

From Hungry and Thirsty to Satisfied

Series: From Broken to Blessed

[A Study of the Beatitudes – Matthew 5:1-12]

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Matthew 5:6

How do you satisfy the longings of your soul?

Take a cue from **Solomon** in the book of Ecclesiastes.

He tried **education** but it wasn't the answer.

He tried **career** but it wasn't the answer.

He tried **money** but it wasn't the answer.

He tried **popularity** but it wasn't the answer.

He tried **thrills** but it wasn't the answer.

What is Righteousness?

1. A **relationship**: being right with God.

*The good news tells us how God makes us right with Himself.
Romans 1:17, NCV*

- a. I can't make **myself** righteous.
- b. God sent His Son – Jesus to **pay** for my sins.
- c. I accept by **faith** what God did for me.

2. A **lifestyle**: living right as God intends.

*All who practice righteousness are God's true children. 1 John
2:29, The Message
He leads me in paths of righteousness for his name's sake.
Psalm 23:3b*

What do we learn from this fourth principle?

There is only one who can fill the **hunger** of your soul.

Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. John 6:35

There is only one who can **satisfy** the thirst of your soul.

Anyone who drinks the water I give will never be thirsty again. Never! The water I give will be a perpetual spring within you, a gushing, eternal fountain of life. The woman said, 'Please, sir, give me some of this water! Then I'll never be thirsty again, and I won't have to come here to get water. John 4:14-15

The answer to life's hunger and thirsts is **Jesus**.

The young lions suffer want and hunger; but those who seek the LORD – lack no good thing. Psalm 34:10

How do I maintain a spiritual appetite?*

1. Remind myself how much God **loves** me.

*Pray that you have the power to understand how wide, how long, how high, and how deep God's love really is. May you experience the love of Christ, though it is so great you will never fully understand it. Then you will be filled with the fullness of life and the power that comes from God.
Ephesians 3:18-19, NLT*

2. Stop filling up on **junk** food.

*A wise man is hungry for truth, while the fool feeds on trash.
Proverbs 15:14, NLT*

3. Make knowing God my **#1** goal.

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. Psalm 63:1

4. Get into God's Word **every** day.

You must crave the pure spiritual milk of the Word so that you can grow into the fullness of your salvation. Cry out for this nourishment like a baby cries for milk. 1 Peter 2:2, NLT

5. Join a **life** group.

Appetite is influenced by association.

Join the company of good men and women, who will keep you on the path of the righteous. Proverbs 2:20, MSG/NLT

*help from Rick Warren, The Keys to a Blessed Life
Scripture passages English Standard Version unless otherwise noted