

# 3

## Longing for Something More?

Knowing the truth about your current reality is the first step toward living a fuller, more satisfying life. Our Teacher said, “Blessed are the poor in spirit, for theirs is the kingdom of heaven” (Matt 5:3). In other words, we must begin to see our poverty, our need, before we are ready to look for something more.

In most people there is a desire to be whole. They know they are not, but want to be. At some point they become aware – can we say, wake up to it? – that there is something missing in their lives. There is a knowing.

They begin to see it in the lives of other people who have something more to their life, a different realm; they are more complete. Others have a hold of something that attracts them. They are drawn to it, and make a decision that they want it for themselves.

In previous chapters, we looked at the power of our choices and our problem of ignorance. Now I will ask you questions such as: How do you feel about your life? How full or satisfying does it feel? Are you longing for something more? I will also raise the question, what does your Creator want for you?

↳ *When you think about your life, does it feel empty or does it feel satisfying and full?*

### What Do People Often Feel?

Here are some negative feelings most of us have experienced at one time or another in our lives. Which ones are you familiar with?

↳ *Underline the words you sometimes experience in your life. Which ones seem to dominate?*

1. Emptiness.
2. Alone, isolated, lost, lonely, abandoned.
3. Jealousy, envy, pride, self-righteousness.
4. Inferior, less than, no good, self-doubt, unsure, insecure.
5. Frightened, anxious, panicky, unsafe.
6. Confused, psychic dis-equilibrium.

7. Frustrated, resentment, anger, bitter, unloving, hateful.
8. Unfulfilled, dissatisfied, restless.
9. Helpless, hopeless, quitting, vague depression, suicidal.
10. Bored, tired of life, sad, grieving, mournful, weary.
11. Meaningless, disillusioned.

Because it is so common, we are going to focus on the feeling of emptiness, then the opposite, fullness and satisfaction.

## What is emptiness?

In my experience of working with others, the feeling of emptiness is mentioned many times and often first! It seems many people know this feeling very well.

In the early part of my life I knew it too. At times I even thought about suicide as a way out. It seemed there was something in me that was missing. Then one day, after I began my spiritual walk with God, I was suddenly freed from it – shortly after I'd experienced the love of God hovering over me like a cloud just after our son died.

I often ask people if they know this feeling of emptiness. Interestingly, my husband says he never knew this feeling, but instead he describes how he felt dissatisfied. Now I ask you to take a moment and think about the meaning of “emptiness” or “dissatisfied.”

✦ *“Do you know this feeling of emptiness, or of being dissatisfied?” How would you explain or define it?*

Later we will compare it with the feeling of “fullness,” and consider which one you most identify with.

## The biblical meaning of emptiness

In our Sacred Text, we find the word “emptiness.” Some Bible translators, however, have preferred the words *futility* or *vanity*, rather than *emptiness*, even though emptiness is the more accurate translation.

### The Old Testament

In the Old Testament, wise King Solomon looked at everything that was being done on earth and said *all is vanity (empty)*. King David said something similar: *the thoughts of man are vanity (empty)*.

- I have seen all the works which have been done under the sun, and behold all is *vanity* [hebel] and striving after wind (Eccl 1:14, NASB, 1977).
- The Lord knows the thoughts of man, that they are *vanity* [hebel] (Ps 94:11, KJB).

According to *Strong's Concordance*,<sup>28</sup> the Hebrew word often translated as vanity is *hebel*, which **literally** means *emptiness*, i.e., something fleeting and unsatisfactory.

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<sup>28</sup> James Strong, *Strong's New Exhaustive Concordance of the Bible* (Nashville, TN: Abingdon, 1890/1992).

## **The New Testament**

In the New Testament, St. Paul refers to emptiness and even offers an explanation of why we experience it.

- This I say therefore, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility [mataios] of their mind (Eph 4:17).
- For the creation was subjected to futility [mataios], not willingly, but because of Him who subjected it, in hope that the creation itself will be set free from its slavery to corruption into the freedom of the glory of the children of God (Rom 8:20-21).

Again referring to *Strong's*, *mataois*, the Greek word translated as *futility*, literally means *useless* or *transient*. Interestingly, the root of *mataios* means *empty*.

↳ ***How do the Gentiles walk? Is there another way that we should walk?***

When I read Romans 8:20-21, I was shocked. It seems God Himself is the One who is behind this feeling of emptiness I'd suffered from for so long. It wasn't my fault, it seems! He did it for His purposes.

It seems to me that, while we are still here on earth, God has something much more in mind for us than simply waiting to take us to heaven when we die.

↳ ***What do you think God has in mind for us?***

## **Defining emptiness**

In the above, I tried to show you that many Bible translators ignored the word *emptiness*. This is why I often go to the Greek or Hebrew, because in my experience the translators sometimes were influenced by the prevalent theology of the time.

So obviously I prefer the correct translation "*emptiness*," because it helps me to understand my own condition or problem, the problem of others, and what God wants to do about it in our lives. He desires to free us from corruption, to transform us, to give us a new identity, to know what the sonship of God means.

❖ I now realize that the feeling of emptiness is a symptom of longing for something more in life.

But back to emptiness for a moment. Jesus said it is truth that sets us free. So we need to see, by insight or revelation in the heart, the absolute truth of the condition we inherited from Adam: emptiness.

A dictionary defines emptiness as "the state of containing nothing; a lack of content; without contents that should be or could be present." In other words, we are incomplete; we are missing something that we need.

↳ ***What word would you choose to mean the opposite of emptiness?***

## What is fullness?

I chose the word “fullness.” So I invite you to focus on this word with me, so you can begin to grasp what your Creator has in mind for you.

### Scriptures on fullness

We can find the word “fullness” in our Sacred Text. Here are some examples:

- The Word became flesh, and dwelt among us; and we saw His glory, glory as of the only Son from the Father, full of grace and truth. John testified about Him ... For of His *fullness* [*pleroma*] we have all received (John 1:14-16).
- The *fullness* [*pleroma*] of Him who fills all in all (Eph 1:23).
- To know the love of Christ which surpasses knowledge, that you may be *filled up* to all the *fullness* [*pleroma*] of God (Eph 3:19).

↳ *Based upon these Scriptures, what do you think God has in mind for you?*

### Defining “fullness”

Let’s look at the meaning of the Greek word for “fullness” [*pleroma*]. It means repletion or completeness; the state of being filled to capacity, complete, or whole. It is the fulfillment of a basic need, i.e., satisfaction. In other words, the person who is full is lacking nothing.

Other words for “fullness” include *satisfaction*, *completeness*, and *wholeness*. I often like to say to people, “God desires your wholeness.” Our friend, Rev. Herman Riffel<sup>29</sup> taught me this, and I experienced it was true.

## What does “satisfaction” mean?

### Scriptures on satisfaction or satisfied

Focusing on “satisfaction,” we find that our Sacred Text also refers to it. In fact, it seems to offer us the promise of *feeling satisfied*.

- For He has satisfied [*saba*] the thirsty soul, and the hungry soul He has filled with what is good (Ps 107:9).
- We will be satisfied [*saba*] with the goodness of Thy house, Thy holy temple (Ps 65:4).
- He that loves silver shall not be satisfied [*saba*] (Eccl 5:10).
- Blessed are those who hunger and thirst for righteousness, for they shall be satisfied [*chortazo*] (Matt 5:6).

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<sup>29</sup> Rev. Herman Riffel (? -2009) After graduating from Wheaton, he became a Baptist minister for many years. Later in life, he discovered that God still speaks to us in the night through dreams. He went to study dreams under Carl Jung in Switzerland and published several books on dreams. He had the privilege of being invited to teach about dreams at the Vatican.

## Defining satisfaction

The Hebrew word for “satisfied,” *saba*, means *to sate*, i.e., to fill to satisfaction, to satisfy.

The Greek word for “satisfied,” *chortazo*, means *to fodder*, i.e., to gorge, to feed, fill, satisfy.

✦ *How would you explain the feeling of satisfaction?*

**Here are how others explain what satisfaction is, what it feels like to them**

1. Contentment; contentedness.
2. Fulfilled; fulfillment of a need or want.
3. Pleasure; having a happy or pleased feeling because of something that you did or something that happened to you.
4. Delight; gladness.
5. Convinced; completely certain or sure about something.
6. When something is satisfied, the requirements have been met and nothing more needs to be done.

## Which of these feelings do you know best?

✦ *Underline the feelings that you often feel. Then mark the ones you most want to feel. Which feeling is the strongest in you?*

Abandoned .....	Belonging
Anonymity .....	Identity,
Aimless .....	Purpose
Anxious .....	Peaceful
Asleep .....	Awake, Alert
Barren .....	Fruitful
Broken .....	Whole
Bondage .....	Free
Bored .....	Enthusiastic, Adventurous
Confused .....	Focused, Meaning
Controlling .....	Surrendered
Chaotic .....	Ordered
Defeated .....	Victorious
Deceived .....	Truth
Despair .....	Hopeful
Disappointed .....	Contented
Distress, Grief .....	Comforted
Double-minded .....	Confident
Empty .....	Full, Satisfied
Fearful .....	Trusting
Frustrated .....	Peaceful
Guilty .....	Forgiven
Helpless .....	Capable
Hurt, Angry, Resentful .....	Forgiving, Loving
Insecure, Uncertain .....	Secure, Certain

Proud, Rebellious.....	Humble
Rejected .....	Accepted, Loved, Valuable
Restless .....	Calm, Content, Peaceful
Sadness.....	Glad, Delighted
Shamed.....	Valued, Significant
Sick.....	Healthy
Tired .....	Rested
Unhappy .....	Happy, pleased
Unloved.....	Loved
Unsafe.....	Safe
Unsatisfied.....	Satisfied
Victim .....	Author
Wounded .....	Healed
Wronged .....	Forgiving

## Why Did Our Creator Subject Us to Emptiness?

Earlier I told you how shocked I felt when I read about who is the source of my emptiness. So no matter what I did, it never filled this emptiness within me.

- For the creation was subjected to futility [empty], not of its own will, but because of Him who subjected it, in hope that the creation itself also will be set free from its slavery to corruption into the freedom of the glory of the children of God (Rom 8:19-21).

From this Scripture, I concluded that it is Our Creator who has subjected us to this feeling of emptiness or dissatisfaction. So we run around trying to find ways to fill it, to be satisfied, but most of the time we get it wrong. A new job, a new house, a new partner, a new church, a new car, etc. – but that great wonderful feeling doesn't last very long.

### ***The Big Question is, why?***

*God, why did you do this?* Did you notice that in the above Scripture it says our Creator is hoping for something? What is He hoping for? Our salvation? Our freedom? Is it because He wants us to transcend the emptiness we experience in the corrupted seed from Adam and find something better, like fullness?

In my search for more answers to the *why*, I came across this Scripture:

- Until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ (Eph 4:13).

It seems our Creator has something far greater in mind for us than we can ever imagine, i.e., to become a mature (whole) person who is filled with the fullness of Christ.

### **Why kind of God do we have?**

For me, this Scripture begs another Big Question: *What kind of God do you have? What does this Creator God have in mind for you?*

Psychiatrist Peck challenges us with this: "It is one thing to believe in a nice old God who will take good care of us from a lofty position of power which we could never

begin to attain. It is quite another to believe in a God who has in mind for us precisely that we should attain His position, His power, His wisdom, His identity.”<sup>30</sup>

Most of us just want a God who will keep us safe, answer our prayers, make us feel good, heal our bodies, and take us to heaven when we die. But is it possible that God has something far greater in mind for us?

Peck raises the idea that God wants to nurture us so that we might grow up and develop into royal sons and daughters who become co-creators with Him and do what His Spirit calls us to do.

↳ *What do you think of his ideas?*

You may feel frightened by Peck’s ideas. I learned years ago that, when something is too much for me, I can ask God to confirm it some other way. Or I can just put it on a shelf and let it rest there.

## Invitations to Awaken

### *Empty lives, without meaning*

Here Fromm is saying that our lives are empty and have no meaning.

Man does not suffer so much from poverty today as he suffers from the fact that he has become a cog in a large machine, an automaton, that his life has become empty and lost its meaning – Erich Fromm<sup>31</sup>

We simply cannot tolerate living a meaningless life. In the past, our religious traditions usually provided the context for addressing the issue of meaning. For many people, however, practicing their religion no longer meets that need.

Failing to find the meaning they sought in their churches, many began turning to Eastern religions or New Age practices. These beliefs, or whatever social/cultural trend is prevalent at the moment, have reflected back into our churches. It’s time for us to wake up!

### **A restless soul**

St. Augustine<sup>32</sup> says that “Our soul is restless until it finds its rest in thee, O Lord; for thou has made us for thyself. Made in God’s image, we are incomplete until we find ourselves in relationship to the One who created us.”

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<sup>30</sup> Peck, *The Road Less Traveled*, 270-271.

<sup>31</sup> Fromm, *Escape from Freedom*.

<sup>32</sup> St. Augustine (354-430) was one of the Latin Fathers of the Church and perhaps the most significant Christian thinker after St Paul. In Roman Catholicism he is formally recognized as a doctor of the church.

According to Dr. Benner,<sup>33</sup> “Sometimes this restlessness is experienced as a quest for meaning, happiness, truth, belonging, purpose, or the discovery of our deepest and truest self.”

This is an important idea by St Augustine and Dr. Benner: this restlessness in our soul. Have you ever experienced this feeling of restlessness? I once knew it well.

↳ *What might the feeling of restlessness be telling you?*

## **Loss of soul**

### **Have you ever felt like ...**

- You are looking at life through a window?
- You feel like you have a veil or blanket over your head?
- You are living in a dream world?
- You feel like you are not really here?
- You are looking through a fog?
- You feel like you are someone else?

When I was ironing clothes, I often felt like I was my mother. I didn't realize this was not normal until one day a visiting man of God suddenly came up to me and rebuked a familiar spirit from my mother. Later he said to me that he had never come across a familiar spirit from someone who was still living. Thereafter I never experienced this feeling again: I was free!

As Thomas Moore said, “All of these symptoms reflect a loss of soul and let us know what the soul craves. We yearn excessively for entertainment, power, intimacy, sexual fulfillment, and material things, and we think we can find these things if we discover the right relationship or job, the right church or therapy.

“But without soul, whatever we find will be unsatisfying. Somehow we cannot solve our emotional problems until we grasp this mystery that honoring the hunger for God is part of the basic care that as human beings we have to bring to life.”<sup>34</sup>

↳ *How do you explain what the soul is?*

## **How do we know when God is seeking us out?**

Not sure where this came from, but here are some indications that God is calling to you:

1. A restlessness within or an unnamed loneliness.
2. A hunger for deep bonding.
3. Questions that keep surfacing.

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<sup>33</sup> Dr. David G. Benner, *Care of Souls* (1998), 95.

<sup>34</sup> Thomas Moore (1940–) is a psychotherapist, former monk, and writer of popular spiritual books, including the *New York Times* bestseller *Care of the Soul* (1992).



4. Sudden awareness or clearer vision about life's meaning.
5. An unexpected sense of deep contentment or peace.
6. Darkness that has the aura of mystery and searching.
7. A desire for greater truth.
8. A hopefulness that rises in one's spirit.
9. A yearning for justice.
10. An overwhelming awareness of God's mercy.
11. A bonding with beauty.

## Awaken

### Our experiences invite us to awaken

An invitation to awaken and become more aware in life can come from many directions, from a variety of experiences. But instead of embracing these events, we often view them negatively, doing our best to avoid them or at least diminish their effect on us.

Possibly we begin to awaken because we experience substantial internal conflicts. Or we become conscious that our daily functioning in life needs to change. Or perhaps something unsettles our sense of meaning and purpose.

#### *Life circumstances*

Some of these difficulties occur due to significant events in our lives: divorce, death of a child, collapse of a business, or some disaster in the world. All these upheavals hold the potential to awaken us.

#### *Near-death experiences*

#### *Psychological symptoms*

A summons to leave our sleep-walking through life in favor of a more lively existence may come from disagreeable psychological symptoms such as anxiety, intense anger, or perhaps depression.

#### *Dreams*

Another essential way our soul can awaken is by paying attention to our dreams. Every night we spend approximately two hours dreaming – one-fourth of a typical night's sleep!

Our Western worldview has dismissed dreams for far too long, and it's time we abandoned our reliance on a solely rationalistic approach and embraced the value of dreaming. Before the scientific method took over, nearly everyone believed dreams were spiritually significant.

A traditional Jewish understanding held that dreams are a gift to us from God that were meant for our well-being. Rabbis thought of dreams as like letters from the Almighty that demanded to be opened, read, and treated as valuable.

Try listening to a dream like you were hearing a story or parable. Ask, what might this dream be saying to me about the condition of my inner world?

*“Lord, what do you want to bring to my attention through this dream?”*

### **Offer consent to awaken**

We can't just set an alarm clock – agreement with the possible awakening offered by either internal conflicts or external events is necessary. These circumstances can then become the gateway to a more satisfying, rewarding, and fulfilling life.

## **My Story**

If you feel kind of empty, I know how you feel. This was me, but I no longer have this feeling. Since God transformed me and lifted me from my culture, I feel whole and full on the inside.

### ***I was like an empty box***

As I said earlier, for many years I struggled with a deep feeling of emptiness. In my 20s, I felt shallow and empty inside. I saw myself as an empty box, containing not much of anything valuable. But I remember praying, “Lord, please make me bigger inside.” I really didn't know what I was looking for.

In addition to emptiness, I suffered from many negative feelings such as rejection, loneliness, jealousy, anger, and fears. I was unable to connect to the feeling of love in my heart, even though my church friends considered me a good Christian.

### **Experiencing a living God**

The pressure of our 7-year-old son's life-threatening diagnosis became the catalyst for an all-out search for God. It was a search that led me outside my narrow, rigid theological confines to a life-changing experience with a living God.

When a friend from Sunday School came to see me, she taught me how to apply faith when I prayed – something I have never been taught in my church.

When I did what she said, the Spirit of the Lamb of God came into my heart. For the first time in my life, I *knew* – I knew God was within me! There was a place within me where I *knew* for certain that my Creator had forgiven me, that I belonged to Him.

- For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, “Abba! Father!” The Spirit Himself bears witness with our spirit that we are the children of God (Rom 8:15-16).

I had been afraid of God for so many years. Now my suffering had brought me to the place where I came to Him with all of my heart, believing He would hear me and answer. As a result, God became real to me. I *knew* that I *knew* I belonged to Him – and I was His child. An inner witness had been established in my spirit. What a place to be in!

During the next ten years, I experienced the peace, comfort, and presence of God over and over, countless times. From one difficult situation to another, God was revealing His

great love for me, teaching me that I could trust Him – even when “passing through the valley of Baca [weeping]” when our son died (Ps 84:6).

Although our greatest loss was our 16-year-old son’s death, we have experienced other losses too, yet through all of these losses we have experienced the resurrection power of God’s life within us. Because we carry the very life of God within us, we cannot be destroyed.

The same resurrection power that brought Jesus Christ out of the grave is available to us if we understand the principles of life and use them.

### **Like a window opened and light entered**

No one really knows how to describe an encounter with the living God. Some say it feels like a new window has opened. Others say it’s like being reborn, liberated, set free, redeemed.

I like psychologist Charles L. Zeiders’ description of what happens: “It has the effect of powerfully lifting the person to the experience of feeling psychologically new on the inside, resulting in a lightness of spirit.”<sup>35</sup>

Dr. Wallace Clift explains: “The encounter is centered on Jesus Christ and can only be described as divine (of God). Only the Creator-God could be responsible for the *new creation* that Christians experience.”<sup>36</sup>

### **An engineer believes**

Some years ago, my husband and I were chatting in our home in Massachusetts with an engineer friend. Being a highly intellectual man and Catholic by birth, he said he really had no faith that there was a God.

I told him what God has done for us and then encouraged him to pray to the God he doesn't believe in. Pray like this, I said: “God, if you’re here and for real, I want to know you.”

When he finished, his face shined with a new light in his eyes. Something powerful had touched him, and his life changed forever.

### **My brother’s wife finds a God**

This happened right in my family. My brother married a French woman. They were living in Brussels at the time. On my first visit to them, his wife and I sat at her kitchen table, sharing together about our families. I told her how our home changed after our parents turned to God and believed in Him. No more drunkenness for Dad!

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<sup>35</sup> Dr. Charles Zeiders is a skilled psychotherapist who has unified CBT, Jungian Psychology and Integrative Mental Health. He has produced academic publications on the psychology of religion such as “A Christian Depth Psychology of Forgiveness Leading to The Resurrection Effect”, *The Journal of Christian Healing* 21, no. 2 (Summer, 1999).

<sup>36</sup> Dr. Wallace Clift (1926–2018) was American priest and academic. He authored several books and articles in the field of the psychology of religion, including *Jung and Christianity* (1983) and *The Challenge of Reconciliation* (1986).

Suddenly her eyes fill with tears, and she whispered, "I didn't know your family had a God." I told her about God and His love. I returned to America with joy; a new light now glowed within her.

## ***Is the light still in your eyes?***

On one trip to Germany, a former patient from the clinic asked me to come and see her in Bonn. When I got off the train, the first thing she said was, "Don't say anything. I just want to see if the light is still in your eyes."

After satisfying herself that it was still there, she began to pour out her pain and her questions. Her three-year-old had recently been sexually abused by her boyfriend. She kept saying, "How can this be? The same thing happened to me as a child; now it is happening to my son. How can there be a God who cares?"

Feeling helpless, I just shared with her the things God had done for me, loved her, and prayed with her. Later I got a letter in the mail from her. She wrote, "I have a light in my eyes now."

## **What is the source of this light?**

I had been invited to have lunch with the chief doctor of a clinic in southern Germany. As we dined together on the terrace, he looked up at me and said, "I'm intrigued by the light in your eyes. What is the source of this light?"

Although I can't see the light in my own eyes, I knew what he meant. I'd witnessed this light turn on in the eyes of many people as they begin to believe in God.

- With which the Sunrise from on high shall visit us, to shine upon those who sit in darkness and the shadow of death, to guide our feet into the way of peace (Luke 1:78-79).
- In Him was life, and the life was the light of man (John 1:4).

## ***I am like a treasure chest***

As my adventure with God unfolded, I was being healed and transformed. At one point, God gave me a new picture of myself. No longer an empty box, I was now like a treasure chest packed full of treasure that I can give away.

## **Hidden treasure**

Do you know the parable Jesus told about a man who found hidden treasure and sold all he had for it? Earl Jabay wrote a wonderful book called, *The Kingdom of Self*.<sup>37</sup> Here is how he paraphrased this parable of Jesus:

*"It is a story about a man who was walking across a field when suddenly he stopped dead in his tracks. There, through a crack in the ground, he could see a treasure chest. It took only a little digging to uncover it. He hoisted the chest out of the hole, opened its lid and—to his utter amazement—beheld ancient treasures of gold, silver and jewelry in such abundance that no estimate could be placed on the cache.*

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<sup>37</sup> Earl Jabay (1925–2008) was a clinically-trained chaplain at a renowned psychiatric clinic who shared his insights into the role individuals play in their own mental illnesses.

*“The excited man quickly looked around to see if anyone might have observed this discovery. No one had. He immediately buried the treasure once again and literally ran to a local real estate office.*

*“The price on that particular parcel of land was very high. It would require selling his home and business, as well as borrowing a considerable sum. When the deal was completed, then he was back in the field, digging, with a big smile on his face. And there it was!*

*“The treasure was right where he left it. Now it was his! The search for riches was finished. He had them in his hand. His heart was filled with joy.”*

## **What is the treasure you are seeking?**

In my experience, the treasure we must seek is our Creator God, our Heavenly Father. Theological or religious ideals, philosophical explanations, and scientific analysis can never give us what we desire down inside.

Only a living God can answer all our questions and satisfy our deepest needs. When we experience this Divine Answer, it brings us fullness and great joy.

St. Paul tries to open our eyes to spiritual reality when he explains that the kingdom of God is not about eating and drinking, but it is about us experiencing God’s righteousness, peace, and *joy* in the Holy Spirit (Rom 14:17).

Perhaps you are familiar with the song, “Joy is the flag flown high from the castle of my heart ... when the King is in residence there.” We sang this as children in Sunday School, planting a hunger in my heart to really experience this joy.

The most infallible proof of the presence of God in a person is joy — Léon Bloy<sup>38</sup>

## **Spiritual principle: ask, seek, knock**

Did you notice what I did when I realized how shallow and empty I was? I simply prayed and asked God to make me bigger on the inside – even though I didn’t know Him yet. In so doing, I activated a spiritual principle that the Teacher gave us when He walked among humanity here on earth:

- Ask and it shall be given to you; seek and you shall find; knock and it shall be opened. For everyone who asks receives, and he who seeks finds, and to him who knocks it shall be opened (Matt 7:7-8).

In the years following, God caused me to become much bigger on the inside and also expanded me in many other areas of my life. Today, He continues to work to make me bigger – just like He is doing in our Cosmos, as our astrophysicists discovered.

A few years ago, I dreamt that an excavator was at work underground, digging and digging to make the space bigger. While the machine worked, something else was holding back a river. The dream gave me a symbolic picture of what God was doing deep inside of me – making me bigger on the inside.

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<sup>38</sup> Léon Bloy (1846–1917) was a French novelist and essayist who was also known for his defense of Catholicism and for his influence within French Catholic circles.

Some of you might enjoy reading a little book called *Mister God, This Is Anna*. Anna was a little girl who had a very special relationship with Mister God. She had an astonishing ability to ask – and to answer – life’s largest questions.<sup>39</sup> I always remember Anna asking, *Why do people make God so small?*

## Reflection Points

- ◆ What will you take away from this chapter?
- ◆ What are the key concepts presented in this chapter?
- ◆ Reflect on the words of the Teacher: “*Blessed are those who hunger and thirst for righteousness, for they shall be satisfied*” (Matt 5:6).
- ◆ Do you think you might have a spiritual thirst?
- ◆ Pray, asking God to give you a spiritual hunger and thirst.

## Your Response

- ⇒ Review the adventures you have taken in life. Mark the ones that satisfied you. What were the benefits you received from each adventure?
- ⇒ In your journal, write about what you want to ask God for.
- ⇒ Using a scale of 0 to 10, (0 being not at all, 10 being totally) how satisfied do you currently feel with your life?
- ⇒ Draw a picture to symbolically represent how satisfied you feel about your life.

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<sup>39</sup> *Mister God, This Is Anna* is a story by Sydney Hopkins under the pseudonym "Fynn" that touched the hearts of millions of readers around the world. Anna was a runaway, who at five knew absolutely the purpose of being, the meaning of love, and was a personal friend and helper of Mister God.