

## IS YOUR SPIRIT HUNGRY?

*Is your spirit hungry? If yes, feed it with tasty meal just like we feed our body. But how do we know that hunger?.....*

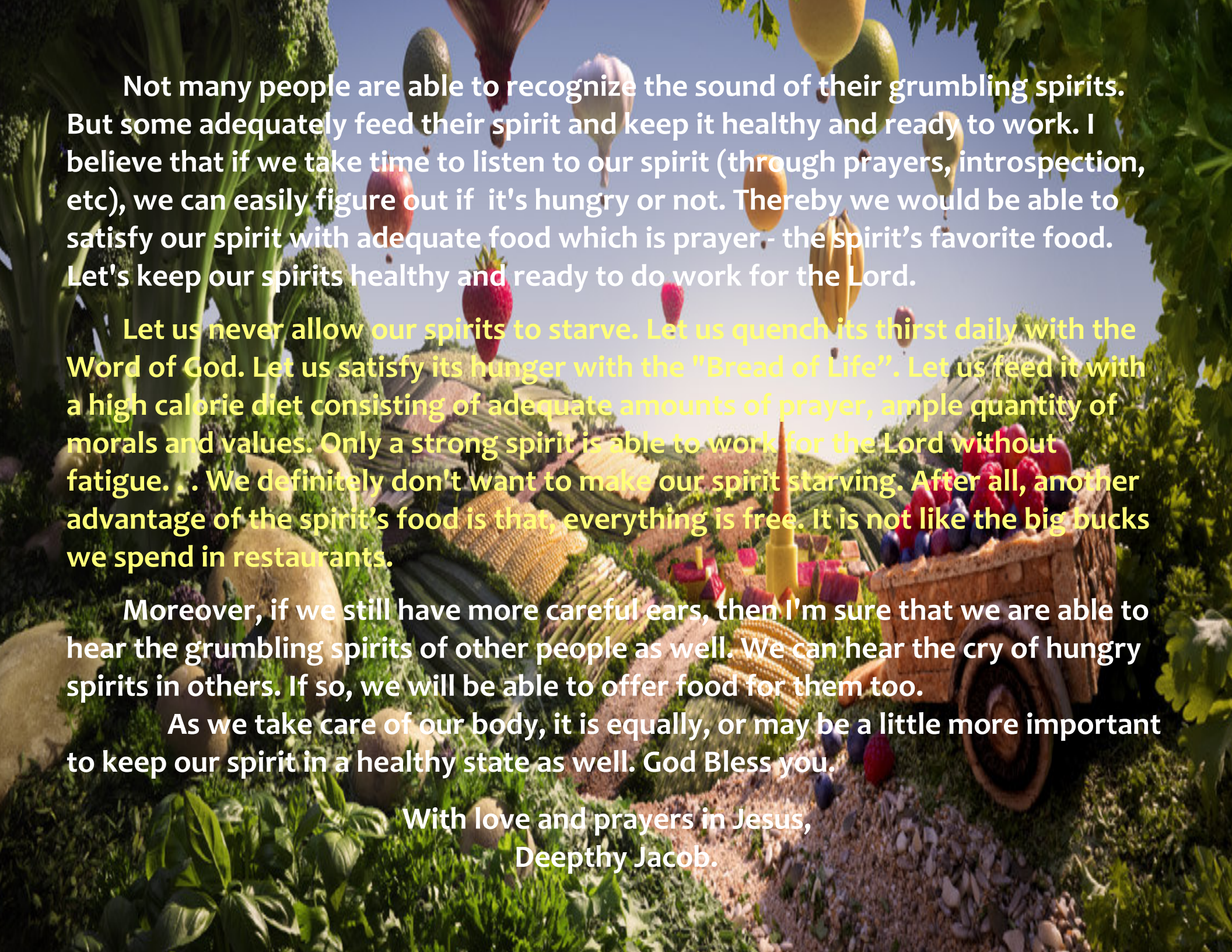
Dear Brothers and Sisters in Jesus,

I heard one of my friends complaining that 24 hours aren't enough for a day. I asked her about the reason why she thought so. She said she needs more time to relax, to see most of the T.V shows, to hang out with friends, and the list goes on. In her entire list I didn't hear anything mentioned about prayer. So I asked her, "What about time for prayer?" She replied, "Oh! That is on Sunday!"

*That's nothing surprising?*

This actually raised a question in my mind. How often do I pray? Is it necessary that I should set apart a time for prayer? What if I don't pray or miss my daily prayer? Is "just Sunday" enough to strengthen my spirit's journey as a Catholic?

Then I thought, what happens if I miss my breakfast or lunch or supper? Or what happens if I did not have any food at all during a day? Definitely I am going to feel lethargic, weak, tired and above all my stomach will start to grumble...rrrrr....rrr..rr....!!! That sound indicates that my stomach needs to be filled. In the same manner, when I don't feed my spirit, it also will start to grumble.



Not many people are able to recognize the sound of their grumbling spirits. But some adequately feed their spirit and keep it healthy and ready to work. I believe that if we take time to listen to our spirit (through prayers, introspection, etc), we can easily figure out if it's hungry or not. Thereby we would be able to satisfy our spirit with adequate food which is prayer - the spirit's favorite food. Let's keep our spirits healthy and ready to do work for the Lord.

Let us never allow our spirits to starve. Let us quench its thirst daily with the Word of God. Let us satisfy its hunger with the "Bread of Life". Let us feed it with a high calorie diet consisting of adequate amounts of prayer, ample quantity of morals and values. Only a strong spirit is able to work for the Lord without fatigue. . . We definitely don't want to make our spirit starving. After all, another advantage of the spirit's food is that, everything is free. It is not like the big bucks we spend in restaurants.

Moreover, if we still have more careful ears, then I'm sure that we are able to hear the grumbling spirits of other people as well. We can hear the cry of hungry spirits in others. If so, we will be able to offer food for them too.

As we take care of our body, it is equally, or may be a little more important to keep our spirit in a healthy state as well. God Bless you.

With love and prayers in Jesus,  
Deepthy Jacob.