

Food.

God of sustenance, who nourishes my life,
I acknowledge my vast hunger and emptiness. I have confused that empty space with physical hunger and tried to fill it with food. With a history of failure under my belt, I know that food cannot fill that empty space, that it only leaves me feeling miserable.

Your Word says that You are the bread of life. Those who eat will never go hungry and will always be satisfied. You're speaking of spiritual food, the kind of feast which truly satisfies, and which I truly need.

Fill me now with Your presence, let me savor your love, and re-train me to run to You.
