

Chapter 5 The Hunger Game

Damages from multiple relationships and damages of our emotions and heart both feed our hunger for love. Many situations and circumstances we fall or sometimes dive into are because of our hunger and need to be loved. Sometimes, the hunger stems from childhood needs. Where the need originates is helpful to know, but the resolution of the issues we face oftentimes branches out into diverse directions within our lives. This includes everything from daddy/mommy issues to molestations and abandonments—the list goes on and on. We search for answers in a similar fashion, in diverse places such as drugs, sex, perversions, alcoholism, etc. We have many talk show hosts capitalizing on the dysfunctions and emotional crisis of people who started their downward spiral on a quest for love.

We often misuse the relationships we do have. For example, a single mom will form an unhealthy relationship with her son when there is no man present in her life. She uses him as a pseudo-husband or boyfriend by making demands on his life to feed her own. While this is not usually a sexual thing, it can be very damaging to a son.

This strips him of his childhood by calling him the man of the house. That should not be his role in your life. So, instead of a mother nurturing and meeting her son's emotional needs as a child, he is used to meet her's. Children are leaned on in a number of ways when there is an absence of a spouse in the home. This is very similar to the void left when daddy or mommy leaves a home and the children feel abandoned.

Then, there is the low self-esteem issue that plagues us. I remember being in middle school. I had pimples and had grown in the hip and thigh areas, to the point where my mom put me in a girdle. I felt really self-conscious. I thought when people looked at me all they saw were pimples and hips. I know the

uncomfortable feelings that come with a changing body, especially when boys are present. I compared my clothes to other people's attire and that was just one more thing for me to feel bad about. I understand it when girls don't feel attractive. And then comes the pressure that we put on ourselves to be accepted or liked. I was nervous around boys, because I automatically felt like they found me unattractive. So, I avoided them at that age, which probably was a good thing. At the same time, these feelings are very real in our young girls. Our young girls need to be equipped as well as informed about what's happening to them. I remember wishing someone understood what I was feeling. These are the crucial times in a young girl's life when having a father or an informative mother is important. Some of us had it, some of us didn't.

Men can spot a woman with low self-esteem easily, especially if he is one to control and manipulate. If he's into mind games, you're his premier target. Low self-esteem can sometimes go undetected when it's covered in long flowing hair, sharp threads, long fingernails, great careers, the finest makeup, and a nice car. All of these things are external and serve as a cover-up or disguise. Some of the women we consider to be the most beautiful and successful in the world have also been plagued by this failure to attract or maintain real relationships. They, too, suffer from low self-worth and are tempted to over-compensate for the emptiness and loneliness that plague women of this generation. Have we really had enough? Have we reached the end of ourselves and see we need real help? Or, are we up for another cycle of the same?

We cannot allow our hunger for love to pervert our relationships. The definition of perversion is to, "Alter something from its original course, meaning or state to a distortion or corruption of what was first intended." When there is a void in our lives, we will fill it with just about anything, much like the natural hunger we experience when food is absent.

When we go without eating for a timespan beyond normal, our bodies began to feel hunger pangs. This is when hunger contractions start to affect the stomach. A healthy person can survive without eating for weeks. Research suggests hunger never disappears; however, there is an element of satisfaction when hunger has been appeased by the consumption of food.

Our emotional life runs parallel to our natural life. Emotional starvation or hunger can cause pain in the life of an individual. Where that pain carries us can be multifaceted dimensions of life occurrences and situations. Some people feed on the occurrences and situations which are like the scraps of a good nutritional, filling meal.

Our society has become one that feeds off of drama. The more dysfunction going on, the more we like it. Consequently, we feel we need to create dramatic relationships to keep things interesting, so...it's game time! Please don't misinterpret me, as there is an element of play in dating or courtship. Women are coy or shy at times, and so are men. But, to resort to manipulation and control of another individual is just wrong. This also falls into the category of misuse of relationship.

That's why many will cling on to an abusive mate or knowingly be a part of an unfaithful partner's games and lies. We settle ourselves into neglect and pretend we are all right with it. Bottom line: if you go into a relationship pretending, you will have to continue pretending. There's no showing the real you later. They may not like what they see and leave altogether. Real love is accepting the good, the bad, and ugly...the sides of yourself you like and the sides that you can't seem to stomach. A person who really loves you will not accept you being anybody other than yourself. They will know when you are out of character; they will sense when something is wrong. They will demand you be real with them and they will be real with you.

Now, there is a realness in society that is used for the purpose of hurting. What I mean is, we say and do things to

intentionally hurt and disguise it under the mantle of being real. We should be able to constructively critique someone without belittlement, insulting, and disrespecting them. Be very aware of harmful language. You may be dealing with a potential abuser, and this is your first red flag! If he will speak to you disrespectfully, he will treat you disrespectfully. There are usually red flags present in the beginning stages of a relationship; we just choose to ignore them. How many times have you heard someone, or you yourself say, “I knew there was something strange about that.” Or, “I felt something was just not right.” You will be surprised at the things your senses tell you which are actually extremely accurate.

The act of intimacy distorts our senses immensely, especially after climbing into and out of bed with someone and forming a bond. Even when red flags appear, they are ignored or rationalized. We talk ourselves out of anything we may feel or see out of the ordinary. This is because something else is controlling our feelings now.

This is one of the reasons why so much emphasis is put on what’s done in bed. Instead of actually making love and giving all to please your partner, this, too, becomes a performance. It’s the emotional content of making love that keeps it engaging and memorable, not how many positions or props you can manage to incorporate.

Pornography is so potent because it becomes entertainment instead of making love. There is nothing real or loving about a porn flick. It appeals to the sensual performance. Everything is over-emphasized from the moaning and groaning, to the very act itself. Prostitutes are paid for these performances. Their customers are paying for an actress, a fantasy, and something fake and shallow. We indulge in the make-belief that perverted spirits produce in our minds, and then we justify our actions and convince ourselves we had a good reason or such a desperate need to conduct ourselves in such demeaning ways.

Because if your conscience, which is an inner feeling or voice that guides to the rightness or wrongness of one's behavior, has not been seared, guilt is waiting to get you alone and stare you right in the eyes. Feeding yourself fantasy will only cause you to manifest fantasy.

There is truth to the saying, "You are what you eat." This holds true not only in the foods we indulge in or abuse, but it also holds true to what we see and listen to. Your ears and eyes are the gateways to your mind and soul; these two have direct connection to your heart.

We are to guard our hearts with all diligence. Prayer is essential to achieving this. David prayed, Create in me a clean heart, oh God; and renew a right spirit within me (Psalms 51:10).

With all of life's influences, the Bible states the heart can become deceitful and desperately wicked. It will fool the very person it belongs to into thinking that they are right when they are dead wrong. This is much like a person who lies habitually, just because. They are under the influence of a lying spirit, but the way this spirit functions is two-fold. It not only causes the person it is controlling to lie to others, but it also lies to that person and causes him or her to believe their own lies. Evil deception knows no boundaries, has no particular race, and is an equal opportunity deceiver. It is important that we guard our hearts. The Bible states we should do this diligently. I needed to know how to do this and asked God. The Bible says we are to present our bodies as living sacrifices, holy and acceptable to God, which is our reasonable service (See Romans 12:1).

So, I had to find out what God wanted from my single life and how to present my body as a living sacrifice, because being unmarried was my current situation. Did you know God won't command us to do something and not give us that ability to do it? The Lord showed me how to abstain and live celibate. He gave me the ability to do what He asked of me because of my prayers (to do His will) and the desires of my heart.