

Pastor Daniel Olawande



LIT Episode

DEVELOPING SPIRITUAL APPETITE

Transcribed and Published by Livingsermons.com

LIT Episode

Developing Spiritual Appetite

Preacher: Pastor Daniel Olawande

Publisher: LivingSermons.com

Watch Live Video [Here](#)



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Foreword

When was the last time you truly hungered for God?

Not merely attended a church service, listened to a sermon, or completed a Bible reading plan—but genuinely longed for God's presence with the same urgency that a hungry person longs for food.

*This is the question Pastor Daniel Olawande places before every reader in *Developing Spiritual Appetite*.*

In a generation filled with endless notifications, constant entertainment, and relentless distractions, it is possible to remain active in Christian activities while quietly losing the desire for God Himself. We can become busy, productive, and even successful, yet spiritually dry. This timely message reminds us that God's greatest desire is not simply our activity but our appetite.

With remarkable clarity and practical wisdom, Pastor Daniel explains that spiritual hunger is not an emotion we wait for; it is a discipline we cultivate. He shows that a vibrant spiritual life is built through consistent prayer, daily meditation on God's Word, intentional fellowship with hungry believers, and a deliberate refusal to feed on the distractions that dull our desire for Christ.

*One of the most compelling truths throughout this message is that **God fills the hungry**. Scripture consistently reveals that those who recognize their need for God position themselves to receive more of His grace, wisdom, strength, and presence. Spiritual appetite, therefore, is not a sign of weakness—it is evidence of spiritual life.*

As editors, our commitment at LivingSermons.com is to preserve the preacher's voice while presenting each message in a clear, readable, and professionally published format. Every effort has been made to maintain the passion, emphasis, and biblical integrity of this teaching while removing the natural interruptions that accompany

spoken communication. Our prayer is that, as you read these pages, you will experience the same conviction and encouragement as those who first heard this message.

Do not rush through this book.

Read it prayerfully.

Pause where the Holy Spirit speaks to you.

Allow every chapter to challenge your daily habits, your devotion, and your pursuit of God's presence. More importantly, let this message awaken a fresh longing for Christ that extends beyond these pages and becomes your daily lifestyle.

May the Lord restore your hunger, deepen your intimacy with Him, and cause your spiritual fire to burn brighter than ever before.

Grace and peace,

— Wisdom Epsi

Chief Editor, LivingSermons.com

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The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

Watch the live sermon from which this message was transcribed on YouTube, **[at Pastor Daniel Olawande's Official YouTube Channel](#)**.

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It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

— ***Livingsermons.com***

A Spirit-led Publishing Stewardship

Main Message

Begins Here



Introduction

If there is anything this generation must recover, it is spiritual hunger. Fire is sustained by appetite. A believer who has lost the desire for God may still appear active outwardly, yet be spiritually dry within.

In this teaching, Pastor Daniel Olawande explains that spiritual appetite is not something that happens by chance. It is cultivated intentionally. As physical health is revealed by a healthy appetite, spiritual health is revealed by a continual hunger for God, His Word, His presence, and righteousness.

CHAPTER ONE

Blessed Are Those Who Hunger

Let's pray.

Father, in the name of Jesus, we thank You for today. We give You all the praise. Be Thou exalted in the name of Jesus. Sweet Holy Spirit, co-equal with the Lord, co-equal with the Father, thank You for always giving me the opportunity to stand before God's people and share Your Word.

I am not the most qualified man, but the mercies of the Lord keep qualifying me. Sweet Holy Spirit, glorify Jesus today. Let Your Word come with power, precision, and grace. Empower us, and take all the glory. In Jesus' name we pray. Amen.

Developing spiritual appetite.

Our main scripture today is **Matthew 5:6 (KJV)**:

"Blessed are they which do hunger and thirst after righteousness: for they shall be filled."

That Scripture is very deep.

There is something I love about it. The Bible says, "**Blessed are they which do hunger...**"

When I read that, I noticed something. Hunger is what they do. It is their lifestyle. It is their occupation. They are people who continually hunger after God.

Appetite As Proof of Life

No one forces a hungry person to eat. When you are genuinely hungry, you naturally look for food. Appetite is proof of life. In the same way, **spiritual appetite is proof of spiritual life.**

When someone has a genuine hunger for God, it is evidence that they are spiritually healthy. When a child refuses to eat, the mother becomes concerned.

The parents become troubled.

In my house, my younger brother owns a dog. I don't really rear animals, but one day I noticed the dog had not been eating for a while.

I became concerned.

I asked my younger brother, "Your dog is not eating."

Everyone became worried. But when the dog started eating again, everyone was excited.

Why?

Because appetite is proof of health. Likewise, spiritual appetite is proof that you are spiritually alive. You do not grow spiritually because someone forces you. You grow because you are hungry. If you are going to become something significant in God...

If you are going to stay lit...

If you are going to build a spiritually healthy life...

If you are going to remain on fire...

You must be hungry. There is no substitute for it. If you are not hungry for God, something is wrong. Not with God—but with your appetite. Something is wrong with your spiritual appetite.

Loss of Appetite Is a Warning

Let me begin by saying this: **Loss of appetite is a warning.**

When a person loses physical appetite, doctors become concerned.

Parents become concerned.

Friends become concerned.

But when a believer loses spiritual appetite...

...everyone notices.

Did you catch that?

When someone loses physical appetite, doctors worry.

Parents worry.

Friends worry.

When a believer loses spiritual appetite, everyone notices.

Signs of Weak Spiritual Appetite

What are the signs of weak spiritual appetite?

You No Longer Desire Prayer

One major sign is that you no longer desire prayer.

Prayer becomes difficult.

Prayer becomes optional.

That is a sign your spiritual appetite is weak.

The Word Feels Boring

Another sign is when God's Word feels boring.

I've mentioned this repeatedly.

When the Bible no longer excites you...

When opening the Scriptures feels like a burden...

It is evidence of weak spiritual appetite.

Worship Feels Too Long

When worship begins to feel too long—

when you find yourself saying,

"Ah... this worship is taking too much time."

That is another sign of weak spiritual appetite.

God Is No Longer on Your Mind Daily

Another indicator is when God is no longer part of your daily consciousness.

Perhaps you are a graphic designer.

You are designing...

But in the middle of your work, there is still an awareness of God.

Maybe you edit videos.

You shoot films.

You direct productions.

Yet, while doing all those things, your heart still remembers God.

Perhaps you are a software developer.

You write code.

You build front-end systems.

You work on back-end architecture.

You design products.

You manage projects.

You are a doctor...

An engineer...

An architect...

Whatever profession you belong to—

in the middle of your work, there should still be an awareness of God.

But when God is no longer on your mind throughout your day...

That is a sign of weak spiritual appetite.

What usually happens is not that you consciously reject God.

Rather, you simply stop craving Him.

The passion disappears.

The excitement fades.

The longing is gone.

And that is dangerous.

Busy but Spiritually Dry

The dangerous part is that you can still attend church...

...and remain spiritually malnourished.

You can even lead a fellowship.

You can pastor a church.

You can lead a department.

You can still be spiritually malnourished.

That is a serious place to be.

You may still be active in ministry.

Yet something is wrong inside.

A starving believer does not necessarily look empty.

They look busy—but they are dry.

Activities continue. They still sing in the choir. They still attend meetings. They still join online prayer meetings. They remain active...

Yet they are not truly engaged.

They look busy.

But spiritually...

they are dry.

CHAPTER TWO

Junk Spiritual Food Kills Real Hunger

Another thing I want you to understand is this: **Junk spiritual food kills spiritual hunger.** Think about physical food. Suppose you spend the entire day eating snacks—ice cream...

meat pie...

small bites here and there...

You may not feel hungry, but you are not eating healthy food. The snacks suppress your appetite. The same thing happens spiritually. **Junk spiritual food destroys genuine spiritual hunger.**

If you snack all day...

you won't be hungry for real food.

The same applies spiritually.

There are spiritual junk foods.

One of them is endless scrolling.

You may spend hours on social media convincing yourself that you are watching sermons.

From morning till night...

you keep scrolling.

Scrolling.

Scrolling.

That is junk.

Another is gossip and negativity.

Talking about people.

Talking about ministries.

Talking about pastors.

Constant criticism.

That is spiritual junk.

Another is constant entertainment.

I enjoy movies once in a while.

Sometimes I watch football.

But many young people today live entirely on entertainment.

From one comedy page...

to another skit...

to another video...

all day long.

You never pray.

You never study the Word.

Yet you think you are spiritually fine.

That is deception.

Another form of junk is sinful habits that numb your conviction.

There are habits that gradually silence your conscience.

Things you once stood against...

Things you once believed...

Convictions that once guided your life...

Suddenly, you become numb to them.

That is a terrible place to be.

These spiritual junk foods include:

- Endless scrolling.
- Gossip and negativity.
- Constant entertainment.
- Sinful habits that numb your convictions.

None of these things truly satisfy. They simply dull your hunger for God.

Eat the Word

Jeremiah 15:16 (KJV) says,

"Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart..."

Notice what Jeremiah said.

"I did eat them."

You do not merely read God's Word.

You consume it.

You feed on it.

You eat it.

The Word of God is spiritual food.

Jesus also said in **Matthew 4:4 (KJV)**:

"...Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

The Word of God is edible.

You feed your spirit with it.

You do not simply study the Bible academically.

You nourish your soul with it.

Make Room for God's Voice

If your soul is full of noise...

it will not crave God's voice. That is why you must learn stillness. You must learn quietness. You must learn to stay with God. Sometimes you need to step away from social media. You need moments where it is just you and God. The noise can become overwhelming. When your soul is constantly filled with conflicting voices...

you eventually lose the ability to hear God's voice clearly. And when you cannot hear Him clearly...

your hunger for Him begins to fade.

Hunger Is Developed

Let me leave this with you. **Hunger is developed.** It is not accidental.

You do not wait until you feel hungry before you eat breakfast. You eat consistently.

In the same way, you train your appetite.

- Do not wait until you feel spiritually dry before you pray.
- Do not wait until you feel spiritually dry before you fast.
- Do not wait until you feel spiritually dry before you study God's Word.

Train your appetite.

Spiritual hunger grows.

There are practices that strengthen it.

How to Train Your Spiritual Appetite

1. Show Up Consistently

It is not about doing something big once in a while.

It is about showing up every single day.

Even when you do not feel like praying—
pray anyway.

Start your day with God.

Perhaps you woke up late.

Perhaps you planned to pray for one hour, but now you only have ten minutes.

Do not skip prayer entirely.

Pray for those ten minutes.

If you are already late for work, kneel beside your bed and say:

"Father, thank You for today.

I give You praise.

I am awake now.

I'm sorry I did not wake up earlier..."

Feed on the Word Every Day

Another way to train your spiritual appetite is to feed on God's Word daily. Appetite increases with exposure.

Let me explain.

Sometimes you may not feel like eating a particular meal. Then you see someone else eating it, and suddenly you begin to crave it.

The same principle applies spiritually.

The more you expose yourself to God's Word, the more your appetite for God's Word grows.

Sometimes people say,

"I don't understand everything I read."

That's alright.

Even if you are reading Leviticus, keep showing up. At the beginning, don't focus only on understanding everything. First, build the discipline of consistency. Build the habit of showing up. Not every day will produce the same experience.

- Some days you will receive instruction.
- Some days you will be corrected.
- Some days you will be rebuked.
- Some days you will simply be encouraged.

But every day, show up. If you are going to stay lit, you must show up in the Word every single day. Read your Bible daily. Even if you read just one verse, let no day pass without God's Word entering your heart. If you cannot read it, listen to the Audio Bible.

But every day...

let the Word enter into you. Likewise, pray every day. Whether it is one hour...

thirty minutes...

ten minutes...

or even longer...

pray every day.

Stay Around Hungry People

Another thing that grows your spiritual appetite is this:

Stay around hungry people.

Hunger is contagious.

Fire spreads.

Look for believers who are genuinely hungry for God.

I have a friend like that.

Every time we talk, I come away wanting to pray.

When we finish our conversation and I drop the phone, my heart cries,

"God... more of You.

More of You.

More of You."

Stay around hungry people.

No matter what God has already done in your life...

No matter what you have seen...

You will still desire more of Him.

If you are going to stay lit...

locate other lit believers.

There are people whose messages I watch, and by the end, all I can do is cry,

"Lord... more."

Who are the fire-lighters around you?

Who are the people stirring your hunger for God?

To remain hungry, stay around hungry people.

Psalm 34:8 (KJV) says,

"O taste and see that the LORD is good..."

Notice the order.

First, taste.

Then comes the craving.

The more you taste God's Word, the more you return for it.

The more you taste prayer, the more you long for prayer.

Hunger Attracts God's Filling

God does not force Himself upon those who think they are already satisfied.

He fills the hungry.

Luke 1:53 (KJV) says,

"He hath filled the hungry with good things; and the rich he hath sent empty away."

The rich were sent away empty because they believed they already had enough.

But the hungry...

He filled with good things.

God fills the hungry.

Not merely the talented.

Not merely the popular.

Not merely the gifted.

He fills the hungry.

You must take the posture of a hungry person if you desire to be filled.

Remember what Jesus said:

**"Blessed are they which do hunger and thirst after righteousness:
for they shall be filled."** (*Matthew 5:6, KJV*)

There must first be hunger before there is filling.

If you come to God casually...

you will live casually.

But if you come desperately...

you will live differently.

Never forget that.

If you come to God casually, you will live casually.

If you come desperately, you will live differently.

Why?

Because He fills the hungry.

Deep Secret About The Enemy

The enemy wants you to be full...

of everything except God.

The devil does not mind you being busy.

He minds you being hungry for God.

He does not mind you being constantly engaged.

He minds you being filled with God's presence.

Be hungry for God.

Let me also say this to ministers.

The devil does not mind if you preach everywhere—

provided you do not pray.

He does not mind if you travel everywhere—
provided you neglect the Bible.

He does not mind your ministry activity—
provided you stop fellowshiping with God.

He is not threatened by busyness.

He is threatened by hunger.

Beware of Distraction

A distracted believer is easier to defeat than a sinful unbeliever.

Did you hear that?

A distracted believer is easier to defeat than a sinful unbeliever.

The unbeliever is already under the enemy's influence.

But the distracted believer...

that is where the enemy concentrates his efforts.

Why?

Because distraction slowly replaces desire.

Little by little...

the spiritual passion disappears.

That is Satan's strategy.

To keep you entertained enough...

busy enough...

occupied enough...

that you never become empty enough to seek God.

He will allow invitations.

Popularity.

Recognition.

Success.

Activity.

Results.

People will still call you.

Doors will still open.

Opportunities will still come.

Yet, somewhere along the way...

you stop realizing how desperately you need God.

CHAPTER THREE

Practical Ways to Develop Spiritual Appetite

1. Fast From Distractions

Not only from food.

Reduce digital noise.

Reduce social media noise.

Silence unnecessary distractions.

That is one practical way to build your spiritual life.

2. Set Fixed Prayer Times

Establish definite moments for prayer.

Hunger grows through routine.

Tell yourself,

"I will wake up at 6:00 a.m. to pray."

Or,

"Every night at 11:00 p.m., I will spend time with God."

Create consistent prayer rhythms.

3. Read God's Word Before Touching Your Phone

Feed your spirit before your social media feed.

Before the feed...

feed your spirit.

One of my friends says,

"No Word, no breakfast."

I love that.

Be intentional.

Pray daily.

And make this one of your daily prayers:

"Father, give me hunger. Give me a hunger for You that comfort cannot kill. Give me a hunger that fame cannot destroy. Give me a hunger that promotion cannot remove. Give me a hunger that platforms cannot replace."

Lord, give me that hunger.

As I close, let me say this.

You do not need more motivation.

You need more hunger.

Hungry people press further.

They stay longer.

They go deeper.

And because they go deeper...

they receive more.

Hungry people remain longer in the place of prayer.

Let me say something that may challenge you.

The short amount of time you spend in prayer often reveals the state of your hunger.

If you are always eager to leave God's presence...

Always in a hurry...

Always looking for something else to do...

it may simply reveal that your hunger has grown weak.

Hungry people stay longer.

Hungry people press further.

Hungry people receive more.

Prayer

Say this after me:

"Lord, make me spiritually hungry.

Let me crave Your presence more than comfort.

Fill me. Feed me. Help me to remain hungry for You.

Lord, let me desire Your presence more than ease.

Help me to stay hungry.

Feed me, Lord.

Help me to focus on You.

Help me to remain.

Help me to press in.

Help me to study more.

Help me to go deeper.

I will not rush out of Your presence.

Help me, Lord.

In Jesus' name. Amen."

It is easier to overcome a distracted Christian than a sinful unbeliever.

Therefore, ask the Lord daily:

"Help me to remain focused on You."

Our Declaration

Let's declare this together.

I will live lit daily.

I will build lit intentionally.

I will lead lit boldly.

I am sent to carry the fire into my world.

Let's say it again.

I will live lit daily.

I will build lit intentionally.

I will lead lit boldly.

I am sent to carry the fire into my world.

One last time.

I will live lit daily.

I will build lit intentionally.

I will lead lit boldly.

I am sent to carry the fire into my world.

Final Prayer

I pray for you in the name of Jesus.

Receive grace to stay lit.

Receive grace to live lit.

Receive grace to build lit.

Receive grace to lead lit.

Receive fresh grace to hunger more for God.

Receive the wisdom to train your spiritual appetite until you carry more of God.

Never forget this:

Appetite is a sign of life.

Likewise, spiritual appetite is evidence of spiritual life.

May the Lord continue to strengthen your hunger for Him.

In Jesus' name. Amen.

Closing Remarks

Thank you so much for joining me for this teaching. I encourage you to share this message with your friends, your family, and everyone around you. Also, share the short clips from **Live Lit Lead** across your social media platforms so that more people can be blessed.

If you have any questions, testimonies, or inquiries, kindly send them through the contact details provided by the ministry, and someone will respond to you. I also encourage you to become part of our community. We are intentionally building structures that help people stay lit.

When you join the community, you will be placed in small groups and circles where believers regularly encourage one another, discuss these teachings, and help keep one another's spiritual fire burning. Together, we will continue growing deeper in God.

Thank you once again.

Live lit.

Build lit.

Lead lit.

And above all... stay lit. God bless you.



About The Speaker

Pastor Daniel Olawande, widely known as P. Daniel, is an ordained minister in the Redeemed Christian Church of God (RCCG) and the Lead Pastor of RCCG The Envoys in Lagos, a youth-focused expression of the church marked by revival emphasis and strong apostolic teaching. He also serves in key national roles within RCCG's youth structure, including leadership within the Students and Corpers Ministry (CRM) and youth evangelism, with a clear mandate centered on raising a "burning generation" and stirring spiritual awakening among young people. His ministry combines preaching, mentorship, and large-scale revival gatherings, with a consistent focus on alignment, consecration, and purposeful living, making him a prominent voice among emerging Pentecostal leaders in Nigeria.

Connect With Pastor Daniel Olawande Via:

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To become the world's largest digital platform for ebooks transcribed from live sermons, preserving and spreading the spoken Word of God across nations and generations.

Our Mission

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