

PRACTICE

Breath Prayers awaken us to God's presence with us and his work in us.

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.

PRAY

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.

BLESS

Share with the group or individually from person to person.

May you crave God's ways above all else, and be satisfied by his unfailing love.

WEEKLY MEMORY VERSE

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

Matthew 5:6 NRSV

DAILY VERSES

1-Matthew 5:6

4-Matthew 6:33

6-Psalm 63:1, 5

2-Psalm 42:1-2

5-Psalm 23:8

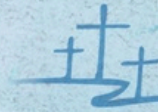
7-Matthew 22:37-39

3-Psalm 107:9

stay connected

Calvary Lutheran Church
248-625-3288
goodnews@calvary-lutheran.org
calvary-lutheran.org

YouTube & Instagram:
Calvary Lutheran Clarkston
Facebook:
Calvary Evangelical Lutheran Church

 40DAYS in the Beatitudes

BLESSINGS
- redefined by Jesus

WEEK 4

A SACRED APPETITE FOR RIGHTEOUSNESS

SHARE

- Welcome & opening prayer
- Share a high and low from the week

READ

Read: Matthew 5:1–6

Our journey through the Beatitudes continues with verse 6: “Blessed are those who hunger and thirst for righteousness, for they will be filled.”

Jesus also teaches: “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.” (John 6:35)

This hunger and thirst reach beyond physical appetite. Deep in our hearts lives an ache for loyalty, justice, and faithfulness-toward God, others, ourselves, and all of creation. It is a deep longing for God’s way to become our way and the way of the world he loves. It aligns us with God’s purpose and helps us focus on what it really means for us to pray: “thy kingdom come, thy will be done, on earth as it is in heaven.” This hunger is sacred: it sustains us when we are weary, pulls us deeper when we settle for surface-level spirituality, calls us to respond generously to those in need, to be good stewards of the earth, and gently reminds us when we lose our way: You were made to live in the light. Righteousness in the Bible basically refers to a right relationship with God which we receive as gift (grace) and is lived out in our relationships with others.

Read: Matthew 22:35–40

What does it actually look like to hunger for righteousness? Jesus points us straight to love: wholehearted devotion to God and self-giving love for others and appropriate loving attention to our own deepest needs.

Yet so often, we fill up on “lesser loves” before God can truly satisfy us. Good gifts-like family, comfort, success, and leisure-can quietly disorient our spiritual hunger and disorder our affections until we begin to treasure the gift over the Giver. These good but lesser loves make promises of lasting peace, security, and meaning that they were never designed to fulfill completely or eternally.

When we step back from the constant hum of distraction, entertainment, and busyness, we create room to feel our genuine spiritual hunger once again. That longing reorients our desires and calls us back to the Great Commandment: loving the Lord with our whole being. When God is our first love, our hearts are purified, our holy appetites are restored, and our other loves find their proper place.

Again this week, we are invited to seek quietness and stillness in the midst of full lives. In that stillness, the Holy Spirit reorients our hearts toward righteousness in all of our relationships, desires, and actions. We find ourselves deeply satisfied by the beauty, power, and goodness of God—even as we continue to hunger for more of Him today and into eternity.

TALK

- Share your reflections on the Read portion of the guide. How does this beatitude connect to the other three we have explored?
- Have you ever been really hungry or thirsty? What did it feel like and how did you react? Would you describe this feeling more like a casual longing or an intense need? What does this say about our hungering for God?
- How does the Bible's definition of righteousness differ from how the secular world defines being a “good person”? How does this righteousness with and from God differ from self-righteousness?
- What kinds of things do you hunger and thirst for (e.g. peace, security, purpose, no worries, etc.) and how do these hungers line up with a righteous relationship with God and others?
- When was the last time you felt a genuine, aching hunger for God’s presence or for his righteousness in the world? What was going on in your life or in the world at that time?