

Bible Study Guide: Hungry for More – Seeking True Righteousness

 Source Transcript:

Big Idea

What you hunger and thirst for determines the direction of your life—and only Jesus can truly satisfy your deepest spiritual needs.

Theme

Lent calls us to shift our cravings from temporary, worldly fulfillment to a deep, lasting desire for righteousness found only in Christ.

Core Scripture

Matthew 5:6

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

Introduction: What Are You Craving?

Jesus uses:

- Hunger
- Thirst

To describe:

- Spiritual desire

Key Insight:

“What you seek determines what fills you.”

The Reality

Everyone is:

- Hungry for something
- Thirsty for something

Main Point 1: We All Have Spiritual Hunger

Explanation

Just as the body:

- Needs food
- Needs water

The soul:

- Needs God

“There is a deeper hunger inside you.”

Spiritual Truth

Spiritual hunger:

- Cannot be ignored
- Must be satisfied

Application

- What am I truly hungry for?
- What is my soul craving?

Sticky Quote:

“Your hunger reveals your need.”

Main Point 2: The World Offers Temporary Satisfaction

Explanation

We often seek:

- Comfort
- Success
- Pleasure

Spiritual Truth

These:

- Satisfy briefly
- Leave us wanting more

“You will be hungry again.”

Application

- What am I relying on for satisfaction?
- Does it last?

Sticky Quote:

“Temporary satisfaction leads to repeated emptiness.”

Main Point 3: Righteousness Is the True Fulfillment

Explanation

Jesus calls us to:

- Seek righteousness

Spiritual Truth

Righteousness means:

- Right relationship with God
- Living aligned with Him

“Seek Jesus, and you will be filled.”

Application

- Am I seeking righteousness?
- What does that look like daily?

Sticky Quote:

“Only righteousness satisfies the soul.”

Main Point 4: Seeking Jesus Changes Everything

Explanation

When you:

- Seek Jesus first

Everything else:

- Falls into place

Spiritual Truth

God provides:

- Peace
- Strength
- Direction

“Everything else will be added.”

Application

- Is Jesus first in my life?

- What needs to shift?

Sticky Quote:

“When Jesus is first, everything else follows.”

Main Point 5: True Fulfillment Is Lasting

Explanation

Physical needs:

- Return

Spiritual fulfillment:

- Lasts

Spiritual Truth

Jesus offers:

- Eternal satisfaction

“You will be filled completely.”

Application

- Am I experiencing lasting fulfillment?
- Or temporary fixes?

Sticky Quote:

“Jesus fills what the world cannot.”

Main Point 6: God's Presence Brings Peace

Explanation

In difficult times:

- God's presence sustains

Spiritual Truth

Knowing Jesus brings:

- Peace
- Assurance
- Strength

“His presence fills you with peace.”

Application

- Do I turn to God in hardship?
- What gives me peace?

Sticky Quote:

“God's presence satisfies deeply.”

Main Point 7: Seeking God Helps Overcome Temptation

Explanation

When filled with Christ:

- Temptation loses power

Spiritual Truth

God:

- Strengthens
- Sustains

“He helps you overcome anything.”

Application

- What temptations do I face?
- Am I relying on God?

Sticky Quote:

“Full hearts resist temptation.”

Main Point 8: Lent Is a Time to Refocus Your Desires

Explanation

Lent invites:

- Reflection
- Realignment

Spiritual Truth

We are called to:

- Redirect our cravings

“Start seeking the right things.”

Application

- What do I need to change?
- What should I pursue?

Sticky Quote:

“Lent reshapes your desires.”

Main Point 9: What You Seek Shapes Who You Become

Explanation

Your focus:

- Determines your direction

Spiritual Truth

Seeking God leads to:

- Transformation

“What you pursue defines your life.”

Application

- Who am I becoming?
- What is shaping me?

Sticky Quote:

“What you seek, you become.”

Main Point 10: Seek Jesus Daily

Explanation

This is not:

- A one-time decision

It is:

- A daily pursuit

“Let it be Jesus every time.”

Spiritual Truth

Consistency:

- Builds relationship
- Deepens faith

Application

- How can I seek Jesus daily?

- What habits can I build?

Sticky Quote:

“Daily pursuit leads to lasting fulfillment.”

Discussion Questions

1. What are you currently hungry and thirsty for?
 2. Where have you experienced temporary satisfaction?
 3. What does it mean to seek righteousness?
 4. How can you make Jesus your priority?
 5. What needs to change in your daily habits?
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Practical Application Steps

1. Identify Your Cravings

- Recognize what you seek

2. Replace Temporary with Eternal

- Choose God over the world

3. Spend Time with Jesus Daily

- Build a relationship

4. Trust God in All Circumstances

- Lean on Him

5. Pursue Righteousness

- Align your life with God
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Closing Prayer

Father,
Help us to hunger and thirst for You.

Redirect our desires,
fill our hearts,
and lead us into true fulfillment.

Teach us to seek You first
and to trust in Your provision.

In Jesus' name, Amen.

Final Takeaway

When you hunger for Jesus above all else, He fills your life with a satisfaction that nothing else can match.