



# **Spirit Hunger Workbook with DVD: Filling Our Deep Longing to Connect with God**

*Gari Meacham*

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*Spirit Hunger* unwraps our heart's desire to engage God, even when we cover that desire with lesser loves.

Meacham writes, "With the authenticity of my own life stories?marriage to a professional baseball player, struggles with severe food bondage, and a father who was a quadriplegic?I came to the crisp realization that my prayer life and the belief needed to match. *Spirit Hunger* provides a clear path towards matching these heart cries?leading away from crumbs and counterfeit, to a hungering for God."

Relatable and relative, Gari addresses the following topics in *Spirit Hunger*:

- Longing and Numbing: Are these sighs of a hungry spirit?
- Believing: Is our prayer life really a worry life?
- Travailing and Shouldering: Do we understand how to pray with an intensity and intimacy?
- Questioning: What about the outcomes we can't reason with or explain?

This DVD is designed for use with the *Spirit Hunger* Workbook (sold separately). When used together, they provide you with a practical tool that can strengthen your faith.

Sessions include:

1. Hiding, Controlling, and Mocha Lattes
2. Engaging God: From Longing to Prayer
3. Whispers and Screams: How Do We Pray?
4. The Guts to Believe
5. Listening Postures
6. Who's in Charge?

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