

**Sacred**

**THUMBprint**

What is God doing to get your attention?



**HUNGER**

**7 Day  
Devotional**

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*I am the living bread that came down from heaven.  
Whoever eats this bread will live forever. This bread is my  
flesh, which I will give for the life of the world.*

*John 6:51*

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# Introduction

There is an interesting science that has developed in recent years that studies ancient fingerprints left on pottery and other objects. Obviously, the scientist cannot tell us who the people are who left those prints but we can be assured by today's scientific methods that these people were as unique as you and me.

There are hand and foot prints in Egypt that date back 4,000 years. There is even a ridged print that could date as far back as 10,000 years.

The ancient Babylonians and Chinese used thumbprints like signatures in official documents and business transactions. Scientists don't know if they understood the uniqueness of each print or if they thought that the touch of the document had some kind of mystic spiritual connection.

Not until about 100 years ago did the science of fingerprinting come to the forefront. Now it is an accepted science used especially in law enforcement.

Take a look at your thumbs. The characteristics of fingerprints include nine patterns with names like "loops and whorls" that are consistent in all humans. The combination of these nine patterns gives each person their own unique set of fingerprints. Reading and pondering the THUMBPRINT Devotionals will certainly affirm the uniqueness of your own spiritual identity but more importantly we will drill deeper into the question, "What is God doing to get your attention?" by exploring how to respond to God's advances.

The truth is, lots of us go along through life just minding our own business when all of the sudden, something happens. It may be bad or good. Either way it is significant, and makes us aware of the circumstances or events that have gotten our attention. It's kind of like a wake-up call. Sometimes we are really shaken up and we want to blame some one or get even or quit.

The purpose of this devotional series is to:

- drill deeper to the awareness of God's presence
- enlighten you by what the Bible says about God's work in your life
- challenge you to authentically respond to God

Throughout the Bible God took action to get people’s attention in as many unique ways as there are thumbprints. God inspired people, warned them, confronted them, saved them, fought for them, fought against them, taught them and loved them. God had his reasons and purposes for taking action in people’s lives.

The six THUMBPRINT profiles are based on the acronym T.H.U.M.B. plus O. Here is how the individual profiles correspond to the letters in the acronym:

Profile	Letter	Description
Pilgrim	T	<b>Thirst:</b> Thirsty for God, longing for the truth
Philosopher	H	<b>Hunger:</b> Hungry for meaning and significance in life
Warrior	U	<b>Undercurrent:</b> Up against unseen forces in life, undercurrents that threaten to carry you away
Prophet	M	<b>Mystery:</b> Curiosity about the mysterious, the awesome works and actions of God
Saint	B	<b>Brokenness:</b> God gets our attention through illness, disappointments, devastation, pain and grief
Observer	O	<b>Observer:</b> Low or no awareness of God’s presence in the circumstances of life but you are watching and waiting

The “H” represents “Hunger.” Hunger is a longing for meaning and significance. You are at a point in your life where you desire to understand how you fit into the bigger picture and that the things you think are true are actually true. You are aware that the integrity of your identity is important and that awareness is elevated. This does not mean that you have everything all figured out or that you do not have doubts or struggle with sin. You are aware of that. But you want your life to have meaning.

When God has your attention, things that you thought were once important no longer have the same hold on you. When God gets your attention, your life will never be the same.

# Day 1: Hunger



Bread. So simple. So good. It is a staple food of most every culture from every generation. It may have different names like matzo, pita, pancake, bagel, biscuit, muffin, hushpuppy, crumpet, ciabatta, tortilla and on and on but each bread has its own unique quality, taste, and function. Even though bread may look very different, all breads are made from a variation of the same basic recipe.

*Grain is ground or pounded into a flour. A liquid is added like oil, water, milk, etc.. Depending on the kind of bread, yeast or baking soda may be added along with other ingredients. A dough is formed and then it is subjected to heat through baking, frying, boiling, roasting and so on. The result is bread.*

The earliest archeological evidence of bread making shows up as long as 8,000 years ago. These breads were unleavened flat breads made with various cereal grains and grasses. Most historians agree that the introduction of yeast into the dough which makes it rise into a leavened bread was probably introduced by accident.

The next significant idea didn't come for thousands of years when some genius took a knife and invented, "sliced bread!" Bread is unique as a food because of being relatively easy to make, easy to eat, easy to digest, it is nutritious, delicious and inexpensive.

In the Bible, bread not only satisfies the hunger pangs of the body, it symbolizes food for the soul. It is the first food given to people who are hungry. The Bread of Life is essential for the soul.

Are you hungry, spiritually hungry? Is there something missing in your life that needs to be filled?

*Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"*

*Matthew 4:4*

## PRAYER

*Lord, I am hungry for bread that satisfies my deepest longings. I am hungry for what is true and right and good. Help me to consume with my mind and heart the bread that you alone provide. Only then will I be satisfied. Amen.*

# Day 2: Hunger



The first time that bread is mentioned in the Bible is in Genesis 14. Abraham, father of the Jewish people, led a rescue party to save his nephew, Lot, and his family who had been taken captive. On the way back from rescue, the King of Salem who was also a priest of God, Abraham's God, came to meet Abraham out in the place where they camped. His name was Melchizedek. (It is pronounced, "mel-kiz-a-dek." To celebrate the victory, Melchizedek brought gifts of bread and wine to the rescue party. After eating, Melchizedek blessed Abraham.

This mysterious, priestly king Melchizedek is highlighted by King David in one of his Psalms (13:2). In the book of Hebrews (12:4) a connection is made that Jesus, is like Melchizedek because he is a priestly king who came to bring a blessing.

Don't let the subtleties be lost here. Melchizedek brought a meal of bread and wine to bless Abraham. Jesus served bread and wine to the disciples on the night of his arrest. We know this meal as the Last Supper. You see, Jesus was on a mission to rescue humanity from the consequences of sin. He offers himself as broken bread for anyone who will follow him. It is the celebration food of his victory. Jesus said, "This is my body broken for you, eat this, remembering me."

## **PRAYER**

Jesus, I am hungry for the bread of victory that you offer. Thank you for including me in your rescue mission. Remind me, when I sit down to eat, of your blessings for today and hope for tomorrow. Amen.

# Day 3: Hunger



Are you hungry for significance? Are you hungry to know the meaning of life? Hungry to know what is real, what is true? The body gets thirsty because it craves water. The body gets hungry because it feels empty and malnourished. We need food to live. Not only do you feel physical hunger pangs. God gets your attention by awakening you to that awareness when you are spiritually empty and malnourished.

To answer the question, “What is God doing to get your attention,” you need to be aware of what is happening around you and inside of you. It is possible that God will communicate with you by putting up a big blinking road sign to tell you where to go, or speak in a big loud voice from heaven to tell you what to do or perform an amazing miracle to get your attention. Even though we might like the ease of obvious signs, God does not work that way very often.

Most of the time God makes you aware of his presence in a subtle and personal way. Don’t worry, God is not trying to be sneaky or make a game about connecting with you. But one way he gets our attention is to let us feel spiritual hunger pangs.

Spiritual hunger pangs are the deep, sometimes unexplained cravings we experience for the truth about ourselves and the truth about God. When we are spiritually hungry we go looking for something to chew on that is meaningful and substantial.

## **PRAYER**

Heavenly Father, you may not send fire from heaven or shake the earth beneath to get my attention. You may not shout in my ear or let me see behind the veil of eternity but when I feel the hunger pangs in my spirit, let it remind me that you are near. Help me remember today that the meaning in life is found in you. Amen.



# Day 4: Hunger



In chapter 6 of the Gospel of John, Jesus addressed spiritual hunger. As we will see, it is very easy for us to confuse the desires and cravings of the body with the cravings of the soul.

The chapter starts out with Jesus seeing that the great crowd of people following him is hungry. The people were so excited about what Jesus was doing that the vast majority of them forgot to prepare food to go the distance with Jesus. They did not even think about some of the basic necessities like food.

Anyway, by the end of each day following Jesus, people were hungry, very hungry. Jesus found one kid who was prepared for a long day that brought a lunch. You know the story, Jesus took the bread and the fish from the little lunch, divided it up again and again and fed the whole crowd of over 5,000 people.

Don't think that the people who got a free lunch didn't notice. The miracle of the feeding of the 5,000 triggered their memories and sparked their imaginations.

They remembered the story of Moses and the Children of Israel wandering in the desert without food. In response to their need, God provided manna from heaven.

Nobody knows exactly what manna was except that it was a nutritious food source and it appeared daily like dew. The people were instructed to gather it up every morning, enough to feed everyone in the family. On Friday they were to gather enough for Saturday too. (Saturday was the Sabbath and they were not supposed to work.)

The Manna was used as the staple to make, among other things, bread. Free bread. Can you imagine?

The people who ate Jesus' miracle lunch that day remembered the manna. "Free food! That's what we want from our king. We want someone who will feed us without having to work for it. No cultivating, planting, weeding or rock picking, just harvesting every morning."

*No more having to learn how to do excellent work,  
No more hard labor or long hours in other words, no sweat;  
No need to be patient for a growing season, or time to build a  
business or career.*

*All I have to do is gather the harvest, find good recipes and eat good bread!*

The Children of Israel complained when the manna stopped. The people who got a free lunch from Jesus wanted more as well. The promise of eternal food is not, however, about filling your stomach but about filling your soul.

*“Come, all you who are thirsty,  
come to the waters;  
and you who have no money,  
come, buy and eat!  
Come, buy wine and milk  
without money and without cost.  
Why spend money on what is not bread,  
and your labor on what does not satisfy?  
Listen, listen to me, and eat what is good,  
and you will delight in the richest of fare.  
Isaiah 55:1,2*

## **PRAYER**

Heavenly Father, provide the food I need for today so that I can keep my appetite for heaven's bread. Amen.

# Day 5: Hunger



Hungry people don't always think straight. A person who struggles with an eating disorder like anorexia or bulimia, is literally starving themselves to death.

When the body is starved, the brain's chemistry is changed and the sufferer gets confused easily. Normal thinking is replaced by narrow, single minded, twisted thinking. Healthy thinking won't be restored until the sufferer is re-fed and gets healthy nutrition levels in the body.

*People asked Jesus, "What sign then will you give that we may see it and believe you? What will you do? Our ancestors ate the manna in the wilderness; as it is written: 'He gave them bread from heaven to eat.'"*

*Jesus said to them, "Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is the bread that comes down from heaven and gives life to the world." "Sir," they said, "always give us this bread." John 6:30-34*

The people who dialogue with Jesus in this story are spiritually malnourished. They think if Jesus supplies free food that their spiritual cravings will be satisfied.

Are you getting the spiritual nourishment you need or are you starving? There are significant parallels between the realities of physical starvation and spiritual starvation. Both are dangerous and both require re-feeding in order to become healthy. Make sure that today you feed your mind and heart on the Bread from Heaven, who is Jesus. Nurture your relationship with him through prayer and contemplating God's word. Don't let restrictive thinking enter your mind or heart.

*And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. Hebrews 10:24-25*

## PRAYER

Lord, feed me with your Bread from Heaven. Help me to daily consume what will nourish my spirit and inspire a healthy thought life. Amen.

# Day 6: Hunger



*Jesus said, "I tell you the truth, he who believes has everlasting life. I am the bread of life. Your forefathers ate the manna in the desert, yet they died. But here is the bread that comes down from heaven, which a man may eat and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world." John 6:47-51*

Jesus said, "I am the bread of life. Don't just hunger for what I can give you to make your life easier. Hunger for me." I can't help but imagine the confusion on the faces of everybody listening when he said that. Dumbfounded, I'm sure.

Then he went on and completely offended them by saying, "Yes, unless you eat my flesh and drink my blood you have no life in you."

"What in the world was Jesus saying! Eat flesh, drink blood? Who is this guy? A cannibal, a vampire, a zombie, a walking horror flick?"

People who only wanted Jesus to provide them free bread no longer wanted what he had to offer. They gagged as they walked away.

Here's the point. You can't just listen to Jesus words and pick and choose what you want to ingest. You have to consume everything about him. His words, his actions, his view of the world, his view of God, his view of who you are, the whole thing.

You can't have the benefits of heaven without admitting and confessing your sin.

You can't have peace with God without being willing to suffer.

You can't follow Jesus unless you are willing to accept the shame and humiliation of the cross.

Your spiritual hunger pangs can't be filled unless you eat the bread of heaven, Jesus himself.

Peter said it well when Jesus asked if he and the others wanted to walk away too with the followers who were offended. Peter said, "Lord, to whom shall we go? You have the words of eternal life. We believe and know that you are the Holy One of God." John 6:68-69

There are two kinds of Jesus followers in this story,

The first are people who follow for what Jesus can give them.

The second are people who follow Jesus because they are convinced there is no other way.

What kind of follower are you?

### **PRAYER**

Lord Jesus, help me be a follower who is not a picky eater. I choose today to not only listen to your words but to ingest them by acting on them. I choose to not only see what you are doing in the world around me, I will join you in the good news. Amen.

# Day 7: Hunger



Jesus did not come from heaven just to take care of your needs, or fix your troubles or ease your pain. He came from heaven to give you life. Real life, not just a **better life** than what you have now but abundant, eternal life. Life that has meaning. Life that is significant. Life that feasts on the bread of heaven. It is life that is available to anyone who is willing to “eat his words.”

When you are hungry, you won't be filled by just admiring the golden brown color of the bread, feeling the texture of the crust, breaking it open and smelling the wonderful aroma.

*The only way you will be filled with the goodness of bread is to eat it.*

I don't believe that the disciples who were offended and left were offended by Jesus saying, “eat my flesh and drink my blood.” Peter and the other eleven were not confused. They knew exactly what Jesus was getting at.

I believe the people who walked away were offended by the fact that Jesus was telling them you can't have it both ways. You can't just reap the benefits of God's goodness and then reject what he was telling them about the Kingdom of God.

Jesus said, “*The words I have spoken to you are spirit and they are life.*”

Is God trying to get your attention? If you are hungry for more than just the benefits of what you think God could do for you and are instead, hungry for God himself, then those are spiritual hunger pangs. Don't ignore those cravings because God is trying to get your attention.

Jesus said, “*No one can come to me unless the Father who sent me draws him, and I will raise him up at the last day.*”

Be filled with the Bread of Heaven.

## PRAYER

Heavenly Father, fill me today with the good things you want me to see and hear. Help me to chew on higher thoughts that need to be understood and absorbed. Inspire me to exercise my energies and resources today so that other people can be filled also with the Bread of Heaven. Amen.