

5/19/20 Christ Alone: Hunger and Thirst for righteousness

Here is the article I referenced in the video...

The feeling is all too familiar: a growling in the pit of your stomach that usually starts around late morning when breakfast is just a memory and lunchtime is still a tiny speck on the horizon. It's hunger – a feeling that begins with the hormone known as ghrelin. Once your body has finished digesting and using up the energy from your last meal, your blood sugar and insulin levels drop. In response to this, ghrelin is produced in the gut and travels to the brain, letting it know that sustenance is needed. The brain then commands the release of a second hormone called neuropeptide Y, which stimulates appetite.

Once you have answered the call and filled up on a good meal, your stomach gets to work on digestion. Nerves in your stomach sense stretching that lets your brain know you're full up. Three other hormones also secreted by your digestive system take messages to the brain: cholecystinin (CCK), GLP-1 and PYY. CCK helps to improve digestion by slowing down the rate at which food is emptied from the stomach into the small intestine, as well as stimulating the production of molecules that help to break down food. GLP-1 tells the pancreas to release more insulin and also reduces appetite. The hormone PYY is secreted into the bloodstream by the small intestine after eating. It binds to receptors in the brain to make you feel full up.

Once all of the food is digested, the blood sugar and insulin levels drop and ghrelin is produced once more, so the hunger cycle continues.

<https://science.howstuffworks.com/innovation/edible-innovations/food-craving1.htm>

*Christ is also the head of the church, which is his body. He is the beginning, supreme over all who rise from the dead. So he is first in everything.*

*Colossians 1:18 NLT*

*For he is sent by God. He speaks God's words, for God gives him the Spirit without limit.*

*John 3:34 NLT*

God uses illustrations from the natural world to help us understand the spiritual world. Christ is the head of the body. When we cry out over injustice, a lack of righteousness in the world, God knows. God then releases His Spirit without limit to us. We are filled up and able to do the work in and around us that God desires. We feel this sense of satisfaction as we see God working in and through us.

Be blessed this week as you hunger and thirst for righteousness!