

WEEK 4

A SACRED APPETITE FOR
RIGHTEOUSNESS



Breath Prayer

Breath Prayer matches a word or phrase to the rhythm of our breath, calming the mind and inviting a sense of God's peace.

Inhale a truth and exhale a humble petition in a short, continuous prayer rhythm.

Inhale: Help me hunger for holiness...

Exhale: ...and thirst for your will.

Week 4 Prayer

Dear God, thank you for the sacred ache in our souls that reminds us we were made for you alone. Forgive us for the times we fill our lives with lesser loves and settle for temporary comforts instead of your presence. Reorder our appetites this week, and stir our hearts with a fresh hunger and thirst for your righteousness. Fill us with your Spirit as we go, so that our love for you and our neighbors reflects the wholeness found only in Jesus. Amen.

Matthew 5:6

New Revised Standard Version

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Amplified Bible

Blessed [joyful, nourished by God's goodness] are those who hunger and thirst for righteousness [those who actively seek right standing with God], for they will be [completely] satisfied.

The Message

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.

New Living Translation

God blesses those who hunger and thirst for justice, for they will be satisfied.

