

PURSUING HAPPINESS

Pt 4: Happy are the Hungry & Thirsty

INTRO

- When is your favorite comfort food?
- On a hot day, what is your favorite cold drink?

READ

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

Scorn has broken my heart
and has left me helpless;
I looked for sympathy, but there was none,
for comforters, but I found none.
²¹ They put gall in my food
and gave me vinegar for my thirst.
Psalm 69:20-21

REFLECT & RESPOND

The beatitudes lay out the heart attitudes that would result in a happy, blessed, or favored life.

Jesus in His death didn't only pay for the sinful actions that we commit. He also purchased redemption for our hearts. He lived a perfect life with all His desires pure, yet on the cross, He was not satisfied. He went to His death hungry and thirsty.

Since the fall of humankind, wrong behaviours and actions have caused the deterioration of our own lives, the lives of others and even destruction of the earth itself. Jesus did not come to teach behavior modification, but came to change the sinful cravings of our hearts – the deepest part of our being which includes our thoughts, our wills, and even our emotions.

Here is how philosopher and theologian James K.A. Smith puts it:

So discipleship is more a matter of hungering and thirsting than of knowing and believing. Jesus's command to follow Him is a command to align our loves and longings with His — to want what God

wants, to desire what God desires, to hunger and thirst after God and crave a world where He is all in all — a vision encapsulated by the shorthand, "the kingdom of God."

Dr. James K.A. Smith

This internal struggle with unrenewed desires within is a life long struggle (Rom 7). Basic desires of the human heart to be seen, soothed, safe and secure are part of what it means to be human. The problem is we have a bent to fulfill them apart from God and the means of grace He has provided.

Qu: Of these four basic desires, which of them is the most vital to you? Given your upbringing, why do you think you gravitate to that longing the most?

PRAY

- Pray for wisdom on how to pursue the longings of our heart in new ways that result in true satisfaction
- Pray for ongoing revelation at what Christ has done for us so that our hearts long for more of Him
- Pray for any needs present