

hungers

Hunger means to have a desire for something. This definition allows us to explore the different types of hunger we experience. Answer the questions in each category below.

Hungers of the Body

1. What desires or cravings does your body have?

2. How does one satisfy these physical hungers?

Hungers of the Mind

1. What desires or cravings does your mind have?

2. How does one satisfy these intellectual hungers?

Hungers of the Heart

1. What desires or cravings does your heart have?

2. How does one satisfy these emotional hungers?

Hungers of the Soul

1. What desires or cravings does your soul have?

2. How does one satisfy these spiritual hungers?
