

# Too Full to Be Fed: Making Room for Christ

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Spiritual hunger isn't always something we feel. Sometimes we walk through days, even seasons, where Jesus feels more like a name we know than a Savior we crave. And if we pause long enough to ask ourselves why, the answer can be unsettling. Often, it's not because He's distant. It's because we're too full of something else. Usually, that something is ourselves.

Jesus said in Matthew 5:6, "Blessed are those who hunger and thirst for righteousness, for they shall be filled." That word hunger isn't passive. It's not a vague sense of wanting. It's the deep, aching need of someone who knows they won't survive without more of God. It's the longing of a heart that's tasted His goodness and refuses to be satisfied with anything less.

But the truth is, it's hard to feel that kind of hunger when we've stuffed ourselves with pride, comfort, or even just busyness. We don't reach for living water when we're sipping on the praise of people. We don't crave the Bread of Life when we're already snacking on our own self-sufficiency. And slowly, without meaning to, we begin to feel distant from Christ. Not because He's moved, but because we've filled the space where He used to reign.

In Revelation 3:17, Jesus speaks to the church in Laodicea and says, "Because you say, 'I am rich, have become wealthy, and have need of nothing' and do not know that you are wretched, miserable, poor, blind, and naked." That verse always hits me hard. It's not that these people were deliberately rebellious. It's that they thought they were doing just fine. And that self-satisfaction kept them from realizing how much they truly needed Jesus.

Sometimes I think the greatest obstacle to our hunger for God isn't sin in the dramatic sense. It's the quiet, everyday moments when we rely more on ourselves than on Him. When we measure our day by productivity instead of presence. When we chase the next goal but forget the One who gives us breath.

The beautiful thing is, we don't have to stay stuck. God never shames us for recognizing our emptiness. In fact, He welcomes it. Psalm 107:9 says, "For He satisfies the longing soul, and fills the hungry soul with goodness." Isn't that incredible? God doesn't just tolerate our need. He delights in filling it.

So maybe today is the day we pause. We confess the ways we've tried to feed ourselves with things that don't last. We ask Him to stir up a fresh hunger in our hearts. Because the truth is, being full of ourselves never satisfies for long. But being filled with Christ? That changes everything.