're for discipleship. They're teaching tools. Faith-builders. Amnesia-preventers.

And we need them.

### PRACTICAL MEMORIAL-BUILDING: HOW TO REMEMBER

Let's get specific about how to build monuments to God's faithfulness in your life.

## 1. JOURNALING WILDERNESS SEASONS

**What it is:** Writing down your journey through the wilderness. The struggles. The prayers. The doubts. The small evidences of God's faithfulness. The breakthroughs. The lessons learned.

**Why it matters:** When you write it down, you create a permanent record. You can't forget what's written. And you can return to it when you need to remember.

**How to do it:**

- Start a journal specifically for wilderness seasons
- Date every entry
- Be brutally honest about the struggle
- Record specific prayers
- Note when and how God provides (even in small ways)
- Write down Scripture that sustains you
- Reflect on what God is teaching you

**The power:** Years later, when you're tempted to forget, you can open that journal and read your own testimony. You can see, in your own handwriting, how God brought you through. And faith rises.

## 2. CELEBRATING "NON-EVENTS" (WHAT GOD PREVENTED)

**What it is:** Remembering and celebrating not just what God did, but what He prevented. The disaster that didn't happen. The worst-case scenario that didn't materialize. The thing you feared that never came to pass.

**Why it matters:** We're good at remembering dramatic interventions. We're terrible at remembering quiet protection. But often God's greatest mercies are the catastrophes He prevented.

**How to do it:**

- Make a list of things you were terrified would happen during the wilderness
- Note which ones didn't happen
- Thank God specifically for His protection
- Tell the story: "I thought I would... but God prevented..."

**Example:** "I was terrified we'd lose the house. I couldn't see how we'd make the mortgage. But God provided—through unexpected sources, at exactly the right time—for fifteen months straight. We never missed a payment. That was God."

**The power:** When you celebrate non-events, you learn to see God's hand even in normalcy. You develop eyes to see His faithfulness in what doesn't happen, not just in what does.

### 3. CREATING PHYSICAL REMINDERS

**What it is:** Building your own Ebenezers. Physical objects that remind you of God's faithfulness.

**Why it matters:** Physical objects trigger memory in ways that mental recall doesn't. Seeing the object prompts the story. The story rebuilds faith.

### Examples:

- **Stones:** Like the man in the opening story. Collect stones during significant moments. Keep them somewhere visible.
- **Photos:** Take a picture of the place where God met you, provided for you, changed you. Frame it. Look at it regularly.
- **Objects:** Keep something from the wilderness season. A bill you couldn't pay that God paid. A job rejection that led to something better. A medical report that documents what God healed.
- **Art:** Create something—a painting, a sculpture, a piece of music—that captures the journey.
- **Tattoos:** Some people get tattoos to mark significant God-moments. Not everyone's choice, but it's a permanent reminder.

### How to do it:

- Choose objects that are meaningful to you
- Place them where you'll see them regularly
- When you see them, tell the story (even if just to yourself)
- Use them as teaching tools for your kids, your friends, your small group

**The power:** Every time you see the object, you remember. And remembrance sustains faith.

## 4. TELLING YOUR STORY REGULARLY

**What it is:** Making testimony a regular spiritual discipline. Not just telling your story once, but telling it again and again.

**Why it matters:** Repetition strengthens memory. And every time you tell the story, you're not just remembering—you're building faith. In yourself. In your listeners. In the watching world.

**Where to tell it:**

- In your small group
- To your kids at bedtime
- To new believers who are in their own wilderness
- In church when there's an opportunity
- In your journal
- To yourself when you're struggling to believe

**How to tell it:**

- Start with the wilderness: "I was..."
- Describe the hunger: "I needed..."
- Acknowledge the struggle: "I didn't understand..."
- Point to God's provision: "But God..."
- Testify to what you learned: "And I discovered..."
- Give God glory: "That was all Him."

**The power:** Testimony is not just remembering the past. It's declaring truth in the present. It's saying, "God was faithful then, and He's faithful now."

Revelation 12:11: *"And they overcame him because of the blood of the Lamb and because of the word of their testimony."*

Testimony is spiritual warfare. It defeats the accuser. It silences the lies. It builds faith.

## 5. LITURGICAL PRACTICES OF REMEMBRANCE

**What it is:** Building remembrance into your regular rhythms through spiritual disciplines and practices.

**Why it matters:** If remembrance is only occasional, it will be forgotten. But if it's built into your routine, it becomes part of your spiritual DNA.

**Examples:**

**a) Annual remembrance days**

- Pick a specific date each year to remember a specific wilderness season
- Fast, pray, journal, tell the story
- Thank God for what He did
- Renew your trust for what's ahead

**b) Communion/Eucharist**

- Jesus instituted communion specifically as remembrance: "Do this in remembrance of Me" (Luke 22:19)
- Every time you take communion, you're remembering the ultimate wilderness—the cross—and God's ultimate faithfulness—the resurrection

**c) Weekly Sabbath**

- Use Sabbath as a day to remember. To rest. To reflect on the week. To recount God's faithfulness
- Keep a Sabbath journal noting God's provision through the week

## d) Morning/evening prayers of remembrance

- Start the day: "God, I remember when You... Help me trust You today."
- End the day: "God, today You provided... Thank You. I won't forget."

## e) Gratitude lists

- Keep an ongoing list of God's faithfulness
- Review it regularly
- Add to it consistently
- Use it in times of doubt

**The power:** When remembrance becomes rhythm, forgetting becomes harder. When you build memory into your daily, weekly, annual practices, amnesia doesn't stand a chance.

## TEACHING THE NEXT GENERATION

Here's something crucial that Deuteronomy emphasizes repeatedly: **Remembrance is intergenerational.**

Deuteronomy 6:6-9: *"These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. You shall bind them as a sign on your hand and they shall be as frontals on your forehead. You shall write them on the doorposts of your house and on your gates."* (NASB)

Notice the comprehensive nature: when you sit, walk, lie down, rise up. On your hand, forehead, doorposts, gates.

**Remembrance is meant to saturate every aspect of life. And it's meant to be passed down.**

Because if you don't teach your children what God has done, they won't know. They didn't walk through your wilderness. They didn't experience your hunger. They didn't see the manna fall.

They only know what you tell them.

**Your wilderness is your children's heritage. Your testimony is their inheritance. Your Ebenezers are their faith-foundation.**

### HOW TO PASS IT DOWN

#### 1. Tell the stories

- Don't sanitize them. Tell the truth. The struggle. The fear. The doubt. And God's faithfulness through it all.
- Make it age-appropriate, but make it real.
- Use the monuments you've built (the stones, the journals, the photos) as teaching tools.

## 2. Let them ask questions

- When they see the stones and ask "What are these?" that's your cue. Tell the story.
- When they ask about the photo on the wall, explain what God did there.
- When they wonder why you do certain things, connect it to your wilderness: "I give generously because I remember when I had nothing and God provided."

## 3. Include them in remembrance practices

- Let them participate in your annual remembrance day.
- Teach them to journal God's faithfulness.
- Help them build their own monuments when God is faithful to them.

## 4. Model dependence

- Let them see you pray. Let them hear you thank God for provision. Let them watch you trust when things are uncertain.
- Your dependence on God teaches them more than your stories about dependence.

## 5. Connect their story to God's story

- Help them see that what God did in your wilderness is connected to what He's doing in Scripture.
- Show them that the God who provided manna for Israel, who sustained you in your wilderness, is the same God who will be faithful to them.

**The goal:** That the next generation will have their own faith. Not borrowed faith. Not second-hand testimony. But genuine, tested, proven trust in God—rooted in the stories you told them and the faithfulness they've witnessed.

## J.I. PACKER ON REMEMBERING IN CHRISTIAN WORSHIP

J.I. Packer understood that Christian worship is fundamentally an act of remembrance. We gather to remember who God is and what He's done—and that remembrance fuels our present faith and future hope.

He wrote: *"Knowing God is more than knowing about Him; it is a matter of dealing with Him as He opens Himself to you, and of being dealt with by Him as He takes knowledge of you."*

This knowing—this experiential, relational knowing—is sustained through remembrance.

Every time we worship, we remember:

- The creation (He made us)
- The fall (we rebelled)
- The covenant (He pursued us)
- The exodus (He delivered us)
- The wilderness (He refined us)
- The incarnation (He became one of us)
- The cross (He died for us)
- The resurrection (He conquered death)
- The ascension (He is reigning)
- The second coming (He will return)

**Worship is corporate remembrance.** And corporate remembrance strengthens individual faith.

This is why gathering with God's people matters. Why corporate worship is essential. Why we take communion together. Why we sing the old hymns that tell the story.

**Because we need to remember. Together. Regularly. Intentionally.**

And when we do, amnesia loses its power. Pride finds no foothold. And faith is sustained.

### ROBERT MULHOLLAND ON SPIRITUAL FORMATION THROUGH REMEMBRANCE

Robert Mulholland, in his work on spiritual formation, emphasized that transformation happens through practices that form us over time. And remembrance is one of those formative practices.

He understood that **who we become is shaped by what we remember and how we remember it.**

If you remember your wilderness primarily as trauma, you'll be formed by bitterness.

If you remember it primarily as abandonment, you'll be formed by distrust.

If you remember it primarily as punishment, you'll be formed by fear.

But if you remember it truthfully—as painful but purposeful, as difficult but redemptive, as humbling but transformative—you'll be formed by gratitude, trust, and deepening faith.

## WHEN GOD LETS YOU BE HUNGRY

**Remembrance is formation. How you remember shapes who you become.**

This is why it matters not just that you remember, but how you remember. Not with rose-colored glasses that deny the pain. Not with victim mentality that ignores God's faithfulness. But with honest, balanced, God-centered memory that sees the whole truth:

- It was hard. And God was faithful.
- It hurt. And God was present.
- I was hungry. And God fed me.
- I was humbled. And I'm grateful.

That kind of remembrance forms you into someone who can walk through future wildernesses with faith instead of fear.

### THE STORY THAT SAVES YOUR LIFE

Here's the thing about building monuments and practicing remembrance: **It's not just about nostalgia. It's about survival.**

The next wilderness is coming. Maybe next year. Maybe next month. Maybe tomorrow.

And when it comes, you're going to need something to hold onto. Some evidence that God is faithful. Some proof that He's brought you through before and He'll bring you through again.

**Your Ebenezers are your lifeline. Your monuments are your anchors. Your testimony is your weapon.**

When the enemy whispers, "God has abandoned you," you point to the stones and say, "No. Thus far the LORD has helped me. And He'll help me now."

When fear screams, "You won't make it through this," you open the journal and say, "I made it through that. By God's grace, I'll make it through this."

When doubt suggests, "Maybe I imagined God's faithfulness," you look at the photo and say, "No. This is real. That happened. God did that. And He's the same yesterday, today, and forever."

**Remembrance is not optional. It's essential.**

It's the difference between falling apart in the next wilderness and standing firm.

It's the difference between forgetting God and worshiping Him.

It's the difference between pride and humility.

It's the difference between faith and fear.

**Remember. Build monuments. Tell the story. Pass it down.**

Your future depends on it.

# WHEN GOD LETS YOU BE HUNGRY

## REFLECTION QUESTIONS

### 1. What wilderness has God brought you through that you're in danger of forgetting?

Be specific. Name it. When was it? What was it about?

### 2. What are you tempted to forget about that season?

The hunger? The dependence? The humbling? The specific ways God provided?

### 3. What "Ebenezer" can you build to remember God's faithfulness?

What physical object, what practice, what monument can you create to mark what God did?

### 4. What's your testimony? And when's the last time you told it?

Can you articulate, in three minutes, what God did in your wilderness? Who have you told? Who needs to hear it?

### 5. How are you teaching the next generation about God's faithfulness?

If you have kids, what are you telling them? If you don't, who are the younger believers you're discipling with your testimony?

### 6. What practices of remembrance can you build into your rhythm?

Daily gratitude? Weekly Sabbath reflection? Annual remembrance day? What will you commit to?

### 7. Where is prosperity making you forget?

What blessings have become so normal you've stopped seeing them as gifts? Where has comfort bred amnesia?

### 8. What needs to be written down before you forget it?

What story, what prayer, what provision needs to be journaled now so you don't lose it to time?

**You shall remember all the way which the LORD your God has led you.**

Not might remember. Not should remember. Not could remember.

**Shall remember.**

It's a command. An imperative. A non-negotiable.

Because God knows: The wilderness you don't remember is the wilderness you'll have to walk again.

The faithfulness you forget is the faith you'll fail to exercise.

## WHEN GOD LETS YOU BE HUNGRY

The testimony you don't tell is the truth that won't sustain you.

**So build your monuments.**

Write in your journal.

Tell your story.

Teach your children.

Mark the moments.

Create the reminders.

Practice remembrance.

Because when the next wilderness comes—and it will come—you'll need to know:

God was faithful then.

God is faithful now.

God will be faithful tomorrow.

**Thus far the LORD has helped us.**

And He always will.

## WHEN GOD LETS YOU BE HUNGRY

*"Then Samuel took a stone and set it between Mizpah and Shen, and named it Ebenezer, saying, 'Thus far the LORD has helped us.'"*

—1 Samuel 7:12 (NASB)

## PART FOUR: ENTERING THE PROMISE WITH A WILDERNESS HEART

### CHAPTER 13: "THAT YOU MAY LIVE AND MULTIPLY"

#### THE DANGER OF LOVING THE WILDERNESS

She'd been in the wilderness for seven years. Seven long, hard, refining years. And God had met her there. Sustained her there. Taught her there. She'd learned dependence like she never knew before. Learned to trust God when she had nothing else. Learned to hear His voice in the silence. Learned to live by His word when bread was scarce.

And then, finally, the breakthrough came. The provision arrived. The door opened. The promise materialized.

She should have been ecstatic. Should have been celebrating. Should have been running full speed into the abundance God was offering.

But instead, she hesitated.

Because the wilderness had become familiar. Comfortable, even. She knew how to live there. Knew the rhythms of scarcity and daily dependence. Knew how to survive on manna.

But abundance? That was terrifying. Unknown. What if she couldn't handle it? What if she forgot God when life got easier? What if prosperity destroyed what the wilderness had built?

## WHEN GOD LETS YOU BE HUNGRY

So she stayed. In the wilderness. Not because God asked her to. But because she was afraid of the promise.

And she didn't realize she'd made an idol of the wilderness itself.

Here's what she'd forgotten: **The wilderness was never the destination. It was the preparation.**

God didn't take Israel through forty years of wilderness so they could die there. He took them through the wilderness so they could possess Canaan. So they could live and multiply. So they could experience the abundance He'd promised.

The wilderness was the training ground. Canaan was the goal.

And the lessons learned in the wilderness—dependence, trust, obedience, humility—weren't meant to keep you in the wilderness forever. They were meant to prepare you for faithful stewardship of abundance.

**You don't stay in the wilderness to prove you've learned its lessons. You enter the promise to apply them.**

## WHEN GOD LETS YOU BE HUNGRY

That's what Deuteronomy 8:1 is about:

*"All the commandments that I am commanding you today you shall be careful to do, that you may live and multiply, and go in and take possession of the land which the LORD swore to give to your forefathers." (NASB)*

Notice the purpose: **"That you may live and multiply."**

Not just survive. Not just endure. Not just exist.

But **live**. Truly, abundantly, fruitfully live.

And **multiply**. Produce fruit. Create legacy. Expand the kingdom.

The wilderness wasn't meant to kill you. It was meant to prepare you for life. Real life. Abundant life. Multiplying life.

**But you can't experience that life if you refuse to leave the wilderness.**

## THE TEXT: THE PROMISE OF LIFE

Let's look at the full verse again:

*"All the commandments that I am commanding you today you shall be careful to do, that you may live and multiply, and go in and take possession of the land which the LORD swore to give to your forefathers." (NASB)*

Several crucial elements here:

### 1. "ALL THE COMMANDMENTS... YOU SHALL BE CAREFUL TO DO"

The obedience learned in the wilderness must continue in the promise. You don't graduate from obedience when life gets easier. If anything, obedience becomes more critical when you have more to manage, more to steward, more opportunities to forget God.

### 2. "THAT YOU MAY LIVE"

Not just exist. Not just get by. But **live**. The kind of life God intended from the beginning. Abundant life. Flourishing life. Life that reflects His image and glory.

Jesus said it in John 10:10: "*I came that they may have life, and have it abundantly.*"

That's the promise. Not mere survival. Abundant life.

### 3. "AND MULTIPLY"

This echoes the original creation mandate in Genesis 1:28: *"Be fruitful and multiply, and fill the earth, and subdue it."*

God's intention has always been multiplication. Fruitfulness. Expansion. Not stagnation. Not barrenness. Not just maintaining. But growing. Producing. Multiplying.

### 4. "AND GO IN AND TAKE POSSESSION"

This requires action. The promise exists, but you have to enter it. You have to possess it. You can't stay in the wilderness and expect to experience promised land abundance.

God prepared Canaan. But Israel had to cross the Jordan. Had to fight the battles. Had to actually take possession.

**The promise is given, but it must be possessed.**

### 5. "THE LAND WHICH THE LORD SWORE TO GIVE"

This is covenant language. God swore it. Promised it. Guaranteed it. It's not uncertain. It's not conditional on your worthiness. It's His sworn promise to you.

But you still have to enter.

## LIFE VS. MERE EXISTENCE

Here's something we need to understand: **There's a massive difference between existing and living.**

**Existing is:**

- Surviving day to day
- Going through the motions
- Maintaining but not growing
- Breathing but not thriving
- Enduring but not enjoying
- Functioning but not flourishing

**Living is:**

- Thriving in purpose
- Growing in relationship with God
- Bearing fruit that lasts
- Experiencing joy, peace, abundance
- Stewarding blessings well
- Making an impact that outlasts you

The wilderness teaches you to exist. To survive. To make it through. And that's important—you need to know how to endure hardship.

But God doesn't want you to just exist. He wants you to **live**.

## WHEN GOD LETS YOU BE HUNGRY

1 Timothy 6:19 talks about *"storing up for themselves the treasure of a good foundation for the future, so that they may take hold of that which is life indeed."* (NASB)

"Life indeed." Real life. True life. The kind of life that's more than just oxygen and heartbeats.

Jesus came to give you **abundant** life. Not just barely-getting-by life. Not just survival-mode life. But flourishing, fruitful, multiplying, abundant life.

**The wilderness prepares you for that life. But you can't experience it if you won't leave the wilderness.**

### MULTIPLICATION AS EVIDENCE OF GOD'S BLESSING

Throughout Scripture, multiplication is a sign of God's blessing. Fruitfulness is evidence of His favor.

**Genesis 1:28** - God's first command to humanity: *"Be fruitful and multiply."*

**Genesis 12:2** - God's promise to Abraham: *"And I will make you a great nation, and I will bless you, and make your name great; and so you shall be a blessing."*

**Deuteronomy 28:4** - The blessings for obedience include: *"Blessed shall be the offspring of your body and the produce of your ground and the offspring of your beasts, the increase of your herd and the young of your flock."*

**John 15:5, 8** - Jesus says: *"I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing... My Father is glorified by this, that you bear much fruit, and so prove to be My disciples."*

**John 15:16** - *"You did not choose Me but I chose you, and appointed you that you would go and bear fruit, and that your fruit would remain."*

Notice the pattern: **God's blessing produces multiplication. Fruitfulness. Growth. Expansion.**

Not for your glory. For His. Not so you can hoard. So you can bless others. Not so you can be comfortable. So you can advance the Kingdom.

**Barrenness is not the goal. Fruitfulness is.**

The wilderness may have involved barrenness for a season. But the promise involves fruitfulness. Multiplication. Life producing more life.

And that fruitfulness happens in multiple dimensions:

### SPIRITUAL MULTIPLICATION

- Your character producing the fruit of the Spirit (Galatians 5:22-23)
- Your faith producing greater faith
- Your relationship with God deepening and maturing
- Your influence for the Kingdom expanding

## RELATIONAL MULTIPLICATION

- Your family growing and thriving
- Your friendships multiplying
- Your community expanding
- Your discipleship producing disciples who make disciples

## MATERIAL MULTIPLICATION

- Your resources increasing
- Your provision exceeding your needs so you can bless others
- Your stewardship producing return for Kingdom purposes
- Your generosity enabling ministry you couldn't fund before

## MISSIONAL MULTIPLICATION

- Your ministry bearing fruit
- Your witness producing conversions
- Your service creating impact
- Your obedience opening doors for others

**God's design is multiplication. In every area. Spiritual, relational, material, missional.**

And the wilderness prepares you to steward that multiplication well. To handle abundance without forgetting God. To manage fruitfulness without pride. To multiply resources without hoarding.

**Wilderness-trained people know how to handle multiplication. Because they've learned in scarcity that everything is gift.**

## WHY WILDERNESS-TRAINED PEOPLE SUCCEED WHERE OTHERS FAIL

Here's a crucial truth: **The people who learn dependence in the wilderness are the ones who can handle abundance in the promise.**

Those who skip the wilderness—who go straight from Egypt to Canaan without the refining process—almost always fail. Because they're not ready. They haven't been humbled. They haven't learned dependence. They haven't been tested.

And when abundance comes, it destroys them.

**But wilderness-trained people succeed where others fail. Here's why:**

### 1. THEY KNOW EVERYTHING IS GIFT

When you've been hungry and God fed you, when you've been empty and God filled you, when you've had nothing and God provided—you know with absolute certainty: **Everything you have is gift. Nothing is earned. All is grace.**

That knowledge protects you from pride when abundance comes. You don't think, "I earned this. I deserve this. I'm self-made."

You think, "God gave this. God provided this. This is grace. And I'm responsible to steward it well."

## 2. THEY'VE PRACTICED DAILY DEPENDENCE

The wilderness trained them to depend on God daily. For manna. For direction. For provision. For strength.

That daily dependence doesn't stop when abundance comes. If anything, it becomes more critical.

Because now you're managing more. Stewarding more. Responsible for more. And you know—you *know*—that you can't do it without Him.

**Wilderness-trained people don't trust the abundance. They trust the God who gives it.**

## 3. THEY'RE NOT IMPRESSED BY THEMSELVES

The wilderness humbled them. Broke their self-sufficiency. Showed them their limits. Exposed their weaknesses.

So when success comes, they're not fooled by it. They don't believe their own press. They don't think they're invincible.

They remember: "I was nothing. I had nothing. I could do nothing. And God did this. Not me. Him."

**Humility is the foundation of sustainable success. And the wilderness produces humility.**

## 4. THEY KNOW HOW TO OBEY WHEN IT COSTS

The wilderness taught them that obedience is not optional. That God's commands matter. That following Him is more important than comfort, convenience, or immediate reward.

So when abundance comes and obedience still costs something—when God asks them to give generously, to forgive freely, to serve sacrificially—they know how to do it.

**They've already practiced costly obedience in the wilderness. Promised land obedience is just continuation.**

## 5. THEY REMEMBER

Deuteronomy 8 commands remembrance specifically because God knows: abundance makes you forget.

But wilderness-trained people have built monuments. Kept journals. Told stories. Practiced remembrance.

So when prosperity comes, they don't forget where they came from. They don't forget who brought them through. They don't forget that apart from Him, they can do nothing.

**Memory protects them from the amnesia that destroys others.**

### 6. THEY'RE GENEROUS

When you've been hungry and someone fed you, you feed others.

When you've been empty and God filled you, you fill others.

When you've received freely, you give freely.

**Wilderness-trained people are generous. Because they know what it's like to have nothing. And they know what it's like when someone provides.**

They don't hoard abundance. They steward it. They multiply it. They use it to bless others.

Because that's what God did for them.

### BRINGING WILDERNESS LESSONS INTO PROMISED LAND LIVING

So how do you actually do this? How do you bring wilderness lessons into promised land abundance without either:

1. Staying in the wilderness longer than necessary, or
2. Forgetting the wilderness the moment you enter abundance?

**The goal is this: Enter the promise with a wilderness heart.**

Not a wilderness mindset that keeps you in scarcity thinking. But a wilderness heart that remembers dependence, practices humility, and stewards abundance well.

# WHEN GOD LETS YOU BE HUNGRY

Here's what that looks like practically:

## 1. MAINTAIN DAILY DEPENDENCE REGARDLESS OF CIRCUMSTANCES

When you had nothing, you prayed for daily bread. Daily provision. Daily grace.

Don't stop when you have abundance. Keep praying for daily bread. Keep depending on Him daily. Keep practicing moment-by-moment surrender.

**Abundance doesn't graduate you from dependence. It increases your need for it.**

## 2. PRACTICE GENEROUS GIVING

In the wilderness, you received freely. In the promise, give freely.

Don't wait until you "have enough." You'll never feel like you have enough. Give generously now. Systematically. Sacrificially.

**Generosity in abundance proves what you learned about dependence in scarcity.**

## 3. KEEP SABBATH

In the wilderness, God gave you Sabbath. A day to rest. To remember. To trust that He would provide even when you weren't working.

Don't lose that in the promise. Don't get so busy managing abundance that you lose the rhythm of rest.

**Sabbath is a declaration that you're not the source of your success. God is.**

## 4. LIVE BELOW YOUR MEANS

Just because you can afford it doesn't mean you need it.

Wilderness taught you to distinguish between needs and wants. Don't forget that in abundance.

Live below your means. Create margin. Resist lifestyle inflation. Stay simple even when you could be extravagant.

**Simplicity in abundance is evidence of wilderness training.**

## 5. MENTOR OTHERS THROUGH THEIR WILDERNESS

You've been where they are. You know what it's like. You know what helps and what doesn't.

Use your wilderness experience to help others through theirs. Your testimony isn't just for you. It's for them.

**Your wilderness becomes their roadmap. Your survival becomes their hope.**

## 6. STAY IN COMMUNITY

Don't isolate when abundance comes. Don't think you're above needing people now that you "have it together."

You still need community. Accountability. People who will tell you the truth. People who knew you in the wilderness and will help you stay humble in the promise.

**Isolation in abundance is deadly. Community in abundance is life-giving.**

## 7. REMEMBER. CONSTANTLY. INTENTIONALLY.

Build memorials. Tell stories. Journal. Celebrate what God has done.

Don't let prosperity erase the memory of wilderness. Don't let abundance make you forget dependence.

**Active, intentional remembrance is the insurance policy against pride.**

### JOHN PIPER: "GOD IS MOST GLORIFIED WHEN WE ARE MOST SATISFIED IN HIM"

John Piper has built his entire ministry around this single truth:

*"God is most glorified in us when we are most satisfied in Him."*

This is the secret to bringing wilderness lessons into promised land living. This is how you steward abundance without forgetting God.

## WHEN GOD LETS YOU BE HUNGRY

**You learn to find your satisfaction in Him, not in His gifts.**

In the wilderness, you had no choice. There were no other options. God was all you had, so God had to be enough.

But in the promise, there are a thousand other options. A thousand things competing for your satisfaction. Success. Comfort. Possessions. Reputation. Control.

And if you find your satisfaction in those things instead of in God, you've lost what the wilderness taught you.

**The test of promised land living is this: Can you be satisfied in God when you also have abundance? Or do you need the abundance more than you need Him?**

Piper writes: *"The deepest and most enduring happiness is found only in God. Not from God, but in God."*

Not in what God gives. In God Himself.

The wilderness forced you to find satisfaction in God because you had nothing else.

The promise invites you to choose satisfaction in God even when you have everything else.

**And when you do—when you're satisfied in Him regardless of circumstances—that glorifies God more than anything else you could do.**

## WHEN GOD LETS YOU BE HUNGRY

Because it proves: He's enough. Not just when I have nothing. Always. In every circumstance. Abundant or scarce. Promised land or wilderness. He's enough.

And that testimony—that lived reality—is powerful. It changes you. It changes those who watch you. It changes the world.

### RANDY ALCORN: THE ETERNAL PERSPECTIVE

Randy Alcorn has written extensively about living with an eternal perspective. About making decisions in light of eternity, not just the temporal.

And this is crucial for promised land living. Because if you lose eternal perspective, you'll treat the promise as the destination instead of as a stewardship.

**Canaan is not heaven. It's a good gift. But it's temporary. And it's meant to point to something greater.**

Alcorn writes: "*We are not the owners of anything. We are managers of everything.*"

In the wilderness, you didn't own anything. You couldn't. You were dependent on daily provision.

In the promise, it's tempting to think you own things. Your house. Your land. Your possessions. Your success.

But the truth is: You're still just a manager. A steward. God owns it all. You're entrusted with it for a season. And you'll give an account for how you stewarded it.

Eternal perspective keeps you from treating promised land abundance as your ultimate reward. It helps you hold things loosely. It motivates you to use resources for Kingdom purposes, not just personal comfort.

**You can enjoy the promise without worshiping it. You can steward abundance without being enslaved to it. You can live in Canaan without making Canaan your god.**

But only if you maintain eternal perspective. Only if you remember: this is not home. This is not the ultimate promise. The ultimate promise is yet to come—and it's infinitely better than anything this world offers.

### N.T. WRIGHT: THE ALREADY/NOT YET KINGDOM

N.T. Wright has helped the church understand the tension of living in the "already/not yet" of God's Kingdom.

The Kingdom has already been inaugurated through Jesus. But it's not yet consummated. We're living in the in-between.

**And that has everything to do with how we approach the promise.**

The promise land (Canaan) in the Old Testament points to the ultimate Promised Land (the new creation). We're living in between the two.

## WHEN GOD LETS YOU BE HUNGRY

We've already been delivered from Egypt (sin and death through Christ). We've already entered the Kingdom (through faith in Jesus). But we're not yet in the new creation. We're still waiting for the fullness.

**So we live in the tension: Already saved. Not yet glorified. Already in the Kingdom. Not yet in the fully realized Kingdom.**

And that tension shapes how we steward abundance:

**We enjoy it (because it's good gift from God).**

**But we don't worship it (because it's not ultimate).**

**We use it (for Kingdom purposes).**

**But we don't hoard it (because we're heading somewhere better).**

**We're grateful for it (recognizing God's generosity).**

**But we're not defined by it (our identity is in Christ, not in our stuff).**

This already/not yet tension keeps us from two errors:

- 1. Over-realized eschatology:** Thinking that promised land abundance is the ultimate goal, treating prosperity as evidence of God's highest favor, expecting heaven on earth now.
- 2. Under-realized eschatology:** Denying that God wants to bless us at all, treating all earthly good as suspect, refusing to enjoy God's good gifts.

The truth is in the tension: God does bless. We do experience good gifts. We can enjoy abundance. But it's all pointing to something greater. And it's all meant to be stewarded for Kingdom purposes.

### THE PROMISE INCLUDES REAL LIFE

Let's get specific about what the promise actually includes. What does "that you may live and multiply" actually look like?

#### 1. LIFE THAT IS TRULY LIFE (1 TIMOTHY 6:19)

This is the passage we quoted earlier: *"storing up for themselves the treasure of a good foundation for the future, so that they may take hold of that which is life indeed."*

**Life indeed.** Real life. The kind Jesus promised in John 10:10: *"I came that they may have life, and have it abundantly."*

This is not:

- Mere survival
- Going through motions
- Functional existence without joy
- Breathing without purpose
- Days without meaning

This is:

- Life connected to the Source of life
- Purpose that matters eternally
- Joy that circumstances can't steal
- Peace that passes understanding
- Relationships that reflect God's love
- Work that has Kingdom impact

The wilderness prepares you for this life. The promise is where you live it.

## 2. FRUITFULNESS (JOHN 15:5)

*"I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing."*

The promise includes fruitfulness. Not barrenness. Not stagnation. But actual, visible, multiplying fruit.

**The fruit of the Spirit:** Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (Galatians 5:22-23).

**The fruit of ministry:** Lives changed. People saved. Disciples made. Kingdom advanced.

**The fruit of stewardship:** Resources multiplied. Generosity expanded. Impact increased.

But notice the condition: "**He who abides in Me.**"

Fruitfulness requires abiding. Staying connected to the Vine. Maintaining relationship. Living in dependence.

**This is wilderness training applied in promised land living.**

You learned to abide in the wilderness when you had no other choice. Now you choose to abide in the promise even when you have other options.

And the result is fruitfulness. Multiplication. Abundance that blesses others.

### 3. MULTIPLICATION (GENESIS 1:28, JOHN 15:16)

Genesis 1:28: *"God blessed them; and God said to them, 'Be fruitful and multiply, and fill the earth, and subdue it. '"*

John 15:16: *"You did not choose Me but I chose you, and appointed you that you would go and bear fruit, and that your fruit would remain."*

The promise includes multiplication. Growth. Expansion. Increase.

But not just numeric growth. **Kingdom multiplication:**

- One disciple makes disciples who make disciples
- One act of generosity enables ministry that reaches thousands
- One testimony inspires faith that produces more testimonies
- One family living faithfully influences generations
- One church planting churches that plant churches

**This is exponential Kingdom impact. And it's part of the promise.**

The wilderness trained you to trust God for the impossible. The promise is where you watch Him do the impossible—through you.

## **4. LEGACY (DEUTERONOMY 6:2)**

Deuteronomy 6:2: *"so that you and your son and your grandson might fear the LORD your God, to keep all His statutes and His commandments which I command you, all the days of your life, and that your days may be prolonged."*

The promise includes legacy. Intergenerational impact. A faith that outlasts you.

You don't just experience God's blessing in your lifetime. You pass it on. Your children benefit. Your grandchildren benefit. Generations you'll never meet are impacted by your faithfulness.

**This is why wilderness training matters so much. Because what you learn there, you teach to the next generation. And they're better equipped for their wilderness because of your testimony.**

Your wilderness becomes their inheritance. Your faithfulness becomes their foundation. Your dependence on God becomes their model.

**That's legacy. And it's part of the promise.**

## THE DANGER OF FORGETTING

We have to end this chapter with a warning. Because Deuteronomy 8 doesn't just promise blessing. It warns against the danger that comes with blessing.

Verses 11-20 are a sobering reminder:

*"Beware that you do not forget the LORD your God by not keeping His commandments and His ordinances and His statutes which I am commanding you today; otherwise, when you have eaten and are satisfied, and have built good houses and lived in them, and when your herds and your flocks multiply, and your silver and gold multiply, and all that you have multiplies, then your heart will become proud and you will forget the LORD your God who brought you out from the land of Egypt, out of the house of slavery."* (verses 11-14)

And verse 19: *"It shall come about if you ever forget the LORD your God and go after other gods and serve them and worship them, I testify against you today that you will surely perish."*

**This is the danger:** Prosperity produces pride. Pride produces amnesia. Amnesia produces idolatry. And idolatry produces destruction.

The first generation of Israelites died in the wilderness because of unbelief. But future generations would be tempted to destruction in Canaan because of forgetfulness.

## WHEN GOD LETS YOU BE HUNGRY

**The wilderness test is: Will you trust God when you have nothing?**

**The promised land test is: Will you remember God when you have everything?**

Both tests are critical. Both can be failed.

And honestly, the promised land test might be harder. Because in the wilderness, you're forced to depend on God. But in the promise, you have to choose it.

**This is why everything we've talked about matters:**

- Remembering the wilderness
- Building monuments
- Telling stories
- Maintaining daily dependence
- Practicing generosity
- Living below your means
- Staying in community
- Finding satisfaction in God, not His gifts

**All of it is protection against the amnesia that comes with abundance.**

All of it is insurance against forgetting.

All of it is training to help you succeed in the promise instead of being destroyed by it.

**The wilderness prepared you for the promise. Now you have to live worthy of that preparation.**

## REFLECTION QUESTIONS

**1. Have you made an idol of the wilderness? Are you staying there longer than God intends because it's familiar?**

Be honest. Is fear keeping you from entering the promise?

**2. What does "life indeed" look like for you? What would truly abundant life include?**

Not just survival. Real, flourishing, multiplying life. What does that look like?

**3. Where are you experiencing multiplication right now? Spiritually? Relationally? Materially? Missionally?**

Where is God producing fruit? And are you stewarding it well?

**4. Are you satisfied in God? Or are you more satisfied in His gifts?**

This is the test. Can you be satisfied in Him even when you have abundance?

**5. What wilderness lessons do you need to bring into your current season of abundance?**

Dependence? Humility? Generosity? Obedience? What needs to translate?

**6. How are you maintaining eternal perspective? What practices keep you from treating the promise as ultimate?**

## WHEN GOD LETS YOU BE HUNGRY

What reminds you that this is not home? That the best is yet to come?

**7. What legacy are you building? What will the next generation inherit from your faithfulness?**

Not just stuff. Faith. Testimony. A model of dependence on God.

**8. Where are you in danger of forgetting? What amnesia is creeping in?**

Where has comfort bred forgetfulness? Where has prosperity made you proud?

The wilderness was never meant to be permanent.

It was training. Preparation. Refinement.

But the promise is where you get to live. And multiply. And bear fruit. And create legacy.

**So enter the promise.**

Leave the wilderness. Cross the Jordan. Take possession of what God has prepared.

But bring the wilderness lessons with you.

The dependence. The humility. The obedience. The trust. The daily rhythms of surrender.

## WHEN GOD LETS YOU BE HUNGRY

Because wilderness-trained people are the ones who succeed in the promise.

They know how to handle abundance without forgetting God.

They know how to steward multiplication without pride.

They know how to enjoy blessing without worshiping it.

They know how to live. Truly, abundantly, fruitfully live.

And that's what God has always wanted for you.

Not just survival.

Life.

Real life.

Life indeed.

*"All the commandments that I am commanding you today you shall be careful to do, that you may live and multiply, and go in and take possession of the land which the LORD swore to give to your forefathers."*

—Deuteronomy 8:1 (NASB)

## CHAPTER 14: POSSESSING WHAT GOD HAS ALREADY PREPARED

### STANDING AT THE THRESHOLD

They stood on the edge. Right there. The Jordan River in front of them. Canaan on the other side. Forty years of wilderness behind them. The promise—literally visible—ahead.

All they had to do was cross.

And they hesitated.

Because crossing meant leaving the familiar. Meant trusting God in a new way. Meant fighting battles they'd never fought. Meant stewarding abundance they'd never managed. Meant taking responsibility for what God had prepared.

And part of them—the part still shaped by Egypt, still comfortable with wilderness rhythms, still afraid of the unknown—wanted to stay. Right there. On the edge. Close enough to see the promise. But not close enough to risk it.

They'd spent forty years in training. Learning dependence. Practicing obedience. Being refined. Being tested. Being prepared.

But all that preparation meant nothing if they wouldn't cross.

## WHEN GOD LETS YOU BE HUNGRY

This is where so many people get stuck. Right at the threshold. After the wilderness. After the refining. After God has done His work of preparation.

They can see the promise. They know it's there. They even believe God has prepared it for them.

But they won't cross. Won't step out in faith. Won't take possession of what God has already given.

**Because here's the paradox of promise: It's already yours. But you still have to possess it.**

Deuteronomy 8:1 says it clearly:

*"All the commandments that I am commanding you today you shall be careful to do, that you may live and multiply, and go in and take possession of the land which the LORD swore to give to your forefathers." (NASB)*

Notice the tension: "**The land which the LORD swore to give**" (it's already given—God's sworn promise) "**go in and take possession**" (but you have to actively possess it).

**God gives. But you must receive. God prepares. But you must enter. God promises. But you must possess.**

And the difference between those who die in the wilderness and those who enter the promise often comes down to this one thing: **Will you cross? Will you actually take what God is offering? Or will you stay on the edge, close enough to see it but too afraid to claim it?**

## THE TEXT: THE PROMISE THAT REQUIRES POSSESSION

Let's break down Deuteronomy 8:1 one more time, because it contains the entire theology of possessing the promise:

*"All the commandments that I am commanding you today you shall be careful to do, that you may live and multiply, and go in and take possession of the land which the LORD swore to give to your forefathers." (NASB)*

### 1. "THE LORD SWORE TO GIVE"

This is covenant language. God swore it. Promised it. Guaranteed it.

It's not conditional on your worthiness. It's not dependent on your performance. It's not uncertain or tentative.

**God has already decided to give it. The promise is secure. It's yours.**

## 2. "GO IN"

But you have to enter. You have to cross the Jordan. You have to leave the wilderness. You have to step into the promise.

God won't force you in. He won't carry you across while you're kicking and screaming. You have to go willingly. Actively. Faithfully.

## 3. "AND TAKE POSSESSION"

This is active language. Possessing requires effort. It requires faith put into action. It requires fighting battles, overcoming obstacles, dealing with enemies.

The land is yours. But there are Canaanites living in it. Giants occupying it. Cities that need to be conquered.

Possession is not passive. It's active faith. It's trusting God enough to act on His promise.

## 4. "OF THE LAND"

Not "of heaven" (that comes later). Not "of some spiritual ethereal blessing." But "of the land." Real. Tangible. Physical. This-world promise.

God's promises include spiritual realities. But they also include real-world blessings. Actual provision. Genuine fruitfulness. Tangible impact.

The promise is not just "pie in the sky when you die." It's abundant life now. Kingdom reality now. Fruitfulness now.

## THE PARADOX OF PROMISE

Here's what we need to understand: **The promise is both gift and conquest. Both grace and warfare. Both given and gained.**

**It's gift because:**

- God prepared it before you were born
- You didn't earn it
- You don't deserve it
- It's covenant promise, not performance reward
- It's guaranteed by God's character, not by your worthiness

**It's conquest because:**

- You have to cross the Jordan to get it
- You have to fight battles to possess it
- You have to overcome obstacles to experience it
- You have to step out in faith to receive it
- You have to actively take what's been freely given

This is the tension throughout Scripture:

**Salvation is gift.** *"For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, so that no one may boast."*  
(Ephesians 2:8-9, NASB)

## WHEN GOD LETS YOU BE HUNGRY

**But it requires response.** *"Therefore, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling."* (Philippians 2:12, NASB)

**The Kingdom is given.** *"Do not be afraid, little flock, for your Father has chosen gladly to give you the kingdom."* (Luke 12:32, NASB)

**But you must seek it first.** *"But seek first His kingdom and His righteousness, and all these things will be added to you."* (Matthew 6:33, NASB)

**Rest is offered.** *"Come to Me, all who are weary and heavy-laden, and I will give you rest."* (Matthew 11:28, NASB)

**But you must labor to enter.** *"Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience."* (Hebrews 4:11, NASB)

This is not contradiction. It's paradox. Both are true. Both are necessary.

God gives freely. We receive actively. God prepares sovereignly. We possess faithfully.

And the wilderness generation died because they refused to live in the tension. They wanted the gift without the conquest. The promise without the faith. The land without the battle.

And you can't have it that way.

## WHY THE WILDERNESS GENERATION DIED BEFORE ENTERING

Numbers 13-14 tells the tragic story. Twelve spies sent into Canaan. Ten come back with a bad report. Two come back ready to go.

Numbers 13:31-33: *"But the men who had gone up with him said, 'We are not able to go up against the people, for they are too strong for us.' So they gave out to the sons of Israel a bad report of the land which they had spied out, saying, 'The land through which we have gone, in spying it out, is a land that devours its inhabitants; and all the people whom we saw in it are men of great size. There also we saw the Nephilim (the sons of Anak are part of the Nephilim); and we became like grasshoppers in our own sight, and so we were in their sight.'" (NASB)*

Notice what happened: They saw the giants and forgot God. They focused on the obstacles and lost sight of the promise. They believed the opposition was stronger than their God.

**And that unbelief cost them everything.**

Numbers 14:22-23: *"Surely all the men who have seen My glory and My signs which I performed in Egypt and in the wilderness, yet have put Me to the test these ten times and have not listened to My voice, shall by no means see the land which I swore to their fathers, nor shall any of those who spurned Me see it." (NASB)*

## WHEN GOD LETS YOU BE HUNGRY

And Hebrews 3:19 summarizes it: *"So we see that they were not able to enter because of unbelief."*

**Unbelief. That's what killed them. Not the giants. Not the obstacles. Not the impossibility of the task. Unbelief.**

**Why did they fail?**

**1. They believed the evidence of their eyes more than the promise of God.**

They saw giants. God had promised them the land. Both were true. But they believed what they saw more than what God said.

**2. They defined themselves by their limitations instead of by God's power.**

"We became like grasshoppers in our own sight." They saw themselves as small, weak, inadequate. And they were—in themselves. But they weren't supposed to be relying on themselves. They were supposed to be relying on God.

**3. They confused difficulty with impossibility.**

Yes, taking Canaan would be hard. Yes, there would be battles. Yes, it would require faith. But difficult is not impossible when God is with you.

### 4. They wanted the promise without the process.

They wanted Canaan given to them on a silver platter. No fighting. No risk. No faith required. Just walk in and take possession without opposition.

But that's not how it works. The promise requires faith. And faith requires risk. And risk requires trust.

### 5. They let fear override faith.

Numbers 14:1-2: *"Then all the congregation lifted up their voices and cried, and the people wept that night. All the sons of Israel grumbled against Moses and Aaron; and the whole congregation said to them, 'Would that we had died in the land of Egypt! Or would that we had died in this wilderness!'"*

Fear said: "We're going to die." Faith should have said: "God brought us this far. He'll bring us all the way."

Fear won. And an entire generation died in the wilderness.

## CALEB AND JOSHUA: MEN WITH A DIFFERENT SPIRIT

But not everyone failed. Two men stood out. Two men had a different response. Two men possessed what the others refused.

## Caleb and Joshua.

Numbers 14:24: *"But My servant Caleb, because he has had a different spirit and has followed Me fully, I will bring into the land which he entered, and his descendants shall take possession of it."* (NASB)

"A different spirit." What does that mean? What made Caleb and Joshua different?

### 1. THEY SAW THE SAME GIANTS BUT DREW DIFFERENT CONCLUSIONS

Caleb and Joshua didn't deny reality. They saw the giants. They saw the fortified cities. They saw the obstacles.

But they also saw God. And they concluded: God is bigger than the giants.

Numbers 13:30: *"Then Caleb quieted the people before Moses and said, 'We should by all means go up and take possession of it, for we will surely overcome it.'"*

Not "maybe we can." Not "it'll be easy." But "we will surely overcome it." Why? Because God promised. And God's promise is more certain than any obstacle.

### 2. THEY FOLLOWED THE LORD FULLY

Not halfway. Not when it was convenient. Not when it made sense. **Fully.**

That's the key. They were all-in. Completely surrendered. Totally committed.

The other ten spies were partially committed. They wanted the promise, but they weren't willing to risk for it. They wanted God's blessing, but they weren't willing to trust His word completely.

**Partial commitment produces partial results. Full commitment produces full possession.**

### **3. THEY FOCUSED ON GOD'S POWER, NOT THEIR OWN ABILITY**

Numbers 14:8-9 (Joshua and Caleb speaking): *"If the LORD is pleased with us, then He will bring us into this land and give it to us, a land which flows with milk and honey. Only do not rebel against the LORD; and do not fear the people of the land, for they will be our prey. Their protection has been removed from them, and the LORD is with us; do not fear them."*

Notice: "**The LORD is with us.**" That's the difference. That's the "different spirit."

They weren't trusting their own strength. They were trusting God's presence. And God's presence changes everything.

### **4. THEY WAITED 40 YEARS AND THEIR FAITH DIDN'T WAVER**

Here's what's remarkable: Caleb and Joshua were ready to enter immediately. But because of the others' unbelief, they had to wait forty years. Forty years wandering in circles. Forty years watching their peers die. Forty years delayed from the promise.

And they didn't become bitter. Didn't lose faith. Didn't give up.

Joshua 14:10-11 records Caleb's testimony at age 85: *"Now behold, the LORD has let me live, just as He spoke, these forty-five years, from the time that the LORD spoke this word to Moses, when Israel walked in the wilderness; and now behold, I am eighty-five years old today. I am still as strong today as I was in the day Moses sent me; as my strength was then, so my strength is now, for war and for going out and coming in."*

Forty-five years later. Still strong. Still ready. Still believing. **That's a different spirit.**

### What can we learn from Caleb and Joshua?

- 1. Faith sees obstacles but doesn't stop at them.** It sees through them to God's promise on the other side.
- 2. Full surrender is non-negotiable.** You can't possess the promise with half-hearted commitment.
- 3. God's presence is the difference-maker.** Not your ability. Not your resources. His presence.
- 4. Delayed promise doesn't mean denied promise.** Sometimes you have to wait. But waiting with faith is different from wandering in unbelief.
- 5. Age, circumstances, and obstacles don't disqualify you if your faith is alive.** Caleb was 85 and still taking territory. It's never too late to possess what God has promised.

## WHAT DISQUALIFIES US FROM THE PROMISE

Let's be specific about what keeps people from possessing what God has prepared. What disqualifies us? What blocks us from entering?

### 1. UNBELIEF (HEBREWS 3:19)

This is the big one. The ultimate disqualifier.

Hebrews 3:19: *"So we see that they were not able to enter because of unbelief."*

Not because of the giants. Not because of the obstacles. Not because of their weakness. **Because of unbelief.**

**Unbelief says:**

- "I know God said it, but I don't think He meant it."
- "I know God promised, but I don't think He'll come through."
- "I know God is powerful, but I don't think He's powerful enough for this."
- "I know God has been faithful before, but I don't think He'll be faithful now."

Unbelief is not the same as doubt. Doubt asks questions. Doubt wrestles. Doubt seeks understanding.

Unbelief refuses to trust. Refuses to obey. Refuses to step out in faith. Unbelief looks at the promise and says, "No. I don't believe it's really for me."

**And unbelief will keep you in the wilderness until you die there.**

## 2. ENTITLEMENT (THINKING WE DESERVE IT)

Some people don't enter the promise because they think they've earned it. They approach it with entitlement instead of gratitude. With demands instead of humility.

"God, I've done everything right. I've obeyed. I've sacrificed. I've served. I deserve this."

**But the moment you think you deserve it, you've disqualified yourself.** Because the promise is gift, not payment. Grace, not wages. Covenant faithfulness, not earned reward.

Entitlement produces bitterness when the promise doesn't come when or how you expect. It produces anger at God when He doesn't deliver on your timeline.

**Humility receives. Entitlement demands. And God gives grace to the humble but opposes the proud.**

## 3. IMPATIENCE (TAKING SHORTCUTS)

This is the Abraham and Ishmael problem. God promised Abraham a son. Abraham got impatient. So he tried to help God out by having a son through Hagar.

Result: Ishmael. A son, yes. But not the son of promise. A shortcut that created problems for generations.

Impatience produces Ishmaels. Things that look like the promise but aren't. Substitutes. Counterfeits. Close-enough-but-not-quite.

And when you're holding Ishmael, you're not ready to receive Isaac.

God's promise comes on God's timeline. And shortcuts always produce complications.

### 4. DIVIDED HEART (ONE FOOT IN EGYPT)

Some people never fully leave Egypt. They cross the Red Sea physically, but their hearts are still back there. One foot in the wilderness, one foot in Egypt. One eye on Canaan, one eye on the leeks and onions.

Jesus said: *"No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other."* (Matthew 6:24, NASB)

**You can't possess the promise with a divided heart.** You can't enter Canaan while still longing for Egypt. You can't steward abundance while still worshiping scarcity.

**Full possession requires full surrender. Partial commitment gets partial results.**

### 5. SELF-RELIANCE (SUCCESS WITHOUT SURRENDER)

Some people want the promise, but they want to achieve it themselves. On their own terms. Through their own strength. Without having to depend on God.

They want Canaan. But they want to conquer it themselves. Prove they can do it. Earn the victory.

**And God says: "No. You get the promise through faith, not through effort. Through My power, not yours. Through surrender, not self-reliance."**

2 Corinthians 12:9: *"And He has said to me, 'My grace is sufficient for you, for power is perfected in weakness.'"*

**God's power is perfected in your weakness. Not in your strength. Your self-reliance disqualifies you from experiencing His power.**

### WHAT QUALIFIES US

So if those things disqualify us, what qualifies us? What makes us ready to possess the promise?

#### 1. FAITH TESTED AND PROVEN

Not untested faith. Not theoretical faith. But faith that's been through the wilderness. Faith that's been refined. Faith that's proven.

The wilderness tests your faith. And tested faith is what qualifies you for the promise.

1 Peter 1:6-7: *"In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, so that the proof of your faith, being more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ."*

**Proven faith can handle promised land abundance. Untested faith collapses under it.**

### **2. OBEDIENCE PRACTICED IN OBSCURITY**

The obedience learned in the wilderness—when nobody's watching, when there's no applause, when you're just trying to survive—that's the obedience that qualifies you.

Because promised land obedience is just wilderness obedience continued. If you couldn't obey when you had nothing, you won't obey when you have everything.

**Obscure obedience prepares you for public responsibility.**

### **3. HEARTS REVEALED AND REFINED**

The wilderness reveals what's in your heart. And if you've allowed God to refine what was revealed—if you've repented, surrendered, been transformed—then you're ready.

But if you've spent forty years in the wilderness with an unchanged heart, you're not ready. Your geography changed, but you didn't.

**Possession requires heart transformation, not just wilderness survival.**

## 4. HUMILITY LEARNED THROUGH HUNGER

The humility learned through wilderness hunger is what protects you from promised land pride.

If you've truly learned "I am nothing without God. I have nothing apart from His grace. I can do nothing except through His power"—then you can steward abundance without it destroying you.

**Humility qualifies you. Pride disqualifies you. And hunger teaches humility.**

## 5. TOTAL DEPENDENCE ON GOD'S WORD

If you've learned to live by every word that proceeds from the mouth of God—if you've learned to obey His word when it doesn't make sense, to trust His promises when you can't see how, to follow His direction when you don't know where it leads—then you're ready.

**Because promised land living requires the same dependence you learned in the wilderness. Just in a different context.**

You still need daily bread. Daily direction. Daily grace. Daily obedience.

**The wilderness taught you to depend on God. The promise is where you continue depending on Him—even when you don't have to.**

## WATCHMAN NEE: SIT, WALK, STAND

Watchman Nee's classic book *Sit, Walk, Stand* provides a powerful framework for understanding how to possess the promise.

He takes it from Ephesians, where Paul gives three commands:

### 1. SIT (Ephesians 2:6)

*"And raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus."*

You start by sitting. By resting in your position in Christ. By receiving what He's already accomplished.

You're already seated with Christ in heavenly places. That's your position. That's your identity. That's the promise already secured.

You don't earn it. You don't fight for it. You receive it. You rest in it.

This is the "sit" of faith. The rest of trust. The peace of knowing: It's already done. Christ has won. The promise is secure.

### 2. WALK (Ephesians 4:1)

*"Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called."*

From your seated position, you walk. You live out what's already true. You steward what's already given. You possess what's already promised.

**Walking is the practical outworking of your position. It's living consistently with who you are in Christ.**

You don't walk to earn your position. You walk from your position.

You don't obey to become God's child. You obey because you are God's child.

**This is the "walk" of obedience. The practical expression of faith. The daily living out of what's already true.**

### 3. STAND (Ephesians 6:11)

*"Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil."*

And finally, you stand. You resist the enemy. You hold your ground. You defend what's been given.

Standing is fighting from victory, not for victory. You're not trying to win. Christ already won. You're standing in His victory.

The battle isn't to earn the promise. The battle is to possess it. To defend it. To hold it against an enemy who wants to steal it.

This is the "stand" of spiritual warfare. Not fighting for victory, but from victory. Not earning the promise, but protecting it.

How does this apply to possessing the promise?

You SIT in the truth that the promise is already yours. God has given it. Christ has secured it. It's finished.

You WALK in obedience to possess it practically. You cross the Jordan. You fight the battles. You take territory.

You STAND against the enemy who would rob you of what's yours. You resist lies, doubt, fear, and unbelief.

Sit. Walk. Stand. Rest. Act. Resist. All three are necessary to possess the promise.

### ANDREW MURRAY: ABSOLUTE SURRENDER

Andrew Murray understood that possessing the promise requires absolute surrender. Not partial. Not conditional. Absolute.

## WHEN GOD LETS YOU BE HUNGRY

He wrote: "*God is ready to assume full responsibility for the life wholly yielded to Him.*"

**This is the key to possession: Full surrender. Complete yielding. Total trust.**

Not: "God, I'll surrender this, but not that."

Not: "God, I'll obey here, but not there."

Not: "God, I'll trust You up to a point, but I need to keep some control."

But: "**God, everything. All of it. I surrender completely. Do what You will. I trust You absolutely.**"

Murray continues: "*The condition for obtaining God's full blessing is absolute surrender to Him.*"

**You can't possess the fullness of the promise with partial surrender.** You can't enter Canaan with one foot still in Egypt. You can't fight for the Kingdom while still fighting for yourself.

Absolute surrender is not about losing yourself. It's about finding yourself in God. It's about discovering that His will is better than yours. His way is better than yours. His promise is better than anything you could scheme or strive for.

## WHEN GOD LETS YOU BE HUNGRY

And when you surrender absolutely, God assumes full responsibility for your life. The promise becomes His responsibility to fulfill, not yours. Your job is to trust and obey. His job is to provide and fulfill.

**That's rest. That's faith. That's how you possess the promise.**

### AMY CARMICHAEL: FAITH AND OBEDIENCE

Amy Carmichael, missionary to India for 55 years without furlough, understood something crucial about possessing the promise:

**Faith and obedience are inseparable.**

She wrote: *"You can give without loving, but you cannot love without giving."*

And similarly: **You can believe without obeying, but you cannot truly obey without believing.**

Faith without obedience is dead (James 2:26). And obedience without faith is just legalism.

**But faith expressed through obedience—that's what possesses the promise.**

Carmichael's entire ministry was built on this principle: God gives a promise. You believe it. You obey in light of it. And God fulfills it.

## WHEN GOD LETS YOU BE HUNGRY

She stepped out in faith repeatedly. To serve in India. To rescue children from temple slavery. To build Dohnavur Fellowship. To write prolifically. To invest in people.

**And God provided. Every time. Because she paired faith with obedience.**

**She didn't wait to see provision before she obeyed. She obeyed, and provision followed.**

That's possessing the promise. Not waiting for God to give you everything before you step out. But stepping out in faith, and watching God provide what you need when you need it.

### FIGHTING FROM VICTORY, NOT FOR VICTORY

This is one of the most important mindset shifts for possessing the promise:

**You're not fighting to win. You're fighting from a position of having already won.**

Christ has already defeated every enemy. Sin. Death. Satan. All of it. The victory is complete.

Colossians 2:15: *"When He had disarmed the rulers and authorities, He made a public display of them, having triumphed over them through Him."*

1 Corinthians 15:57: *"But thanks be to God, who gives us the victory through our Lord Jesus Christ."*

**The victory is given. It's yours. Christ won it for you.**

So when you fight to possess the promise, you're not fighting for victory. **You're fighting from victory. You're enforcing what Christ has already accomplished.**

**This changes everything:**

- You're not fighting from fear but from faith
- You're not fighting from weakness but from His strength
- You're not fighting to earn anything but to possess what's already yours
- You're not hoping to win but standing in victory

When you understand you fight from victory, the battle looks different. The giants look smaller. The obstacles look surmountable. Because you're not relying on your strength to overcome them. You're relying on Christ's already-accomplished victory.

### PRACTICAL STEPS TO POSSESS THE PROMISE

So how do you actually do this? How do you possess what God has prepared?

#### 1. IDENTIFY THE PROMISE

What has God promised you? What has He spoken to you? What vision has He given? What calling has He placed on your life?

Be specific. Name it. Write it down.

**You can't possess what you haven't identified.**

## 2. BELIEVE IT'S ALREADY YOURS

This is the "sit" of Watchman Nee. Rest in the truth that God has already given the promise. It's secured by His character, not by your effort.

**Stop striving to earn it. Receive it as gift.**

## 3. OBEY THE NEXT STEP

This is the "walk." What's the next step of obedience? What's God asking you to do today?

Not the whole plan. Not the entire journey. Just the next step.

**Cross your Jordan. Take your first step into the promise. Obey today.**

## 4. RESIST THE ENEMY

This is the "stand." When fear comes, resist it with truth. When doubt comes, counter it with God's promises. When the enemy lies to you, speak God's word back.

**You're not fighting for the promise. You're defending it. Stand your ground.**

## 5. SURROUND YOURSELF WITH CALEBS AND JOSHUAS

Don't walk with the ten spies who saw giants and gave up. Walk with the two who saw God and moved forward.

Find people with "a different spirit." People who believe God. People who will encourage your faith, not feed your fear.

### 6. REMEMBER YOUR WILDERNESS

The lessons you learned there—dependence, humility, obedience—bring them into the promise. They qualify you. They protect you. They sustain you.

Don't forget in Canaan what you learned in the wilderness.

### 7. ACT IN FAITH

At some point, you have to move. You have to cross. You have to take a risk.

**Faith without action is dead. Belief without behavior is theoretical.**

Step out. Take the job. Make the move. Start the ministry. Have the conversation. Give the gift. Whatever God is asking—do it.

Possession requires faith in action.

### REFLECTION QUESTIONS

1. What promise is God asking you to possess? What has He prepared for you that you haven't entered?

Be specific. Name it.

### 2. Are you standing at the threshold, hesitating to cross? What's holding you back?

Fear? Unbelief? Comfort in the familiar? What's keeping you from crossing?

### 3. Which disqualifier is your biggest temptation?

Unbelief? Entitlement? Impatience? Divided heart? Self-reliance? Which one threatens to keep you from the promise?

### 4. What wilderness lessons do you need to bring with you into the promise?

What did you learn there that qualifies you for here? What must you remember?

### 5. Are you fighting for victory or from victory?

Are you striving to earn what Christ has already won? Or are you resting in His finished work and acting from that position?

### 6. What's your next step of obedience?

Not the whole journey. Just the next step. What is God asking you to do today?

### 7. Do you have a different spirit like Caleb and Joshua? Or are you listening to the ten spies?

Who are you surrounding yourself with? Who are you listening to?

### 8. What Ishmael are you tempted to create instead of waiting for Isaac?

What shortcut looks tempting? What substitute for the promise are you considering?

The promise is yours.

God has prepared it. Sworn it. Guaranteed it.

But you have to possess it.

You have to cross the Jordan.

You have to step out in faith.

You have to fight the battles.

You have to claim what's been given.

The wilderness has prepared you. You've been humbled. Tested. Refined. You've learned dependence. Practiced obedience. Developed faith.

You're ready.

But you still have to cross.

You still have to take that step.

## WHEN GOD LETS YOU BE HUNGRY

You still have to move from standing at the threshold to actually entering the promise.

**And the only thing standing between you and the promise is your willingness to trust God enough to go in.**

So go.

Cross.

Enter.

Possess.

**Take what God has prepared.**

Not because you've earned it.

But because He's given it.

Not because you're worthy.

But because He's faithful.

Not because you can do it.

But because He will do it through you.

## WHEN GOD LETS YOU BE HUNGRY

**The promise is yours.**

**Now possess it.**

*"But My servant Caleb, because he has had a different spirit and has followed Me fully, I will bring into the land which he entered, and his descendants shall take possession of it."*

—Numbers 14:24 (NASB)

## CHAPTER 15: LIVING IN CANAAN WITH EGYPT'S FOOD IN YOUR BACKPACK

### THE SUCCESS THAT DESTROYED HIM

He made it. Against all odds, through every obstacle, past every giant—he made it. The business succeeded. The ministry flourished. The family thrived. The finances multiplied. The influence expanded. Everything God had promised in the wilderness—every word spoken in the dark, every vision given in the hunger—it all came to pass.

He was living in Canaan. Walking in the promise. Experiencing the abundance.

And he was more miserable than he'd been in the wilderness.

Because somewhere along the way—so gradually he didn't notice it happening—he'd started trusting the abundance more than he trusted the God who gave it.

Started relying on his resources instead of on daily dependence.

Started making decisions based on what made financial sense instead of what God was saying.

## WHEN GOD LETS YOU BE HUNGRY

Started measuring success by quarterly earnings instead of by Kingdom impact.

Started feeling entitled to comfort instead of grateful for provision.

He'd entered Canaan. But he'd brought Egypt with him. The appetites. The values. The way of thinking that said: **More is better. Success is the goal. Comfort is the reward. You've earned this. You deserve this.**

And those appetites—those Egypt appetites in a Canaan context—were destroying him.

Not externally. Externally, everything looked great. The Instagram posts were aspirational. The Christmas letter was impressive. The resume was enviable.

But internally? Spiritually? He was starving.

Because he'd traded the manna of daily dependence for the meat of Egypt. He'd exchanged the wilderness heart for the Canaan comforts. And in the process, he'd lost what mattered most: intimacy with God. Trust. Dependence. The desperate daily need for Him that had defined the wilderness season.

**He'd won Canaan. But he'd lost his soul.**

## WHEN GOD LETS YOU BE HUNGRY

And the tragedy was—he didn't even realize it was happening until it was almost too late.

This is the warning of Deuteronomy 8:10-20. This is the danger Moses spent his final sermon addressing. This is the reason the entire book exists.

**Because the wilderness tests whether you'll trust God when you have nothing. But Canaan tests whether you'll trust God when you have everything.**

And honestly? The Canaan test might be harder.

Because in the wilderness, you have no choice. You have to depend on God. You're forced into it by circumstances.

But in Canaan, dependence is a choice. A daily, intentional, countercultural choice. And it's a choice you have to make every single day, in every decision, with every blessing, with every success.

**The greatest danger isn't entering Canaan. It's entering Canaan while still carrying Egypt in your backpack. While still craving what you were delivered from. While still measuring success by Egypt's standards instead of God's.**

# WHEN GOD LETS YOU BE HUNGRY

## THE TEXT: THE WARNING ABOUT ABUNDANCE

Let's read the warning carefully. This is Moses' final sermon before Israel enters Canaan. And he spends more time warning them about prosperity than about anything else.

## WHEN GOD LETS YOU BE HUNGRY

Deuteronomy 8:10-20:

*"When you have eaten and are satisfied, you shall bless the LORD your God for the good land which He has given you. Beware that you do not forget the LORD your God by not keeping His commandments and His ordinances and His statutes which I am commanding you today; otherwise, when you have eaten and are satisfied, and have built good houses and lived in them, and when your herds and your flocks multiply, and your silver and gold multiply, and all that you have multiplies, then your heart will become proud and you will forget the LORD your God who brought you out from the land of Egypt, out of the house of slavery. He led you through the great and terrible wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water; He brought water for you out of the rock of flint. In the wilderness He fed you manna which your fathers did not know, that He might humble you and that He might test you, to do good for you in the end. Otherwise, you may say in your heart, 'My power and the strength of my hand made me this wealth.' But you shall remember the LORD your God, for it is He who is giving you power to make wealth, that He may confirm His covenant which He swore to your fathers, as it is this day. It shall come about if you ever forget the LORD your God and go after other gods and serve them and worship them, I testify against you today that you will surely perish. Like the nations that the LORD makes to perish before you, so you shall perish; because you would not obey the voice of the LORD your God." (NASB)*

## WHEN GOD LETS YOU BE HUNGRY

Notice several things:

### 1. THE COMMAND TO BLESS GOD FOR ABUNDANCE (v. 10)

*"When you have eaten and are satisfied, you shall bless the LORD your God for the good land which He has given you."*

This is the first response to abundance: **Gratitude. Blessing. Acknowledging God as the source.**

Not: "I earned this." But: "God gave this."

Not: "I deserve this." But: "This is gift."

**Gratitude is the first safeguard against the danger of prosperity.**

### 2. THE WARNING: "BEWARE THAT YOU DO NOT FORGET" (vv. 11-14)

Moses doesn't say "if you forget." He says "beware that you do not forget." Because the danger is real. The temptation is powerful. Forgetting is the natural drift of abundance.

And what causes forgetting?

- Eating and being satisfied (v. 12)
- Building good houses and living in them (v. 12)
- Herds and flocks multiplying (v. 13)
- Silver and gold multiplying (v. 13)
- All you have multiplying (v. 13)

In other words: success. Prosperity. Comfort. Abundance. These are what cause forgetting.

Not intentionally. Not maliciously. Just gradually, subtly, imperceptibly—prosperity breeds amnesia.

### 3. THE PROGRESSION OF FORGETTING (vv. 14-17)

Notice the stages:

#### Stage 1: Your heart becomes proud (v. 14)

Pride is the gateway. The first step toward forgetting. When you start thinking you're something special. You're successful. You're capable. You've got this.

#### Stage 2: You forget the LORD (v. 14)

From pride comes amnesia. You forget who brought you out of Egypt. Who led you through the wilderness. Who provided in impossible circumstances.

### Stage 3: You take credit for your success (v. 17)

*"My power and the strength of my hand made me this wealth."*

This is the lie prosperity whispers: "You did this. You earned it. You're self-made."

And if you believe it, you're finished.

### 4. THE TRUTH: GOD GIVES THE POWER (v. 18)

*"But you shall remember the LORD your God, for it is He who is giving you power to make wealth."*

Present tense. "Is giving." Not "gave once and then you took over." But is actively, continuously, presently giving you the power.

Every success. Every provision. Every multiplication. It's all Him. All gift. All grace.

You don't have anything you didn't receive. And if you received it, why boast as if you didn't? (1 Corinthians 4:7)

### 5. THE FINAL WARNING: PERISH LIKE THE NATIONS (vv. 19-20)

This is sobering. If you forget God, go after other gods, and disobey—you'll perish. Just like the pagan nations God displaced to give you the land.

## WHEN GOD LETS YOU BE HUNGRY

Success without surrender leads to destruction. Prosperity without dependence leads to death. Abundance without obedience leads to perishing.

Not metaphorically. Literally. You will be destroyed.

Because the same God who gave you the land can take it away. The same God who blessed you can remove the blessing. The same God who provided can judge.

And He will. If forgetting leads to idolatry, and idolatry leads to disobedience, and disobedience leads to destruction.

**This is the warning. Take it seriously.**

### THE MIXED MULTITUDE PRINCIPLE

There's a detail in the Exodus story that becomes crucial for understanding Canaan living:

Exodus 12:38: *"A mixed multitude also went up with them, along with flocks and herds, a very large number of livestock."*

**A mixed multitude.** Not just Israelites. But also Egyptians. Foreigners. People who left Egypt physically but carried Egypt's values, appetites, and mindsets with them.

And this mixed multitude became a problem:

Numbers 11:4-6: *"The rabble who were among them had greedy desires; and also the sons of Israel wept again and said, 'Who will give us meat to eat? We remember the fish which we used to eat free in Egypt, the cucumbers and the melons and the leeks and the onions and the garlic, but now our appetite is gone. There is nothing at all to look at except this manna.'*"

**"The rabble who were among them had greedy desires."** The mixed multitude. The ones who never fully left Egypt. The ones who brought Egypt's appetites with them.

And their appetites infected the whole community. The complaining spread. The greed multiplied. The nostalgia for Egypt became contagious.

**Here's the principle: You can leave Egypt geographically but still carry Egypt spiritually. You can enter Canaan physically but live there with Egypt's values.**

And when you do, Egypt's appetites will destroy Canaan's abundance.

**What are Egypt's appetites?**

### 1. APPETITE FOR SECURITY OVER SURRENDER

Egypt offered predictable slavery. You knew what to expect. You could plan. You could control (sort of). You could create security through your own effort.

Canaan offers dependent abundance. You don't know what tomorrow holds. You can't control the variables. You have to trust God daily.

**Egypt appetite says:** "I need guarantees. I need to know how this ends. I need control."

**Canaan heart says:** "I trust God. I don't need to see the whole plan. His presence is enough."

### 2. APPETITE FOR VARIETY OVER SUFFICIENCY

Egypt had fish, cucumbers, melons, leeks, onions, garlic. Variety. Options. Different flavors every day.

The wilderness had manna. Same thing. Every day. Sufficient but not exciting.

**Egypt appetite says:** "I deserve more. I need options. Sufficiency isn't enough—I want abundance AND variety."

**Canaan heart says:** "God's provision is enough. I'm grateful for what He gives, even when it's simple. Even when it's the same."

### 3. APPETITE FOR COMFORT OVER CALLING

Egypt was hard. But it was familiar. And familiar hardship can feel more comfortable than unfamiliar calling.

## WHEN GOD LETS YOU BE HUNGRY

Canaan required risk. Faith. Battles. Uncertainty. It was the promise, but it wasn't easy.

**Egypt appetite says:** "I'd rather be comfortable in captivity than challenged in freedom. I'd rather have easy slavery than difficult purpose."

**Canaan heart says:** "I'd rather walk in God's purpose with risk than settle for comfortable meaninglessness."

### 4. APPETITE FOR ACHIEVEMENT OVER RELATIONSHIP

Egypt measured success by productivity. What you built. What you produced. What you achieved.

The wilderness measured success by relationship. Did you trust God? Did you obey? Did you depend daily?

**Egypt appetite says:** "I need to achieve. I need to prove myself. I need to earn my worth through what I do."

**Canaan heart says:** "My worth is in who I am in Christ, not what I achieve. Relationship matters more than resume."

### 5. APPETITE FOR INDEPENDENCE OVER DEPENDENCE

Egypt trained them for self-reliance. You survive by taking care of yourself. Nobody's coming to save you. You're on your own.

## WHEN GOD LETS YOU BE HUNGRY

The wilderness trained them for God-reliance. You survive by depending on Him. Daily. Completely. Totally.

**Egypt appetite says:** "I need to be self-sufficient. I can't rely on anyone but myself. Dependence is weakness."

**Canaan heart says:** "Dependence on God is strength. I need Him daily. I can't do this without Him."

**Here's the danger:** You can enter Canaan—experience God's blessing, walk in the promise, see provision—and still be operating from Egypt appetites.

You can have Canaan's abundance while still craving Egypt's values.

You can possess the promise while still worshiping the idols.

And if you do, the abundance will destroy you. Because you're not ready for it. Your heart hasn't been transformed. You've just changed geography, not values.

## WHY PROSPERITY REVEALS WHAT ADVERSITY CONCEALS

Here's an uncomfortable truth: **Hardship can mask spiritual problems that prosperity exposes.**

In the wilderness, everyone looks spiritual. Everyone's praying. Everyone's desperate. Everyone's dependent. Everyone needs God.

## WHEN GOD LETS YOU BE HUNGRY

But you can't tell who's truly transformed and who's just surviving.

Prosperity reveals the difference.

**In abundance, you discover:**

### 1. WHAT YOU ACTUALLY TRUST

In the wilderness, you trust God because you have to. There's no other option.

In Canaan, you trust God because you choose to. Even when you have other options.

**Prosperity reveals whether your trust is genuine or just pragmatic.**

Do you trust God when you have a full bank account? Or just when it's empty?

Do you depend on Him when you have resources? Or just when you're desperate?

Do you seek Him when life is good? Or just when it's falling apart?

**Wilderness trust can be survival instinct. Canaan trust is genuine faith.**

### 2. WHAT YOU ACTUALLY LOVE

In the wilderness, you say you love God. You sing the songs. You make the declarations. You promise faithfulness.

## WHEN GOD LETS YOU BE HUNGRY

In Canaan, your calendar reveals what you actually love. Your checkbook shows what you actually value. Your free time demonstrates what you actually prioritize.

**Prosperity exposes the gap between what you say you love and what you actually love.**

Do you love God more than comfort? More than success? More than approval? More than security?

Or do you love God as long as He gives you those things?

**The answer becomes clear in abundance.**

### 3. WHAT ACTUALLY SATISFIES YOU

In the wilderness, God satisfies you. Because He's all you have.

In Canaan, the question is: Is God still enough? Or do you need God plus success plus comfort plus recognition plus...?

**Prosperity reveals whether God Himself satisfies you or whether you need His gifts to be happy.**

John Piper's question becomes unavoidable: "Are you satisfied in God? Or just in what He gives?"

## 4. WHAT YOU'RE ACTUALLY WORKING FOR

In the wilderness, you work for survival. For daily bread. For basic provision.

In Canaan, what are you working for? More stuff? Bigger success? Greater recognition? Personal empire?

Or are you still working for Kingdom purposes? For God's glory? For eternal impact?

**Prosperity reveals your true motivation.**

## 5. WHO YOU ACTUALLY ARE

In the wilderness, you can pretend. You can perform. You can look spiritual because everyone's suffering and struggling together.

In Canaan, your true character emerges. How you handle success. How you treat people when you have power. How generous you are when you have abundance. How humble you stay when everyone's praising you.

**Prosperity is the ultimate character test. Because it removes all the external pressure that forced you to look spiritual.**

And what's left is just... you. The real you. The you that exists when nobody's watching and you don't have to pretend.

That's why so many people who survive the wilderness crash in Canaan. Because adversity concealed what prosperity revealed: they were never actually transformed. Just religious.

### THE TEST OF ABUNDANCE VS. THE TEST OF SCARCITY

Both tests are real. Both are biblical. Both matter. But they test different things.

#### THE TEST OF SCARCITY (WILDERNESS)

**The question is:** Will you trust God when you have nothing?

**What it tests:**

- Your faith in God's provision
- Your ability to depend when you're desperate
- Your willingness to obey when it costs everything
- Your trust in His promises when you can't see how

**The danger of failing:**

- You die in the wilderness
- You never enter the promise
- You miss God's best
- You forfeit the abundance He prepared

## WHEN GOD LETS YOU BE HUNGRY

### What passes the test:

- Daily dependence
- Humble obedience
- Faith that persists through hardship
- Trust that doesn't require understanding

### THE TEST OF ABUNDANCE (CANAAN)

**The question is:** Will you trust God when you have everything?

### What it tests:

- Your gratitude when life is good
- Your humility when you're successful
- Your generosity when you have plenty
- Your dependence when you don't technically need it
- Your worship when you could worship many other things

### The danger of failing:

- You destroy yourself with prosperity
- You forget God and worship idols
- You lose your soul while gaining the world
- You perish in the very land God gave you

What passes the test:

- Intentional remembrance
- Chosen dependence
- Deliberate simplicity
- Active generosity
- Sustained gratitude

Here's the tragedy: Many people pass the wilderness test but fail the Canaan test.

They trust God in poverty but not in prosperity.

They depend on Him in hardship but not in blessing.

They're humble in suffering but proud in success.

They worship desperately when they're empty but casually when they're full.

And they perish. Not in the wilderness. In Canaan. Surrounded by abundance.

Destroyed by the very blessing God gave them.

## SØREN KIERKEGAARD ON PROSPERITY AND THE SOUL

Søren Kierkegaard, the Danish philosopher and theologian, understood the spiritual danger of prosperity better than most.

He wrote: *"Adversity draws men to God, prosperity drives men away from God."*

## WHEN GOD LETS YOU BE HUNGRY

Why? Because **adversity reveals our need. Prosperity conceals it.**

In hardship, you know you need God. It's obvious. Undeniable. You can't pretend otherwise.

In prosperity, you can convince yourself you don't need God. Or that you only need Him a little. Or that you need Him but you also need these other things just as much.

Kierkegaard also wrote: *"The proud person always wants to do the right thing, the great thing. But because he wants to do it in his own strength, he is fighting not with man, but with God."*

This is the pride that prosperity produces. Not the pride of obvious arrogance. But the subtle pride of self-reliance.

"I can handle this. I've got this. I don't need help."

And that pride—that subtle, sophisticated, successful pride—will destroy you.

Because **the moment you think you don't need God, you've already lost what matters most: relationship with Him.**

### SAFEGUARDS FOR CANAAN LIVING

So how do you do this? How do you live in Canaan without being destroyed by it? How do you steward abundance without forgetting God?

You need safeguards. Intentional, disciplined, countercultural practices that protect you from prosperity's dangers.

## 1. INTENTIONAL SIMPLICITY

**What it is:** Choosing to live below your means. Resisting lifestyle inflation. Maintaining margin. Keeping life uncluttered.

**Why it matters:** Simplicity creates space for God. Complexity crowds Him out. When your life is full of stuff, schedules, commitments, possessions—there's no room left for Him.

**How to practice it:**

**a) Live on less than you earn**

Create margin. Build buffer. Don't spend everything you make. Live on 80% or 90% and give/save the rest.

This isn't just financial wisdom. It's spiritual protection. Because when you're spending everything, you're one crisis away from panic. But when you have margin, you have space to trust God.

### b) Resist lifestyle inflation

Just because you can afford it doesn't mean you need it. Just because your income went up doesn't mean your spending has to.

**Stay at your current lifestyle level even when your income increases.** Use the increase for generosity, for saving, for Kingdom investment—not for upgrading your comfort.

### c) Practice the "one in, one out" rule

Every time you bring something new into your home, get rid of something old. This prevents accumulation. Prevents clutter. Forces you to be intentional about what you keep.

### d) Ask the ruthless question: "Do I need this? Or do I just want it because I can afford it?"

Need and want are different. Egypt trained you to confuse them. Canaan requires you to distinguish them.

### e) Choose experiences over possessions

Invest in relationships, in memories, in Kingdom impact—not in stuff that clutters your life and distracts your heart.

Richard Foster on simplicity:

In *Celebration of Discipline*, Foster writes: "*Simplicity is freedom. Duplicity is bondage... Simplicity brings joy and balance. Duplicity brings anxiety and fear.*"

**The more you accumulate, the more you have to manage, protect, maintain, worry about. Simplicity frees you from that bondage.**

## 2. GENEROSITY AS SPIRITUAL DISCIPLINE

**What it is:** Giving regularly, systematically, sacrificially. Not just when you feel like it or when you have extra. But as a core spiritual practice.

**Why it matters:** Generosity is the antidote to greed. It breaks the power of money over your heart. It declares: "God owns this, not me. I'm just a steward."

**How to practice it:**

**a) Give the first fruits, not the leftovers**

Don't wait to see what's left after you've paid all your bills. Give first. Off the top. Before anything else.

This is Proverbs 3:9-10: "*Honor the LORD from your wealth and from the first of all your produce; so your barns will be filled with plenty and your vats will overflow with new wine.*"

### b) Give systematically (percentage-based)

Not random amounts when you feel generous. But a percentage. 10%? 15%? 20%?

Decide what and stick to it.

This removes the emotion from giving. You're not deciding each time whether to give.

You've already decided. Now you're just executing.

### c) Give sacrificially (it should cost you something)

If your giving doesn't require faith, it's not generous—it's convenient.

2 Corinthians 8:2-3: *"In a great ordeal of affliction their abundance of joy and their deep poverty overflowed in the wealth of their liberality. For I testify that according to their ability, and beyond their ability, they gave of their own accord."*

**Beyond their ability.** That's sacrifice. That's generous. That requires trust.

### d) Give joyfully (not grudgingly)

2 Corinthians 9:7: *"Each one must do just as he has purposed in his heart, not grudgingly or under compulsion, for God loves a cheerful giver."*

If you're giving but resenting it, you're missing the point. The goal isn't just to give money. It's to have a heart that loves giving.

### e) Give quietly (don't broadcast it)

Matthew 6:3-4: *"But when you give to the poor, do not let your left hand know what your right hand is doing, so that your giving will be in secret; and your Father who sees what is done in secret will reward you."*

Secret giving protects you from the pride of public generosity.

### Why generosity protects you:

**Because you can't serve both God and money (Matthew 6:24).** And the way you prove which one you're serving is by what you do with your money.

If you hoard it, you're serving money.

If you give it freely, you're serving God.

Generosity breaks money's power over you. It declares: "This isn't my god. God is my God."

## 3. REGULAR FASTING

**What it is:** Voluntarily abstaining from food (or other comforts) for spiritual purposes.

**Why it matters:** Fasting reminds you that man does not live by bread alone. It breaks the power of physical appetite. It creates hunger for God.

# WHEN GOD LETS YOU BE HUNGRY

How to practice it:

**a) Start small**

If you've never fasted, don't try to go a week. Start with one meal. Or one day. Build from there.

**b) Fast with purpose**

Don't fast just to fast. Fast for a reason. To seek God's direction. To intercede for someone. To break a spiritual stronghold. To remember your dependence.

**c) Fast regularly**

Not just in crisis. Make it a rhythm. Weekly? Monthly? Quarterly? Decide and stick to it.

**d) Use the hunger**

When you feel hungry, pray. Use the physical reminder to create spiritual focus.

**Why fasting protects you:**

Because prosperity makes you physically satisfied. And physical satisfaction can lead to spiritual complacency.

## WHEN GOD LETS YOU BE HUNGRY

Fasting voluntarily creates the hunger that prosperity eliminates. And that hunger reminds you: **You need God more than you need food. You need His word more than you need bread.**

It's Deuteronomy 8:3 practiced. Man does not live by bread alone. And fasting proves you believe it.

### 4. GRATITUDE PRACTICES

**What it is:** Intentionally, regularly, systematically expressing thanks to God for His blessings.

**Why it matters:** Gratitude is the antidote to entitlement. It's the cure for "I deserve this." It reminds you: Everything is gift.

**How to practice it:**

#### a) Daily gratitude journaling

Every day, write down 3-5 things you're grateful for. Specific things. Not generic "I'm grateful for my family" but "I'm grateful for the conversation with my daughter this morning."

## b) Gratitude prayers before meals

Don't just say a rote blessing. Actually thank God. Specifically. For the food. For the provision. For the abundance.

## c) Weekly gratitude review

Once a week, review the week and name 10 things God did. 10 evidences of His faithfulness. 10 reasons to be grateful.

## d) Annual gratitude celebration

Once a year (maybe around Thanksgiving), do a comprehensive gratitude review. Look back over the year and catalog God's faithfulness.

## e) Express gratitude to people

Not just to God. To people. Thank them. Acknowledge them. Express appreciation.

### Why gratitude protects you:

**Because gratitude and pride cannot coexist.** When you're genuinely grateful, you can't be proud. Because gratitude says, "I didn't earn this. I received this. It's gift."

And that posture—that heart of gratitude—protects you from the pride that prosperity breeds.

## 5. COMMUNITY ACCOUNTABILITY

**What it is:** Surrounding yourself with people who will speak truth to you. Who will call out your drift. Who will hold you accountable to your values.

**Why it matters:** You can't see your own blind spots. You can't detect your own drift. Prosperity clouds your judgment. You need people who love you enough to tell you the truth.

**How to practice it:**

**a) Find a small group of people who know you well**

Not just casual friends. People who see your real life. Who know your struggles. Who have permission to ask hard questions.

**b) Give them permission to speak**

Explicitly. "You have permission to call me out if you see me drifting. If you see pride. If you see greed. If you see me forgetting God."

**c) Meet regularly**

Not just when there's a crisis. Regularly. Weekly? Bi-weekly? Monthly? Consistent rhythm.

### d) Be honest

No performance. No pretending. Real struggles. Real questions. Real accountability.

### e) Ask the hard questions

Not just "How are you?" But "How's your heart? What are you trusting in right now? Where are you tempted to find security apart from God? What appetites are you struggling with?"

### Why community protects you:

**Because isolation kills. Especially in prosperity.** When you're successful, it's tempting to isolate. To think you don't need people. To create distance.

But that isolation is deadly. You need people. Desperately. Especially when everything looks good. Because that's when you're most likely to drift without realizing it.

**Community is the safeguard against self-deception. Against spiritual blindness. Against slow drift into Egypt appetites.**

### JOHN ORTBERG: SPIRITUAL DISCIPLINES IN MODERN LIFE

John Ortberg, in his work on spiritual formation, emphasizes that **spiritual disciplines aren't about earning God's favor. They're about positioning yourself to receive His grace.**

## WHEN GOD LETS YOU BE HUNGRY

He writes: *"Spiritual disciplines are not about trying harder to be good. They're about training yourself to be available to God."*

This is crucial for Canaan living. You're not fasting, giving, simplifying, practicing gratitude to earn God's blessing. You already have it. You're in Canaan.

**You're practicing these disciplines to stay spiritually alive in the midst of abundance. To remain available to God when you have a thousand other things competing for your attention.**

Ortberg also says: *"The greatest enemy of spiritual growth is not temptation but boredom."*

And prosperity breeds boredom. Spiritual boredom. When you're comfortable, when life is good, when you have everything you need—it's easy to coast spiritually. To go through the motions. To be bored with God.

**Spiritual disciplines combat that boredom. They create intentional discomfort that wakes you up spiritually. They interrupt your comfort and reorient you to God.**

### THE ULTIMATE SAFEGUARD: REMEMBERING THE WILDERNESS

We come back to this again and again because it's that important:

**The ultimate safeguard against Canaan's dangers is remembering the wilderness.**

## WHEN GOD LETS YOU BE HUNGRY

Deuteronomy 8:2: *"You shall remember all the way which the LORD your God has led you in the wilderness these forty years."*

### Remember:

- The hunger you felt
- The dependence you learned
- The daily manna you received
- The humility that was forced on you
- The trust you had to develop
- The obedience you practiced
- The God who sustained you

Because when you remember the wilderness, you remember:

- Everything you have is gift
- You're nothing without God
- Prosperity is temporary
- God's faithfulness is eternal
- You were once desperate—and might be again
- Dependence is beautiful, not shameful
- Simplicity is freedom, not deprivation

Remembering protects you from the amnesia that abundance breeds.

### REFLECTION QUESTIONS

1. What Egypt appetites have you brought into your Canaan?

Security over surrender? Variety over sufficiency? Comfort over calling? Achievement over relationship? Independence over dependence?

## **2. How has prosperity revealed what adversity concealed in your life?**

What spiritual issues emerged when life got easier? What did you trust in desperation that you struggle to trust in abundance?

## **3. Are you passing the test of scarcity but failing the test of abundance?**

Can you trust God when you have nothing? Can you still trust Him when you have everything?

## **4. Which safeguard do you most need to implement?**

Simplicity? Generosity? Fasting? Gratitude? Community? Where do you need to start?

## **5. What would change if you actually lived on less than you earn?**

What would margin create? What freedom would simplicity bring? What generosity would become possible?

## **6. When was the last time you fasted? When will be the next time?**

Have you practiced voluntary hunger to remind yourself of your need for God?

## **7. How grateful are you, really? And how do you know?**

## WHEN GOD LETS YOU BE HUNGRY

Does your life reflect gratitude? Or entitlement? What would someone watching you conclude?

### **8. Who has permission to speak truth to you about your prosperity?**

Who can call you out? Who knows you well enough to see your drift? Who are you allowing to hold you accountable?

You've entered Canaan.

You're living in the promise.

You have abundance.

### **Now the question is: Will you survive it?**

Will you steward it well?

Will you remember God in the midst of it?

Will you stay dependent even when you don't have to?

Will you remain generous even when you could hoard?

Will you choose simplicity even when you can afford complexity?

**Will you live in Canaan with a wilderness heart?**

## WHEN GOD LETS YOU BE HUNGRY

Because that's the only way to sustain the promise.

That's the only way to avoid being destroyed by the very blessing God gave you.

**The wilderness prepared you for Canaan. But Canaan requires even more intentionality than the wilderness did.**

Because in the wilderness, you had no choice.

In Canaan, you have every choice.

And the choices you make—the disciplines you practice, the appetites you feed, the values you prioritize—will determine whether you thrive in abundance or perish in it.

**So choose wisely.**

**Live simply.**

**Give generously.**

**Fast regularly.**

**Express gratitude constantly.**

**Stay in community.**

**And above all—remember.**

## WHEN GOD LETS YOU BE HUNGRY

Remember the wilderness.

Remember the hunger.

Remember the God who brought you through.

**Because the greatest danger isn't entering Canaan.**

**It's entering Canaan with Egypt still in your backpack.**

*"Beware that you do not forget the LORD your God by not keeping His commandments and His ordinances and His statutes which I am commanding you today; otherwise, when you have eaten and are satisfied, and have built good houses and lived in them, and when your herds and your flocks multiply, and your silver and gold multiply, and all that you have multiplies, then your heart will become proud and you will forget the LORD your God."*

—Deuteronomy 8:11-14a (NASB)

## CHAPTER 16: THE WILDERNESS YOU'LL WALK AGAIN

### THE PHONE CALL SHE DIDN'T EXPECT

She'd made it through. Ten years since the first wilderness. Ten years of rebuilding. Ten years of blessing. Ten years of seeing God's promises fulfilled. She had the family, the ministry, the provision, the fruitfulness. Everything she'd hoped for during those dark years.

And then the phone call came.

Cancer. Stage three. Treatment starting immediately. Prognosis uncertain.

And just like that—wilderness. Again.

Different from the first one. That had been financial collapse and vocational uncertainty. This was physical. Medical. Life-threatening.

But wilderness nonetheless. Hunger of a different kind. Fear of a different flavor. A stripping away of a different comfort.

And her first thought—the one she was ashamed to admit—was: *"Really, God? Again? I thought I was done with this. I thought I'd learned the lessons. I thought I'd paid my dues in the wilderness. Why am I back here?"*

## WHEN GOD LETS YOU BE HUNGRY

But then, somewhere in the silence after the shock, a different thought emerged. Not audible. Not dramatic. Just a quiet knowing:

*"Because there are lessons you can only learn here. Promises you can only receive through this. Intimacy you can only experience in this particular hunger. This isn't the same wilderness. This is the next one. And I'm still with you. Still faithful. Still refining. Still preparing you for promises you don't even know are coming."*

And she realized: **The wilderness isn't a one-time event. It's a recurring pattern in the life of faith.** A cycle of hunger and provision, testing and proving, humbling and exalting that repeats—not because God is cruel, but because each wilderness prepares you for a different promise. Each hunger teaches you something new about dependence. Each stripping reveals a different layer of self-sufficiency that needs to die.

The wilderness you walked before prepared you for one level of promise. The wilderness you'll walk again prepares you for the next.

And that's not punishment. It's progression. It's growth. It's the normal pattern of spiritual formation.

You don't graduate from the wilderness. You graduate from one wilderness to enter another—deeper, different, designed to prepare you for promises you can't yet imagine.

# WHEN GOD LETS YOU BE HUNGRY

## THE TEXT: THE PATTERN OF TESTING AND PROVING

Let's look at Deuteronomy 8:2 one more time, but with fresh eyes:

*"You shall remember all the way which the LORD your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart, whether you would keep His commandments or not."* (NASB)

Notice it doesn't say: "Remember the wilderness, because now that you've passed the test, you'll never be tested again."

It says: "Remember the wilderness"—because you'll need that memory. You'll need to recall God's faithfulness. You'll need to remember the lessons learned. You'll need to draw on the character formed there.

**Because the wilderness is not exceptional. It's normal.**

Not in the sense of constant. But in the sense of recurring. Cyclical. A pattern that repeats throughout the life of faith.

Look at the pattern in Scripture:

**Abraham:** Wilderness of waiting for Isaac. Then wilderness of being asked to sacrifice Isaac. Then wilderness of Sarah's death. Multiple wildernesses. Each different. Each purposeful.

## WHEN GOD LETS YOU BE HUNGRY

**Moses:** Forty years in Midian (wilderness of obscurity). Forty years leading Israel (wilderness of leadership). Multiple wildernesses. Same man. Different seasons. Different tests.

**David:** Wilderness fleeing from Saul. Then wilderness of Absalom's rebellion. Then wilderness of his own sin's consequences. Multiple wildernesses. Each revealing different aspects of his heart.

**Job:** Wilderness of catastrophic loss. Then wilderness of physical suffering. Then wilderness of spiritual darkness when God seemed silent. Multiple layers. One season. But the pattern continues throughout Scripture.

**Peter:** Wilderness of failure after denying Jesus. Then wilderness of persecution. Then wilderness of theological conflict. Different wildernesses. Different seasons. Same calling to follow Jesus.

**Paul:** Wilderness of Damascus road blindness. Then wilderness of Arabia. Then wilderness of imprisonment. Then wilderness of physical suffering (thorn in the flesh). Multiple wildernesses throughout his ministry.

**The pattern is clear:** The life of faith includes multiple wildernesses. Not one. Not just an initial trial followed by permanent ease. But recurring seasons of testing, refining, humbling, and proving.

Each wilderness is different. Each teaches something new. Each prepares for a different promise. But the pattern repeats.

**And that's normal. That's the Christian life.**

### THE CYCLICAL NATURE OF SPIRITUAL GROWTH

Here's what we need to understand: **Spiritual growth is not linear. It's cyclical. It's a spiral.**

We want it to be linear: Start at point A (conversion). Move steadily upward to point B (maturity). Arrive at point C (perfection). Done.

But that's not how it works.

**Instead, it's:**

**Wilderness → Promise → Wilderness → Promise → Wilderness → Promise**

Each cycle deeper than the last. Each wilderness different from the previous one. Each promise greater than before.

You don't leave the wilderness behind and never return. You leave *that* wilderness behind and eventually enter the next one.

Why? Because:

## 1. THERE ARE ALWAYS DEEPER LEVELS OF SURRENDER

You surrender what you can see. What you're aware of. What you recognize needs surrendering.

But there are layers beneath layers. Attachments you don't recognize as attachments. Self-sufficiency you don't identify as self-sufficiency. Idols so subtle you don't realize you're worshiping them.

**Each wilderness goes deeper. Reveals more. Requires greater surrender.**

Not because you failed the first time. But because there's always more to surrender. Always deeper levels of "not my will, but Yours."

## 2. EACH PROMISE REQUIRES DIFFERENT PREPARATION

The promise you received from the first wilderness required certain character, certain faith, certain humility.

But the next promise—the greater one, the deeper one—requires different character. Deeper faith. More profound humility.

**You can't steward the next-level promise with first-level character. You need to be refined further. Prepared differently. Tested more deeply.**

And that happens in the next wilderness.

## 3. NEW SEASONS BRING NEW TEMPTATIONS

The temptations of poverty are different from the temptations of prosperity.

The temptations of obscurity are different from the temptations of influence.

The temptations of weakness are different from the temptations of strength.

**Each season brings new opportunities to trust self instead of God. New appetites to manage. New areas where self-sufficiency creeps in.**

And the wilderness exposes those. Tests those. Refines you in those specific areas.

## 4. GOD'S WORK IN YOU IS NEVER FINISHED

Philippians 1:6: *"For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus."*

**Until the day of Christ Jesus.** Not until you pass the first wilderness. Not until you reach a certain maturity. But until Jesus returns. Or you die. Whichever comes first.

**God is always working. Always refining. Always shaping you into Christ's image. And that work involves wilderness seasons.**

Not because He's sadistic. But because some character can only be formed in the crucible of suffering. Some faith can only be proven in the furnace of trial. Some intimacy can only be experienced in the darkness of uncertainty.

### JOHN OF THE CROSS: "THE DARK NIGHT OF THE SOUL"

John of the Cross, the 16th-century Spanish mystic, wrote extensively about what he called "the dark night of the soul"—seasons when God seems absent, when spiritual comfort disappears, when everything feels dry and dark and dead.

And he didn't describe it as abnormal or as evidence of God's displeasure. He described it as **essential for spiritual growth. Necessary for deeper union with God. Normal for maturing believers.**

He identified two types of dark nights:

#### 1. THE DARK NIGHT OF THE SENSES

This is when God removes sensory consolations. When prayer doesn't feel good anymore. When worship feels empty. When Scripture seems dry. When you don't *feel*/God's presence like you used to.

**Purpose:** To wean you from dependence on spiritual feelings and train you to love God for Himself, not for how He makes you feel.

**This is a wilderness.** A stripping away of comfort. A hunger for what used to satisfy.

## 2. THE DARK NIGHT OF THE SPIRIT

This is deeper. Darker. More painful. This is when God seems not just distant but absent. When your faith itself is tested. When you question everything. When you feel abandoned, forsaken, lost in a darkness so complete you can't see a way out.

**Purpose:** To purify your deepest attachments, your subtlest self-reliance, your most hidden pride. To bring you into union with Christ's sufferings. To prepare you for intimacy with God that transcends circumstances entirely.

**This is a deeper wilderness.** And John of the Cross says: **Mature believers experience this. Not beginners. Mature believers.**

Because this level of purification requires a foundation of faith that can withstand it. Beginners would be destroyed by it. But mature believers are prepared for it by earlier wildernesses.

Here's his crucial insight: **The dark night is not God's absence. It's His deeper work. He seems absent because He's working at a level beyond your perception. He feels distant because He's drawing you into a more profound intimacy that doesn't depend on feelings.**

And that work—that deeper, darker, more painful work—happens in the wilderness you'll walk again.

Not the same wilderness. The next one. Deeper. Different. Designed for this season, this promise, this level of transformation.

## TERESA OF ÁVILA: THE STAGES OF PRAYER

Teresa of Ávila, John's contemporary, described spiritual growth through the metaphor of watering a garden. And she identified four stages, each requiring more surrender, less effort, more trust:

### STAGE 1: DRAWING WATER FROM THE WELL

This is beginner prayer. Lots of effort. You're drawing water bucket by bucket. It's work. But it's fruitful.

**This is early faith. Active. Effortful. You're learning. Growing. Seeing results from your spiritual disciplines.**

### STAGE 2: THE WATER WHEEL

This is intermediate prayer. Less effort. The wheel does some of the work. You're still involved, but it's easier. More efficient.

**This is maturing faith. The disciplines are becoming habit. You're experiencing God more consistently. It feels less like work.**

## STAGE 3: THE STREAM

This is advanced prayer. Minimal effort. The stream flows naturally. You just direct it where the garden needs it.

**This is mature faith. Union with God is becoming natural. Dependence is instinctive. You're flowing with the Spirit.**

## STAGE 4: THE RAIN

This is contemplative prayer. No effort. God waters the garden Himself. You just receive.

**This is deep intimacy. Pure gift. Complete surrender. You're not doing anything. God is doing everything. And you're learning to rest in that.**

But here's the crucial point: You don't stay at Stage 4 forever. Seasons change. The rain stops. And you find yourself back at the well, drawing water bucket by bucket again.

Not because you failed. Not because you regressed. But because God is teaching you something new. Preparing you for a different kind of fruitfulness. Testing you at a deeper level.

The stages cycle. You move through them multiple times in a lifetime. Each time deeper. Each time different. Each time more transformative.

And the transition from Stage 4 back to Stage 1? That feels like wilderness. That feels like loss. That feels like God has abandoned you.

But He hasn't. He's just beginning a new cycle. A deeper work. A greater promise.

### TYPES OF WILDERNESS

Not all wildernesses are the same. Different seasons require different kinds of refining. Different promises require different preparation.

Here are some of the wildernesses you might walk:

#### 1. THE WILDERNESS OF OBSCURITY (MOSES' 40 YEARS)

**What it is:** Being hidden. Unknown. Doing faithful work that nobody sees or celebrates. Serving in obscurity while others get recognition.

**What it teaches:** Your worth is not in being seen. Your calling is not validated by applause. God is enough even when nobody knows your name.

**Biblical example:** Moses spent 40 years as a shepherd in Midian. Prince of Egypt to nobody in the wilderness. But those 40 years prepared him to lead Israel.

**Modern example:** Years of faithful ministry in a small church. Decades of excellent work in a job that doesn't get noticed. Motherhood that's invisible but invaluable.

**The promise it prepares you for:** Public ministry. Platform. Influence. But influence you can steward without pride because you learned in obscurity that God's approval matters more than human recognition.

## 2. THE WILDERNESS OF WAITING (ABRAHAM'S LONG YEARS)

**What it is:** God has promised. You believe it. But it's not happening. Years pass. Decades. And the promise seems more impossible, not less.

**What it teaches:** God's timing is not your timing. Patience. Trust without timelines. Hope when circumstances say "never."

**Biblical example:** Abraham waited 25 years for Isaac. God promised. Abraham believed. But the wait was excruciating. And tempting (hence Ishmael).

**Modern example:** Waiting for marriage. For children. For healing. For the ministry to launch. For the breakthrough. For justice. For restoration.

**The promise it prepares you for:** The thing you've been waiting for. But received with such gratitude, such humility, such awareness that it's pure gift—not something you forced or earned.

## 3. THE WILDERNESS OF FAILURE (PETER'S DENIAL)

**What it is:** You messed up. Badly. Your sin is visible. Your failure is public. Your shame is overwhelming.

**What it teaches:** You're not as strong as you thought. You're not as faithful as you claimed. You need grace more desperately than you realized. And God's love doesn't depend on your performance.

**Biblical example:** Peter denied Jesus three times. Publicly. Emphatically. After promising he never would. And he had to face that failure, own it, be restored through it.

**Modern example:** Moral failure. Business collapse through your own bad decisions. Relationship destruction through your own sin. Public ministry implosion.

**The promise it prepares you for:** Restoration. Second chances. Ministry birthed out of brokenness. The kind of compassion that only comes from knowing you've been forgiven much.

### 4. THE WILDERNESS OF SUCCESS (SOLOMON'S PROSPERITY TEST)

**What it is:** Everything is going well. Too well. Success, prosperity, influence, recognition—all the things you wanted. And the danger is losing your soul in the midst of blessing.

**Biblical example:** Solomon had it all. Wisdom, wealth, power, influence, peace. And it destroyed him. He ended up worshiping other gods, building high places, forgetting the Lord.

**What it teaches:** Success is more dangerous than failure. Prosperity tests you more than poverty. You need God just as much when you're winning as when you're losing. Maybe more.

**Modern example:** Career success. Financial prosperity. Ministry growth. Platform expansion. All the good things that can subtly replace God as your source of security.

**The promise it prepares you for:** Sustained fruitfulness. Success that doesn't destroy you. Influence that doesn't corrupt you. Because you've learned to find your identity in God, not in your achievements.

### 5. THE WILDERNESS OF LOSS (JOB'S TRIALS)

**What it is:** Everything is taken. Not because you sinned. Not because you failed. Just... taken. Children, health, wealth, reputation, comfort. Gone.

**What it teaches:** You don't worship God for what He gives you. You worship Him for who He is. Your faith is not contingent on circumstances. God Himself is enough, even when nothing else is left.

**Biblical example:** Job lost everything. His children, his wealth, his health, his reputation. And his friends accused him of hidden sin. But God was refining him for a deeper revelation of Himself.

**Modern example:** Catastrophic loss. Death of a child. Terminal diagnosis. Financial devastation not through your own failure but through circumstances beyond your control. The loss of the thing you thought God would never take.

**The promise it prepares you for:** A relationship with God that transcends circumstances. Intimacy that doesn't require comfort. Faith that survives even total loss. And often—though not always—restoration beyond what was lost.

### 6. THE WILDERNESS OF DOUBT (JOHN THE BAPTIST'S PRISON)

**What it is:** You believed. You were certain. You saw God move. And now... you're not sure. Questions emerge. Doubts surface. And you wonder if you got it all wrong.

**What it teaches:** Faith is not the absence of doubt. Faith is choosing to trust even when doubts are present. And sometimes the most faithful thing you can do is bring your questions to God.

**Biblical example:** John the Baptist, in prison, sent his disciples to ask Jesus, "Are You the Expected One, or shall we look for someone else?" (Matthew 11:3). The man who had proclaimed Jesus as Lamb of God now doubted.

**Modern example:** The dark night of doubt. When your theology unravels. When your certainties crumble. When you question everything you thought you knew.

**The promise it prepares you for:** A faith more robust than you had before. A theology tested and proven. A relationship with God that survives even your doubts.

## 7. THE WILDERNESS OF TRANSITION (ISRAEL AT JORDAN)

**What it is:** Standing between what was and what will be. The wilderness is ending. The promise is beginning. But you're in the liminal space. The in-between. And it's terrifying.

**What it teaches:** Letting go of the familiar. Trusting God into the unknown. Taking the step when you can't see the ground. Crossing the Jordan when it's flooded.

**Biblical example:** Israel at the edge of Jordan. Wilderness behind. Canaan ahead. But a flooded river in between. And they had to step into the water before it parted.

**Modern example:** Career change. Geographic move. Relationship transition. Life stage shift. The ending of one season and the beginning of another. And the disorienting space between.

**The promise it prepares you for:** The new thing God is doing. The next level. The greater promise. But you have to let go of the old to receive the new. And that letting go happens in this wilderness.

## WHEN GOD LETS YOU BE HUNGRY

You'll walk different wildernesses in different seasons. And each one serves a purpose. Each one prepares you. Each one reveals something new. Each one refines you in a specific way.

The wilderness you walked before was necessary. The wilderness you're in now is purposeful. The wilderness you'll walk next is already being prepared—designed specifically for the promise God has waiting.

### WHY MATURE BELIEVERS STILL FACE HUNGER

This is the question that troubles people: "If I've already been through the wilderness, if I've already learned the lessons, if I've already proven my faith—why am I hungry again? Why am I being tested again? Haven't I paid my dues?"

Here's the truth: Mature believers face wilderness seasons not despite their maturity but because of it.

#### 1. BECAUSE GREATER PROMISES REQUIRE GREATER PREPARATION

God doesn't give you the greatest promises first. He builds you up to them. Prepares you. Tests you at increasing levels.

And each promise requires corresponding character. Corresponding faith. Corresponding humility.

You can't handle tomorrow's promise with yesterday's character. You need to be refined further. And that happens in the wilderness you'll walk again.

### 2. BECAUSE DEEPER INTIMACY REQUIRES DEEPER PURIFICATION

The closer you get to God, the more you're aware of what needs to be purified. The brighter the light, the more the shadows are exposed.

God's goal is not just to bless you. It's to bring you into union with Him. And that union requires purification that goes deeper than surface-level behavior modification.

John of the Cross: The dark night happens to mature believers because they're ready for it. Ready to go deeper. Ready for God to work at levels that would have destroyed them earlier.

### 3. BECAUSE NEW SEASONS BRING NEW CHALLENGES

You mastered the challenges of that season. You learned to trust God in those circumstances. You developed character for that situation.

But this season is different. New challenges. New temptations. New opportunities for self-sufficiency.

And you need new refining for new challenges.

The wilderness that prepared you for obscurity won't prepare you for influence. The wilderness that taught you poverty won't teach you prosperity. The wilderness that refined you for singleness won't refine you for marriage.

Different wildernesses. Different lessons. Different preparation.

### 4. BECAUSE GOD IS MAKING YOU MORE LIKE CHRIST

And Christ suffered. Repeatedly. Progressively. Ultimately.

Hebrews 5:8: *"Although He was a Son, He learned obedience from the things which He suffered."*

If Jesus—the perfect Son of God—learned obedience through suffering, how much more do we need it?

Wilderness makes you like Christ. And the more you become like Him, the more you'll experience what He experienced: suffering that refines, tests that prove, darkness that prepares you for glory.

### C.S. LEWIS: CHANGING THE ENDING

C.S. Lewis wrote: *"You can't go back and change the beginning, but you can start where you are and change the ending."*

This is hope for the wilderness you'll walk again.

## WHEN GOD LETS YOU BE HUNGRY

Yes, you're here. Again. In a wilderness. Hungry. Tested. Refined. And you can't change that.

But you can choose how this wilderness ends. You can choose what you become through it. You can choose whether you emerge bitter or better. Hardened or humbled. Broken or refined.

**You can't control the wilderness. But you can control your response to it.**

And that response—that choice—determines not just how this wilderness ends, but what promise it prepares you for.

**Lewis also wrote:** *"Hardships often prepare ordinary people for an extraordinary destiny."*

The wilderness you're in—the one you didn't choose, didn't expect, don't want—is preparing you for something extraordinary. A promise you can't yet see. A destiny you can't yet imagine.

**But you have to walk through the wilderness to get there.**

And the good news? You've done this before. You know the pattern. You've experienced God's faithfulness in past wildernesses. You have evidence that He brings you through.

So this wilderness—as hard as it is—isn't as scary as the first one. Because you know: This is not the end. This is preparation. This is refining. This is God doing what He always does—humbling, testing, proving, preparing.

And on the other side is promise. Again. Greater than before. Worth the process.

### HOPE FOR THE JOURNEY

So how do you walk through the wilderness you'll face again? With the same wilderness you've already walked behind you and evidence of God's faithfulness in your history?

Here's your hope:

#### 1. GOD NEVER WASTES A WILDERNESS

Every wilderness serves a purpose. Every hunger teaches something. Every test reveals something. Every stripping prepares you for something.

Nothing is random. Nothing is meaningless. Nothing is wasted.

Romans 8:28: *"And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose."*

All things. Including the wilderness. Including the hunger. Including the refining. It's all working together for good.

Not that it's all good. But that God is working it all together for good.

## 2. EVERY HUNGER HAS A HOLY PURPOSE

The hunger you feel—physical, emotional, spiritual, relational—it's not punishment. It's pedagogy. It's not evidence of God's absence. It's evidence of His active work.

**He's letting you hunger so you'll learn:**

- Man does not live by bread alone
- God's word sustains more than physical food
- Dependence is beautiful, not shameful
- Satisfaction is found in Him, not in circumstances
- You need Him more than you need comfort

**The hunger is intentional. Purposeful. Holy.**

And when you embrace it instead of resenting it, when you let it drive you to God instead of away from Him, when you use it to deepen dependence instead of breeding bitterness—**the hunger accomplishes its purpose.**

## 3. THE PROMISE IS WORTH THE PROCESS

Every wilderness you've walked has led to promise. Not always the promise you expected. Not always on your timeline. But promise nonetheless.

**And the promise is always worth the process.**

## WHEN GOD LETS YOU BE HUNGRY

The intimacy with God you gained was worth the hunger.

The character you developed was worth the refining.

The faith you proved was worth the testing.

The dependence you learned was worth the stripping.

**And the promise waiting on the other side of this wilderness will be worth this process too.**

You might not be able to see it yet. You might not be able to imagine it. But it's there.

God has prepared it. And the wilderness is preparing you for it.

### 4. YOU'RE NOT ALONE (HEBREWS 12:1)

Hebrews 12:1: *"Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us."*

You're surrounded by witnesses. People who walked wildernesses before you. People who survived, who were refined, who emerged transformed.

Abraham walked this path. Moses walked this path. David walked this path. All the prophets. All the apostles. All the saints throughout history.

You're not the first to walk through wilderness. You're not alone in the hunger. You're not unique in the testing.

And if God brought them through—faithfully, purposefully, redemptively—He'll bring you through too.

### 5. THIS TOO SHALL PASS—BUT NOT WITHOUT CHANGING YOU

The wilderness is temporary. Not permanent. You will exit. You will enter promise. You will experience provision.

**But here's the critical part: The wilderness will change you.**

You won't exit the same person who entered. You can't. The refining fire changes you. The hunger transforms you. The testing proves you.

**And that change—that transformation—is the goal.**

Not the circumstances changing. You changing. Not the situation improving. You maturing. Not the external shifting. The internal being refined.

**The wilderness will pass. But you'll be different on the other side.**

More humble. More dependent. More trusting. More obedient. More like Christ.

And that's worth it. Even when it doesn't feel like it. Even when you'd rather skip the process and go straight to the promise.

The transformation is worth the wilderness.

### REFLECTION QUESTIONS

1. What wilderness are you in right now? How is it similar to past wildernesses? How is it different?

Name it. Identify it. Recognize the pattern.

2. What is this particular wilderness designed to teach you? What layer of self-sufficiency is being exposed? What dependence is being developed?

Every wilderness has a curriculum. What's the lesson?

3. How have past wildernesses prepared you for this one? What do you know now that you didn't know then?

You're not starting from scratch. You have history. Experience. Evidence of God's faithfulness.

4. What promise might this wilderness be preparing you for? What next level is God equipping you for?

## WHEN GOD LETS YOU BE HUNGRY

You can't see it yet. But it's there. What might it be?

**5. How are you responding to this wilderness? With bitterness or trust? With resentment or surrender? With resistance or faith?**

Your response determines what you become through this.

**6. Who in your "cloud of witnesses" encourages you? Whose story gives you hope that God brings people through?**

You're not alone. Who's walked this path before you?

**7. What needs to die in this wilderness? What layer of Egypt is God stripping away? What self-sufficiency is being exposed?**

The wilderness reveals. What's being revealed in you?

**8. How will you remember this wilderness when it's over? What monument will you build? What story will you tell?**

This isn't the end. You'll come through. And you'll need to remember.

### THE PROMISE THAT SUSTAINS

Here's what you need to know as you face the wilderness you'll walk again:

**God is faithful. Always. In every wilderness. In every season. In every hunger.**

## WHEN GOD LETS YOU BE HUNGRY

He was faithful in the past. He's faithful now. He'll be faithful in the future.

**He brought you through before. He'll bring you through again.**

Not because you're strong. Because He is.

Not because you're sufficient. Because He is.

Not because you earned it. Because He's gracious.

**The wilderness is not the end. It's the middle.**

You've been delivered from Egypt (sin, death, slavery). That's behind you.

You're heading toward the new creation (eternal life, resurrection, full redemption).

That's ahead.

And in between—right now—is wilderness. Multiple wildernesses. Different seasons.

Various tests.

**But it's all moving toward the promise. All working toward good. All refining you for glory.**

**Jesus walked the ultimate wilderness. The cross. The abandonment. The suffering. The death.**

And on the other side was resurrection. Exaltation. Glory. The promise fulfilled.

## WHEN GOD LETS YOU BE HUNGRY

Your wilderness is participation in His. Your hunger is sharing in His. Your suffering is union with His.

And just as His wilderness led to promise, yours will too.

So walk. Even when you're tired. Even when you're hungry. Even when you don't understand.

Walk. One step at a time. One day at a time. One manna portion at a time.

Walk. Knowing this is not the end. Knowing the promise is coming. Knowing God is faithful.

Walk. Because you've done this before. Because you'll do it again. Because each wilderness prepares you for greater promise.

And walk knowing:

You're not alone.

This has purpose.

The promise is worth it.

God is faithful.

## WHEN GOD LETS YOU BE HUNGRY

And the wilderness—as brutal as it is—is the pathway to the abundance you're made for.

*"Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."*

—Hebrews 12:1-2 (NASB)

# WHEN GOD LETS YOU BE HUNGRY

## EPILOGUE: THE INVITATION

You've reached the end of this book.

But you haven't reached the end of your wilderness.

Maybe you're in one now. Maybe you're about to enter one. Maybe you're standing in Canaan, knowing another one is coming.

**Wherever you are, hear this:**

**God hasn't forgotten you.**

**The hunger you feel has holy purpose.**

**The testing you're experiencing is refining, not random.**

**The wilderness you're walking is preparation, not punishment.**

And on the other side—when you've been humbled, when you've been tested, when you've learned to live by every word from God's mouth—there's promise. Abundant. Fruitful. Multiplying. Better than anything you could have forced or strived for.

## WHEN GOD LETS YOU BE HUNGRY

**But you have to walk through the wilderness to get there.**

You can't skip it. Can't shortcut it. Can't avoid it.

**You can only walk it. With faith. With surrender. With daily dependence.**

**And as you walk, remember:**

You shall remember all the way the LORD your God has led you.

You shall remember the humbling.

You shall remember the hunger.

You shall remember the manna.

You shall remember the testing.

You shall remember the proving.

## WHEN GOD LETS YOU BE HUNGRY

Because the wilderness you walked prepared you. The wilderness you're in is refining you. And the wilderness you'll walk will ready you for promises you can't yet imagine.

So walk. In faith. In surrender. In trust.

The promise is coming.

And it will be worth it.

*"Man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."*

—Deuteronomy 8:3b (NASB)

THE END

*(But really, it's just the beginning.)*

## CONCLUSION: THE THEOLOGY OF HOLY HUNGER

### THE JOURNEY WE'VE WALKED TOGETHER

We began with a simple question that contains a universe of theological depth:

**Why does God let His children be hungry?**

Not just physically hungry—though sometimes that too. But spiritually, emotionally, relationally, purposefully hungry. Why does a good Father who has infinite resources deliberately allow His children to experience lack?

Deuteronomy 8:3 gave us the answer:

*"He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."* (NASB)

And over sixteen chapters, we've unpacked that answer. We've walked the journey from Egypt through the wilderness to Canaan. We've examined the humbling, the hunger, the testing, the proving, the manna, the Word, the obedience, the remembrance, the promise, and the warning.

Let's trace the path we've traveled:

## FROM EGYPT: THE BONDAGE WE'RE DELIVERED FROM

We started in Egypt. The place of slavery. The house of bondage. The land where Pharaoh said, "Make more bricks," and you had no choice but to obey.

But Egypt was more than physical location. It was a mindset. A system. A way of being that we all carry:

- **Self-sufficiency:** "I have to take care of myself. Nobody else will."
- **Performance:** "My worth is determined by my productivity."
- **Control:** "If I don't manage everything, it will all fall apart."
- **Security in the visible:** "What I can see, touch, measure—that's what's real."
- **Appetite for comfort:** "I deserve ease. I've earned rest. Give me what's familiar."

Egypt taught us to trust bread. To live by bread alone. To organize our entire existence around securing, protecting, and consuming bread.

And God delivered us from that. Not just geographically. Spiritually. He brought us out. Set us free. Broke the chains.

But freedom from Egypt is not the same as arrival in Canaan. There's a journey in between.

### THROUGH THE WILDERNESS: THE FORMATION GOD REQUIRES

The wilderness is not punishment for leaving Egypt. It's preparation for entering Canaan.

It's the place between bondage and promise. Between slavery and abundance. Between who you were and who you're becoming.

**And in the wilderness, God does specific work:**

**He humbles you**—breaking your self-sufficiency, exposing your limitations, revealing your absolute dependence on Him.

**He lets you be hungry**—creating a desperation for Him that abundance would never produce, teaching you that man does not live by bread alone.

**He feeds you with manna**—provision you didn't know, can't control, can't store, can't earn. Daily dependence. Daily trust. Daily surrender.

**He tests you**—not to discover what's in your heart (He already knows), but to reveal it to you. To expose the Egypt still in your system. The self-reliance still in your soul. The functional gods you're still trusting.

**He teaches you to live by His Word**—not just to know Scripture, but to feed on it. To let it nourish your soul. To depend on it more than on bread.

**He trains you in obedience**—not reluctant compliance, but wholehearted surrender. Not "I have to" but "I get to." Not duty but delight.

**The wilderness is not wasted wandering. It's intentional formation. It's God's classroom. His training ground. His crucible of character.**

**And it's absolutely necessary.** Because the people who left Egypt weren't ready for Canaan. Their geography changed, but they didn't. They had Egypt's appetites, Egypt's values, Egypt's way of thinking.

**The wilderness strips that away. Refines you. Reforms you. So that when you enter Canaan, you're ready. Not just to receive the promise, but to steward it well.**

### TO CANAAN: THE PROMISE GOD PREPARED

Canaan is the goal. The promise. The land flowing with milk and honey. The abundance God swore to give.

**But here's what we learned: Canaan is not the end of testing. It's a different test.**

The wilderness tests whether you'll trust God when you have nothing.

Canaan tests whether you'll remember God when you have everything.

**Both tests matter. Both are critical. And honestly, the Canaan test might be harder.**

Because in the wilderness, you're forced to depend. You have no choice.

But in Canaan, dependence is a choice. Humility is a discipline. Obedience is intentional. And forgetting is the natural drift.

**That's why we spent so much time on safeguards:**

- Intentional simplicity
- Generosity as discipline
- Regular fasting
- Gratitude practices
- Community accountability
- Active remembrance

These aren't legalistic rules. They're lifelines. They're protection against the amnesia that prosperity breeds. They're insurance against being destroyed by the very blessing God gave you.

**And the ultimate safeguard? Remembering the wilderness.**

Remembering the hunger. The humbling. The daily manna. The absolute dependence. The God who brought you through.

**Because when you remember the wilderness, you can live in Canaan with a wilderness heart.**

Stewarding abundance with humility. Managing prosperity with dependence. Enjoying blessing while worshiping the Giver, not the gifts.

That's the journey. Egypt to wilderness to Canaan. Bondage to formation to promise. Self-sufficiency to surrender to stewardship.

### THE ULTIMATE HUNGER: CHRIST AS THE TRUE BREAD

But here's what we need to understand: **This entire journey—Egypt, wilderness, Canaan—is ultimately about Jesus.**

Deuteronomy 8:3 is not just Old Testament history. It's gospel prophecy. It's pointing forward to the true Manna. The true Word. The true Bread of Life.

**Jesus made this connection explicit in John 6.**

After feeding five thousand people with five loaves and two fish, the crowd follows Him. They want more bread. More physical provision. More of what they can see and taste and consume.

And Jesus says:

*"Truly, truly, I say to you, you seek Me, not because you saw signs, but because you ate of the loaves and were filled. Do not work for the food which perishes, but for the food which endures to eternal life, which the Son of Man will give to you."* (John 6:26-27, NASB)

**They're seeking bread. He's offering Himself.**

## WHEN GOD LETS YOU BE HUNGRY

Then they bring up the manna. The very passage we've been studying:

*"Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread out of heaven to eat.'" (John 6:31, NASB)*

And Jesus responds:

*"Truly, truly, I say to you, it is not Moses who has given you the bread out of heaven, but it is My Father who gives you the true bread out of heaven. For the bread of God is that which comes down out of heaven, and gives life to the world... I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst."*  
(John 6:32-33, 35, NASB)

Read that again. Slowly.

**"I AM the bread of life."**

Not "I give you bread." Not "I provide bread." But **"I AM bread."**

Jesus is the fulfillment of the manna. The true bread from heaven. The reality that the wilderness provision was pointing toward.

## The manna in the wilderness:

- Came from heaven (not from earth)
- Was given, not earned
- Required daily dependence (couldn't be stored)
- Sustained life in impossible circumstances
- Pointed beyond itself to something greater

## Jesus, the true Manna:

- Came from heaven (the Word became flesh)
- Is given freely (grace, not works)
- Requires daily dependence (abide in Me)
- Sustains eternal life in impossible world

**Is the ultimate reality the manna pointed to**

## And then Jesus goes further:

*"I am the living bread that came down out of heaven; if anyone eats of this bread, he will live forever; and the bread also which I will give for the life of the world is My flesh."* (John 6:51, NASB)

**The bread He gives is His flesh. Given on the cross. Broken for us. Poured out for us.**

The wilderness hunger was training Israel to hunger for Him. The manna was preparing them to receive Him. The lesson "man does not live by bread alone" was teaching them that they need Jesus more than they need physical food.

# WHEN GOD LETS YOU BE HUNGRY

## HOW THE GOSPEL FULFILLS DEUTERONOMY 8:3

Let's trace how every element of Deuteronomy 8:3 finds its ultimate fulfillment in the gospel:

### "HE HUMBLED YOU"

**The ultimate humbling is the cross.**

Philippians 2:6-8: "[Christ Jesus], although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross."

**Jesus was humbled. Voluntarily. Completely. To the point of death.**

And when we are united with Christ by faith, we participate in His humbling. We are crucified with Christ (Galatians 2:20). We die to self. We are humbled—not to earn salvation, but because we're united to the Humble One.

**The wilderness humbles us by stripping away self-sufficiency. The cross humbles us by showing us that we needed Someone to die for us. That we couldn't save ourselves. That apart from Him, we are nothing.**

## WHEN GOD LETS YOU BE HUNGRY

### "LET YOU BE HUNGRY"

The ultimate hunger is for righteousness that we cannot produce.

Matthew 5:6: *"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."*

The wilderness created hunger for daily manna. The gospel creates hunger for the righteousness that only Christ provides.

We hunger for:

- Forgiveness we can't earn
- Acceptance we don't deserve
- Identity that doesn't depend on performance
- Righteousness that comes from Another
- Life that we can't create

And that hunger—that desperate, soul-deep hunger—drives us to Christ. The only One who satisfies. The only One who is enough.

### "FED YOU WITH MANNA"

The ultimate manna is Christ Himself.

John 6:35: *"I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst."*

Physical manna sustained physical life for a season. Jesus sustains eternal life forever.

We feed on Christ by:

- **Faith** (trusting Him, not our works)
- **His Word** (Scripture revealing Him)
- **Communion** (remembering His body broken, blood poured out)
- **Daily dependence** (abiding in Him, as branch in vine)
- **Obedience** (eating His word means doing it)

Just as Israel had to gather manna daily, we come to Christ daily. We feed on His Word daily. We depend on His grace daily.

"THAT HE MIGHT MAKE YOU UNDERSTAND"

The ultimate understanding is knowing Christ.

Philippians 3:8: *"More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord."*

The wilderness was designed to teach Israel what truly matters. The gospel teaches us the same—but at infinitely greater depth:

Man does not live by bread alone = You don't find life in created things, but in the Creator

But by every word from God's mouth = You find life in Christ, the Word made flesh

Everything the wilderness taught, the gospel confirms and fulfills:

- **Dependence?** We depend on Christ for everything—salvation, sanctification, sustenance, strength.
- **Humility?** At the cross, we see we're sinners who needed a Savior. No room for pride there.
- **Trust?** We trust Christ's finished work, not our own efforts.
- **Obedience?** We obey not to earn love, but because we're loved. Not from fear, but from gratitude.
- **Daily provision?** His mercies are new every morning. His grace is sufficient for today.

The wilderness was gospel preparation. Training wheels for living by faith in Christ.

### THE CROSS AS GOD'S ULTIMATE HUMBLING

Let's linger here because it's crucial:

The cross is the ultimate expression of God letting His people be hungry and then feeding them with what they truly need.

Think about it:

Humanity was hungry for:

- Righteousness we couldn't achieve
- Forgiveness we couldn't earn
- Relationship with God we couldn't create
- Life we couldn't produce

We tried to satisfy that hunger with **bread** (wealth, success, religion, morality, achievement, control). And it never worked. Never satisfied. Never filled the God-shaped vacuum in our souls.

**So God humbled us** by showing us our hunger is deeper than we thought. Our need is greater than we realized. Our brokenness is more profound than we wanted to admit.

**And then He fed us** with what we truly needed: **Himself. His Son. Jesus. The Bread of Life.**

**On the cross:**

- Jesus was humbled (to death)
- Jesus was hungry (thirsted, cried out in abandonment)
- Jesus was tested (tempted to come down, to save Himself, to give up)
- Jesus trusted the Father's word (even when it meant death)
- Jesus was broken (like bread)
- Jesus was poured out (like wine)

All so that we could feast. All so that our hunger could be satisfied. All so that we could have life—real life, abundant life, eternal life.

**The wilderness taught Israel: Man does not live by bread alone.**

**The cross proves it: Man lives by Christ alone. By His death. By His resurrection. By His life poured out and taken up again.**

## WHEN GOD LETS YOU BE HUNGRY

Every wilderness hunger you've experienced—every season of lack, every time God has let you be empty—has been training you for this ultimate truth:

You need Jesus more than you need anything else. And Jesus is enough. Even when nothing else is. Especially when nothing else is.

### THE RESURRECTION AS OUR ULTIMATE PROMISE

But the gospel doesn't end at the cross. It ends (or really, begins) with the empty tomb.

The resurrection is the ultimate promise. The ultimate Canaan. The ultimate abundant life.

Israel's wilderness led to Canaan—a land flowing with milk and honey. Abundance. Fruitfulness. Life.

Our wilderness leads to resurrection—eternal life, incorruptible bodies, new creation, the presence of God forever.

And here's the staggering truth: We don't have to wait until we die to experience resurrection life. It's already begun.

Romans 6:4: *"Therefore we have been buried with Him through baptism into death, so that as Christ was raised from the dead through the glory of the Father, so we too might walk in newness of life."*

Newness of life. Now. Not just someday. Now.

You've been raised with Christ (Colossians 3:1). You have resurrection life right now.

The same power that raised Jesus from the dead is at work in you (Ephesians 1:19-20).

Your wilderness seasons—the hunger, the humbling, the testing—are designed to kill what needs to die (self-sufficiency, pride, Egypt appetites) so that resurrection life can flourish.

You die in the wilderness. You're raised to walk in newness of life in the promise.

And the promise is not just future heaven (though it's that too). The promise is Christ in you, the hope of glory (Colossians 1:27). The promise is abundant life now (John 10:10). The promise is fruit that remains (John 15:16).

The resurrection proves:

- Death is not the end
- God keeps His promises
- Suffering leads to glory
- The wilderness leads to life
- Hunger is satisfied
- God is faithful

And every wilderness you walk is preparation for greater experience of resurrection life. Greater manifestation of Christ in you. Greater fruitfulness. Greater promise.

## LIVING BY EVERY WORD: THE PRACTICAL OUTWORKING

So how do you actually live this? How do you move from theology to reality? From concept to practice?

**How do you live by every word that proceeds from the mouth of God?**

### 1. MAKE SCRIPTURE YOUR DAILY MANNA

**What it means:** Feed on God's Word daily. Not just read it—eat it. Digest it. Let it nourish you.

**How to do it:**

- **Lectio Divina** (read slowly, meditate deeply, pray it back, contemplate silently)
- **Memorization** (store it in your heart for when you need it)
- **Meditation** (chew on a verse all day, let it sink deep)
- **Obedience** (do what it says, don't just know it)
- **Application** (ask: How does this change how I live today?)

**The question to ask:** What is God saying to me today through His Word? Not what did He say 2,000 years ago (though that matters), but what is He saying now? His Word is living and active (Hebrews 4:12). It speaks. Present tense.

**The practice:** Don't move on from a passage until you've received something from it. Quality over quantity. Depth over breadth. One verse that feeds you is better than five chapters that just pass through your eyes.

## 2. MAKE OBEDIENCE YOUR LIFESTYLE, NOT AN EVENT

**What it means:** Obedience is not a one-time decision. It's a daily, moment-by-moment, lifelong practice.

**How to do it:**

- **Start small** (one area of obedience, one command, one step)
- **Be immediate** (delayed obedience is disobedience)
- **Be specific** (vague commitments produce vague results)
- **Be consistent** (daily rhythm, not just crisis response)
- **Be costly** (if obedience doesn't cost you something, it's not really obedience)

**The question to ask:** What is God asking me to obey today? Not in general. Not someday. Today. This hour. This moment.

**The practice:** Identify one specific area where you're resisting obedience. Name it. Confess it. Ask God for grace to obey. Then take one step. Today. Not tomorrow. Today.

## 3. MAKE REMEMBRANCE YOUR SPIRITUAL WARFARE

**What it means:** Actively, intentionally, aggressively remember what God has done. Fight the amnesia that prosperity breeds.

**How to do it:**

- **Build monuments** (physical reminders of God's faithfulness)
- **Tell stories** (your testimony repeated regularly)
- **Journal** (write down prayers, provisions, breakthroughs)
- **Celebrate** (mark anniversaries of God's deliverance)
- **Teach** (pass it to the next generation)

**The question to ask:** What am I in danger of forgetting? What blessing have I started taking for granted? What provision have I stopped seeing as miraculous?

**The practice:** Right now, write down three specific things God has done in your life. Three evidences of His faithfulness. Three answered prayers. Three wilderness seasons He brought you through. Write them. Read them. Remember them.

**Why this is warfare:** Because the enemy wants you to forget. Wants you to think you're self-made. Wants you to believe God isn't faithful. Wants you to trust bread instead of the Bread of Life.

**But remembrance defeats those lies. Remembrance declares truth. Remembrance builds faith.**

### 4. MAKE TESTIMONY YOUR WORSHIP

**What it means:** Your story of God's faithfulness is not just for you. It's worship. It's witness. It's spiritual weapon.

## How to do it:

- **Tell it regularly** (in church, in small group, to friends, to yourself)
- **Tell it honestly** (the struggle, the doubt, the wilderness—and God's faithfulness through it)
- **Tell it humbly** (this is about God, not about how strong you were)
- **Tell it strategically** (to people in their own wilderness, to encourage their faith)
- **Tell it worshipfully** (as declaration of God's goodness)

**The question to ask:** Who needs to hear my story? Who's in a wilderness right now that my testimony could encourage?

**The practice:** This week, tell one person what God has done in your life. Not a polished, perfect story. Just honest testimony. "I was in wilderness. God was faithful. Here's what He taught me."

**Why this matters:** Revelation 12:11 - *"And they overcame him because of the blood of the Lamb and because of the word of their testimony."*

**Testimony is warfare. It defeats the accuser. It builds faith. It gives glory to God.**

## THE FINAL CHALLENGE: FOUR QUESTIONS YOU MUST ANSWER

We've covered a lot of ground. Sixteen chapters. Theological depth. Practical application. Biblical examples. Spiritual disciplines.

But ultimately, this book is asking you four questions. And you need to answer them. Honestly. Personally. Specifically.

# WHEN GOD LETS YOU BE HUNGRY

Not in theory. In reality.

## QUESTION 1: WHAT WILDERNESS ARE YOU IN RIGHT NOW?

Not "What wilderness might you face someday?" But **what wilderness are you in right now?**

Is it:

- **Financial?** (Provision uncertain, resources limited, future unclear)
- **Relational?** (Loneliness, broken relationship, difficult person)
- **Vocational?** (Job loss, career uncertainty, ministry dryness)
- **Physical?** (Illness, disability, chronic pain)
- **Spiritual?** (God feels distant, prayer feels empty, faith feels weak)
- **Emotional?** (Depression, anxiety, grief, trauma)
- **Transitional?** (Between seasons, leaving the old, not yet in the new)

Name it. Specifically. Out loud if possible.

Because you can't navigate a wilderness you won't acknowledge. You can't learn from a season you're denying. You can't receive what God wants to give you if you won't admit where you are.

So name it: "I am in the wilderness of \_\_\_\_\_."

## QUESTION 2: WHAT IS GOD TRYING TO REVEAL IN YOUR HEART?

Remember Deuteronomy 8:2: "*testing you, to know what was in your heart.*"

**God knows what's in your heart. But do you?**

The wilderness is designed to reveal:

- What you actually trust (not what you say you trust)
- What you actually worship (not what you claim to worship)
- What you actually believe about God (not your theological statements, but your gut-level assumptions)
- What you're actually living for (not your stated values, but your real priorities)

**So what is God revealing?**

Is He showing you:

- **Self-sufficiency** you didn't realize was there?
- **Fear** you've been medicating with control?
- **Pride** disguised as competence?
- **Idols** you've been serving unknowingly?
- **Unbelief** beneath your religious performance?
- **Entitlement** you thought was just "reasonable expectations"?
- **Egypt appetites** you brought into Canaan?

**Be honest. What's being exposed? What's being revealed?**

Because revelation is the first step toward transformation. You can't repent of what you won't acknowledge. You can't be healed from what you refuse to see.

**So ask God: "What are You showing me about my heart through this wilderness?"**

And then listen. Journal. Sit in silence. Let Him speak.

## QUESTION 3: WHAT HUNGER IS ACTUALLY AN INVITATION?

Not all hunger is bad. Not all lack is punishment. Sometimes—often—hunger is invitation.

Invitation to:

- Deeper dependence
- Greater trust
- More intimate relationship
- Truer worship
- Fuller surrender
- Authentic need for Him

So what hunger are you experiencing? And what is it inviting you into?

Is your:

- **Physical hunger** inviting you to feed on His Word instead of just bread?
- **Relational hunger** inviting you to find sufficiency in Him, not in people?
- **Financial hunger** inviting you to trust Him as Provider, not your job?
- **Emotional hunger** inviting you to be satisfied in Him, not in circumstances?
- **Spiritual hunger** inviting you to seek His face, not just His hand?

Hunger is not just absence. It's invitation. It's God saying: "I have something better for you. Will you receive it?"

So instead of resenting the hunger, ask: What is this hunger inviting me into? What does God want to give me that I can only receive when I'm empty?

### QUESTION 4: WHAT WORD FROM HIS MOUTH ARE YOU REFUSING TO EAT?

This is the hardest question. The most convicting. The one that requires brutal honesty.

**What has God said—clearly, repeatedly, unmistakably—that you're refusing to obey?**

Is it:

- **Forgive** (and you're holding the grudge)?
- **Give** (and you're hoarding)?
- **Go** (and you're staying)?
- **Wait** (and you're forcing it)?
- **Speak** (and you're silent)?
- **Be silent** (and you're speaking)?
- **Trust** (and you're controlling)?
- **Surrender** (and you're still grasping)?

You know what it is. You've known for a while. God has spoken. His Word is clear. And you're refusing to eat it.

Not because you don't understand. But because you don't want to obey.

So here's the final challenge:

**What word from God's mouth will you eat today?**

What command will you obey? What truth will you trust? What promise will you believe? What direction will you follow?

## WHEN GOD LETS YOU BE HUNGRY

Not someday. Today.

Because man does not live by bread alone, but by every word that proceeds from the mouth of the LORD.

And if you're not eating His word—if you're refusing to obey what He's said—you're starving spiritually. Even if your stomach is full. Even if your bank account is full. Even if your life looks successful.

You're starving. Because you're living by bread alone.

So eat. Feed on His Word. Obey what He's said. Trust what He's promised. Follow where He's leading.

Today. Not tomorrow. Today.

### BENEDICTION: A PRAYER FOR THOSE IN THE WILDERNESS

If you're in the wilderness right now—if you're hungry, if you're being tested, if you're being refined—this prayer is for you:

*Father,*

*For those reading these words who are in the wilderness—*

*The ones who are hungry and can't see provision coming.*

## WHEN GOD LETS YOU BE HUNGRY

*The ones who are being humbled and it feels like humiliation.*

*The ones who are being tested and aren't sure they'll pass.*

*The ones who are being refined and the fire feels too hot.*

*The ones who are desperate for manna and all they're getting is hunger.*

**We ask:**

*Meet them in their wilderness.*

*As You met Israel with daily manna—meet them with daily grace.*

*As You led with cloud and fire—lead them with Your presence.*

*As You provided water from rock—provide what they need from impossible sources.*

*As You proved faithful for forty years—prove faithful for them.*

**We pray:**

*Give them faith to believe You're working even when they can't see it.*

*Give them humility to surrender what they're clinging to.*

*Give them trust to obey what You're asking.*

## WHEN GOD LETS YOU BE HUNGRY

*Give them hunger for You that exceeds their hunger for circumstances to change.*

*Give them eyes to see the manna—the daily provision they're missing because they're looking for something bigger.*

*Give them courage to cross the Jordan when it's flooded.*

*Give them memory to remember Your faithfulness when tempted to forget.*

*Give them testimony to tell when they emerge from this season.*

**We declare over them:**

*This wilderness is not wasted.*

*This hunger is not punishment.*

*This testing is not random.*

*This refining is not cruel.*

**This is love. Your love. Preparing them for promises they can't yet imagine.**

*So sustain them.*

*One day at a time.*

## WHEN GOD LETS YOU BE HUNGRY

*One step at a time.*

*One manna portion at a time.*

**And when they emerge—**

*When the wilderness ends and the promise begins—*

*May they remember.*

*May they tell their story.*

*May they worship You for bringing them through.*

*May they live in Canaan with wilderness hearts—*

*Dependent, humble, grateful, obedient, trusting.*

*May they never forget that man does not live by bread alone.*

*But by every word that proceeds from Your mouth.*

*By Jesus. The true Bread. The true Manna. The true Word made flesh.*

**We pray this in the name of the One who walked His own wilderness—**

*Who was humbled to death on a cross.*

## WHEN GOD LETS YOU BE HUNGRY

*Who was hungry and thirsty.*

*Who was tested in every way.*

*Who trusted the Father completely.*

*Who was broken like bread and poured out like wine.*

*Who was buried in the earth like a seed.*

**And who rose again—**

*Proving that wilderness leads to promise.*

*That hunger leads to satisfaction.*

*That death leads to life.*

*That the suffering of this present time is not worthy to be compared with the glory that is to be revealed.*

*In Jesus' name,*

*Amen.*

## THE LAST WORD

You've reached the end of this book.

But you haven't reached the end of your story.

Your wilderness continues. Your testing persists. Your refining is ongoing.

And that's not bad news. That's the Christian life. That's the normal pattern of spiritual formation. That's how God shapes you into the image of Christ.

So keep walking.

Keep trusting.

Keep obeying.

Keep feeding on His Word.

Keep remembering His faithfulness.

Keep surrendering your self-sufficiency.

Keep depending daily.

Keep building monuments.

## WHEN GOD LETS YOU BE HUNGRY

Keep telling your story.

And keep believing:

The promise is coming.

The provision is on the way.

The manna will fall.

The Jordan will part.

Canaan is real.

And God is faithful.

He who began a good work in you will perfect it until the day of Christ Jesus (Philippians 1:6).

He who called you is faithful, and He also will bring it to pass (1 Thessalonians 5:24).

He who promised is faithful (Hebrews 10:23).

So walk on, wilderness traveler.

Walk on.

## WHEN GOD LETS YOU BE HUNGRY

The Bread of Life is with you.

And that is enough.

*"For the LORD your God has blessed you in all that you have done; He has known your wanderings through this great wilderness. These forty years the LORD your God has been with you; you have not lacked a thing."*

—Deuteronomy 2:7 (NASB)

*"Man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD."*

—Deuteronomy 8:3b (NASB)

*"I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst."*

—John 6:35 (NASB)

*FINIS*

But really—

It's only the beginning.