

Sunday 2nd August 2026

## Thirsting For God - Glenys Hart

### Key Outcomes

The speaker (Glenys Hart) delivered a sermon on developing and sustaining a deep spiritual hunger for God. The central message encourages believers to identify what suppresses their spiritual appetite, seek fresh encounters with God, and build disciplined habits of prayer and Scripture to sustain ongoing intimacy with Him. An invitation to receive prayer for a fresh encounter was extended at the close of the meeting.

### Decisions Made

- **Spiritual hunger must be actively cultivated** — encounters with God are transformational but must be "fed and walked in" to avoid fading.
- **Pride must not block receiving from God**, regardless of how He chooses to move (e.g., falling in the Spirit).
- **Busyness and distractions ("little foxes")** are the primary suppressors of spiritual appetite and must be identified and removed.

### Key Themes Covered

- **First love restored:** The church at Ephesus (Revelation 2) is cited as a warning — believers can lose their first love for Jesus and need periodic rekindling.
- **Hunger and desperation:** Duncan Smith's testimony of chasing down a preacher in a rainy car park illustrates the posture of desperation God honors.
- **Psalms 63:1** — David's cry ("I thirst for you... in a dry and parched land") models honest, earnest seeking; God answered with satisfaction ("my soul is satisfied as with a rich feast").
- **Matthew 5:6** — "Blessed are they that hunger and thirst after righteousness, for they shall be filled."

### What Suppresses Spiritual Appetite

- Social media, TV, reading, and general busyness — described as "**little foxes**" (Song of Songs 2:15) that quietly destroy spiritual vitality.
- Weight-loss drugs (Wegovy, Mounjaro) used as an analogy: just as they suppress physical appetite, certain habits suppress spiritual hunger.
- Living from "**the well**" (stale, stored water) rather than "**living water**" flowing from God's throne.

## How to Cultivate and Sustain Hunger

- **Seek a fresh encounter** — ask others to pray; Glenys and Simon did this at a conference in Nottingham in July.
- **Listen to God** — dedicated time in prayer, worship, and hearing His voice.
- **Immerse in Scripture** — Duncan Smith: "By reading the Bible every day and soaking in His presence, we develop a lasting hunger for God."
- **Prioritize prayer** — Martin Luther: "I have so much business today that I cannot get through it with less than 3 hours of prayer."
- **Make time non-negotiable** — whether life is busy or not, time alone with God must be a deliberate priority.

## Reflection Questions Posed to Congregation

- What is preventing you from being hungry for God?
- What are the **little foxes** in your life?
- What **one thing** could you commit to now as a first step toward increasing your hunger?

## Action Items

- **Congregation members:** Come forward for prayer if seeking a fresh encounter, restored first love, or a new fire in their walk with God.
- **All attendees:** Identify and address personal "little foxes" suppressing spiritual appetite.
- **Ongoing practice:** Establish or recommit to daily Bible reading and prayer as a lifestyle discipline.



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