

What does your soul crave?

*P*regnant women crave pickles and ice cream and almost all women crave chocolate. Food cravings can be satisfied, but what do you do with the ache in your soul?

Do you turn to . . .

Relationships

How many times has your heart been shattered because your husband, boyfriend, child, parent, or close friend failed to meet the deepest need of your soul?

When Jesus spoke to the woman at the well (John 4), He was aware she had been married multiple times and was living with a man who was not her husband. She had been looking for someone to take care of her, someone to complete her and make her feel secure. Even after all of those failed relationships, she was still searching for someone to fill the craving inside her soul.

Instead of giving her a judgmental platitude and sending her away, Jesus confronted her sin with great compassion and understanding. He offered her something that would provide her with dignity and total satisfaction—Himself!

As she ran into the village to tell others about the “living water,” her story probably echoed the words of David while he was in the wilderness of Judah:

*“O God, You are my God.
Early will I seek You.
My soul thirsts for You;
My flesh longs for You
In a dry and thirsty land
Where there is no water.
So I have looked for You in the sanctuary
To see Your power and Your glory.
Because Your lovingkindness
is better than life,
My lips will praise You.
Thus I will bless You while I live.
I will lift up my hands in Your name.
Psalm 66:1-3*

If your search for love has taken you to all the wrong places and has left you broken and empty, why not try the lavish, liberating love God has to offer? Just one taste, and you will agree, “His love is better than life!”

Possessions

How many dresses do you have to buy to feel better about yourself? Many women find themselves in financial crisis when the credit card bills arrive in the mail. Others anesthetize their longings by redecorating their house every few months or buying a new car every year. When you have filled up your closets and rooms with stuff, there are still empty places in your

heart and a dissatisfaction in your soul. That's when you have a garage sale to get rid of all the old stuff so you can go back to the store and buy new stuff! Something inside you craves for something you can't find—an insatiable need that only God can fill.

Food/Drugs

From anorexia to bulimia, and every other eating disorder, women of all ages often turn to food to fill their need for love. In the book *Love Hunger*, the authors write, "People with heart hunger will stuff their stomachs . . . in an attempt to fill their hearts." But no matter how much you binge or purge, drink up or shoot up, the emptiness of your heart will demand constant attention. Recovery begins when you realize your craving cannot be satisfied by your good friends Pizza Pie and Jack Daniels. Your insatiable need can only be filled by God. He is holding out His hand with a message of hope: "I have everything you need!"

Happiness

"Don't worry, be happy" is the motto of many people. Their pursuit of happiness tricks them into settling for second best instead of God's best. How many women have justified getting a divorce from their non-abusive, faithful husbands by saying, "I'm sure God wants me to be happy!"

The "happiness card" is being strategically played by the enemy to confused, dissatisfied people who buy into the lie that happiness can be found around the next corner with the next relationship if you just keep pursuing it.

God does not promise happiness in this life, but He does offer total satisfaction if we focus on Him instead of filling ourselves up with cheap imitations.

"Oh that men would give thanks to the Lord for His goodness, and for His wonderful works to the children of men! For He satisfies the longing soul, and fills the hungry soul with goodness."

Psalm 107:8-9

Focus
On
Christ—
Ultimate
Satisfaction!

Jesus gave us the secret to living a life of ultimate satisfaction in Luke 12:29-31:

You shall love the Lord your God
with ***all*** your heart
with ***all*** your soul
with ***all*** your mind
and with ***all*** your strength.

This is the first commandment.

And the second, like it, is this:

You shall love your neighbor as
yourself."

When you love God with everything you have, you will be free to love others. You won't get tangled up, defined, or destroyed in destructive relationships when you find your satisfaction in God *first*.

In the video series, Breaking Free, Beth Moore says, "The only safe way to love others is to love God *first* and be satisfied in Him."

What is the craving in *your* soul? When God holds out His hand to you and says, "I have what you need," please don't turn away! Allow Him to pour His lavish love into the deepest crevice of your soul. You won't be disappointed!

By Brenda Branson © 2004 FOCUS Ministries, Inc., P.O. Box 2014, Elmhurst, IL 60126,
www.focusministries1.org