

# SEVEN FOUNDATIONS FOR CULTIVATING HUNGER

by Antonio Baldovinos

---

## T.H.I.R.S.T.Y.

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

What an amazing vivid reality...to be filled. This is something that I know human kind really longs for, whether they know it or not. But no matter how great of a promise this is, what I find most of the time, including in my own life, is that we need to get hungry. I agree with Leonard Ravenhill when he says, "Many present day Christians seem to have experienced three stages: condemnation, salvation, and stagnation." We are mostly living in stagnation rather than in a prosperous and life-flowing spiritual life. I would say that most Christian's spirit man is in the ICU and desperately needs to get hooked in with life again. Their spiritual man is like a skeleton. I don't know about you, but I don't want to live a "barley make it by" Christian existence. I want to have the fullness of God in every area of my life and I want it today! It would be safe to say that most people want this as well, and their hearts' desire is to walk in all that God has created them to be.

The Bible promises that we shall be filled and satisfied; however, there is a prerequisite. We must be hungry and thirsty. So what if you're not hungry or thirsty? What happens then? Then you won't be filled. The bottom line is that, without any delay, we need to get hungry and thirsty!

*Here are seven foundations for cultivating hunger:*

## T.H.I.R.S.T.Y.

1. **Talk with the Holy Spirit (Gal 5:25).** We must deeply value our relationship with the Spirit. A vibrant walk with the Spirit is essential in our quest to experience more of God. It is futile to seek deep experiences with God while neglecting the Spirit's presence and leadership. Take time to speak affectionate, and softly to the Holy Spirit and wait to hear from Him.
2. **Hang out with hungry people.** For cultivating and increasing in hunger, you must hang out with people that are hungry and pursuing spiritual things. It's great to teach and help others, but many people will drag you down and distract you from your focus. If their desires are not your desires, don't rub shoulders with

them too long. Proverbs 27:17 says; ***“Iron sharpens iron, so one man sharpens another.”*** I would add, *“Iron sharpens iron, rust does not, so hang out with those that will sharpen you not make you rusty”*

3. **Interact with the Word.** As you read the Word, begin dialogue with the Spirit using scripture as your discussion. Talking to the Holy Spirit who leads and guides you into all truth (John 16:13) is so essential. He will give you understanding and will speak to you about a particular phrase in scripture and He will place it deep into your heart. Make a commitment in your heart to obey the scripture you are reading, proclaim what you read and ask for power to have this released in your life and in the lives of others.
4. **Remove secular media from your home.** We cannot go deep in God with a dull spirit. Most of us are inundated with media of all forms, from our phones, computers, and TV screens. These communication tools are static in our lives and inhibiting us from going to places with God that we desperately desire. This is one of the main reasons this generation does not hear God’s voice because we are full from things that will never satisfy. Removing or, at the very least, cutting 90% of it from our lives will cause great hunger for other things; God!
5. **Soak in the Word (Joshua 1:8).** The best way to soak in the Word is by Meditating. This is one of the lost arts of Christianity. You do this by slowly chewing over and over again the Word. It is becoming content not to ***“finish”*** the text, but to get saturated with the text. The point of reading and eating the Word is to encounter the God-man Jesus in the Word.
6. **Tongues.** Partner with the Holy Spirit in supplication by praying in tongues (Romans 8:26-27). One of the most igniting ways to start your prayer time is to pray in tongues. This is one of the best ways to bring divine alignment to your life; spirit, soul and body and to allow the Holy Spirit to lead your life. Through praying in tongues, you will be strengthened and edified (1 Corinthians 14:4).
7. **Yearn.** Ask the Holy Spirit, to help you hunger to hunger. Ask Him to draw you to Him today. No matter who you are and where you find yourself in your journey, God deeply wants to encounter you and to have a deep and meaningful relationship with you. We desperately need an awakening. I need to be awakened to what is important; to what I was created for; I was created to know my God and know Him intimately and so were you.

***“Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare.”***  
***(Isaiah 55:1-2)***