

“HUNGRY” - Matthew 5:6

“Blessed are those who hunger and thirst after righteousness, for they shall be filled”

“Blessing” – The pleasures of God that satisfy the soul.

Today’s MESSAGE: Fast sin, feast on the spirit!

“Soul food” is being right with God, and others.

I. Hungry body / Hungry soul - God created hunger (good) so we would know the satisfaction that comes from relationship with him, and his blessings! Gen. 1-2

II. Sinful Cravings – Born with a craving for sin. Ps. 51:5
Eccl. 6:7 *We work to feed our appetites; Meanwhile our souls go hungry.* (see also Romans 16:18)

III. Fasting Sin - God requires sacrifice; denying ourselves the pleasures of sin,
Matt. 4 – Jesus was more hungry for God’s will than food
Heb. 11:24-26 *By faith Moses, chose to be mistreated along with the people of God rather than to enjoy the pleasures of sin for a short time.*
Gal. 5:24 *Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires*

IV. Feast on Righteousness and you will be filled!
Psalm 34:8 *Taste and see that the LORD is good; blessed is the man who takes refuge in him.*
See also 1 Peter 2:2

V. Application: Pray for an increase of hunger for God, his word, his will in your world, and enjoy “soul food”!

**DNA Discussion Guide
“Hungry” Matthew 5:6**

“You’re blessed when you’ve worked up a good appetite for God. He’s food and drink in the best meal you’ll ever eat.

Prayer: Lord increase our appetite for you, and fill us up!

Personal Sharing:

1. When were you extremely hungry and what did it do to your body?
2. Why do you think God created hunger?
3. Do you have any aversions to certain foods? Why?

Digging in:

1. What is the righteousness of God? Isaiah 61:10; Romans 1:16-17; 10:1-4
2. What does that look like in us, and through us to the world?
3. Jesus longed for the Father’s will more than food. Read John 4:27-38 Have you ever experienced that kind of spiritual “hunger” and filling? When?
4. Have you ever fasted food in combination with prayer? What was your experience like? Matthew 6:16
5. What’s the key to fasting sin? Gal. 5:16-25; Heb. 11:24-26

Wrapping Up:

1. What kinds of “junk food” take away your appetite for God?
2. Where in your life are you hungry for God, and his righteousness?

Application: Share one action step you will take this week to increase your spiritual “feasting” and decrease your appetite for sin.

Prayer: Share any prayer requests, and pray for each other.