

Hungry and Thirsty

November 1-7, 2026

How do you act when you are hungry or thirsty? How does it change the way you treat others?

We all know what it's like to be hungry and thirsty. Our body's need—its inherent dissatisfaction—alerts us to the thing it needs to be satisfied with, whether food or drink. And that desire can change the way we act, for better or worse.

Just like our bodies hunger for food, Christians should hunger for righteousness, or to be rightly related to God. Jesus makes clear in Matthew 5:6, that our hunger and thirst will change us, but not for the worse. When he satisfies our longing, all our relationships will be made right.

WATCH THIS WEEK'S VIDEO: SESSION 4, MATTHEW 5:6

READ MATTHEW 5:6.

What have you understood Jesus to be speaking about here?
How have you heard this passage taught in the past?

If any of our relationships are going to flourish, we have to first figure out our relationship with God. This Beatitude encourages us to recognize the break in our relationship with God and to long for him to mend it. **Do you feel that you have to fix your relationship with God?**

We bring our brokenness into every relationship we are a part of and should be quick to mend relationships when our sin affects other people. We should also be quick to forgive, knowing that the person we are in conflict with is loved by God. **What makes it difficult to be quick to seek and give forgiveness?**

We don't think of ourselves as overly critical or lacking self-control; our behavior, broken as it is, feels normal. **How would you describe your relationship with yourself? What can you do to relate to yourself rightly? How can pursuing a deeper relationship with God help you relate to yourself in a healthier way?**

When you are rightly related to God, others, and yourself, it will change the way you relate to your workplace, your neighborhood, and society at large. Wherever God has placed us, we should seek to create a world where people flourish. **What would it look like for your small group to make your community a better place?**

Matt closed this session saying, "dissatisfaction is the pathway to satisfaction." **To what extent are you currently experiencing dissatisfaction in your relationships? How could that dissatisfaction, that yearning, be a hunger or thirst for righteousness? What one thing can you begin doing to put yourself on the pathway toward satisfaction in God?**

There exists in each of us a deep restlessness—a hunger, as Jesus says—that won't be calmed or satisfied until our relationship with God is made right. And as long as we try to skirt around our dissatisfaction, suppress it, or fill it with other things, our hunger and thirst will remain.

Therefore, as Matt argued, the pathway to satisfaction runs right through dissatisfaction. Only those who, by God's grace, come awake to our need to have our relationship with God restored—those who hunger and thirst for righteousness—will be filled. Whenever you are dissatisfied, seek God and his presence. Because there, and there alone, will you be satisfied.