

LESSON 5

BLESSED ARE THOSE WHO HUNGER AND THIRST FOR RIGHTEOUSNESS



Statement – Blessed are those who hunger and thirst for righteousness,

Reward – For they will be filled.

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

Just as we experience hunger and thirst as a deep urge in our bodies, we should know how to be happy in life by longing for the righteousness of God.

- Those, when faced with a **choice** always desire to do what is right, will be happy. That is the meaning of “hungering and thirsting” for righteousness.

Being righteous is to do the will of God, pleasing to God, being committed. We must develop our spiritual life and this is only possible when we are guided by the Holy Spirit. He leads us into righteousness. Like those who are poor or meek, they put their lives into God’s hands and hope for his help.

Mt 4: 1-11 – The Temptation of Jesus

Lk 22: 39-46 – Jesus prays on the Mount of Olives