



## MANNA CHURCH HAWAI'I - SMALL GROUP DISCUSSION GUIDE

June 28, 2026 | Blessed: Summer in the Beatitudes - "Blessed Are Those who Hunger & Thirst for Righteousness"

**ICEBREAKER QUESTION:** If you could only eat one food for an entire week, what would you choose? Do you think you'd still love it by the end of the week? Why or why not?

### **MESSAGE SUMMARY & SCRIPTURES:**

Jesus continues the Beatitudes with another surprising statement: "**Blessed are those who hunger and thirst for righteousness, for they will be filled.**" (Matthew 5:6). Every one of us is hungry for something. We long for success, relationships, security, comfort, approval, or purpose, believing those things will satisfy us. But Jesus teaches that true fulfillment is not found by chasing what the world offers. It is found by pursuing righteousness, choosing God's way over our own. The blessed life is not built on temporary happiness but on a deep and lasting fulfillment that comes from living according to God's will. (Matthew 5:6)

Biblical righteousness is more than simply trying to be a good person. It is a growing desire to do things God's way in every area of life, whether it's our relationships, finances, career, family, or everyday decisions. Jesus reminds us not to become consumed by the worries of life but to "seek first His kingdom and His righteousness" because our Heavenly Father already knows what we need. As we choose His way over our own, we discover that God is far more interested in changing our hearts than simply changing our behavior. He transforms our desires so we begin to hunger for what truly gives life. (Matthew 6:31-33)

Jesus promises that those who hunger and thirst for righteousness "will be filled." Just as food satisfies physical hunger, only God can satisfy the deepest needs of our souls. Temporary pleasures, achievements, possessions, or approval may leave us wanting more, but God's presence brings lasting peace and fulfillment. As we spend time with Him, our appetites begin to change, and we learn to crave His wisdom, His truth, and His presence above everything else. The more we seek Jesus, the more we discover that He alone is enough. (Matthew 5:6, Psalm 42:1-2)

### **GOING DEEPER: (break up into groups of no more than 4-6 for discussion)**

1. Share one thing that stood out to you from the message or the summary?
2. What do you think people chase most in hopes of finding happiness or fulfillment? Do you think those things actually satisfy?
3. Jesus says to hunger and thirst for righteousness. What does that look like practically in your everyday life (at home, with your family, at work, etc)?
4. Looking at your current priorities, what do they reveal about what you're hungering for most right now? What is one distraction or habit you can replace this week with intentional time with God so you can grow your hunger for Him?

### **PRAYER: (break up into groups of 2-3 for prayer):**

Father, thank You for reminding us that lasting fulfillment is found in seeking You above everything else, and help us desire Your ways more than our own. Help us encourage one another to pursue what is good, right, and honoring to You, and teach us to reflect Your love in the way we treat those around us. May our lives point others to the hope and satisfaction that can only be found in Jesus, and use us to share Your love wherever You have placed us. Amen



## MANNA CHURCH HAWAII - SMALL GROUP DISCUSSION GUIDE

June 28, 2026 | Blessed: Summer in the Beatitudes - "Blessed Are Those who Hunger & Thirst for Righteousness"

# MANNAYOUTH DISCUSSION GUIDE

**ICEBREAKER QUESTION:** If you could only eat one food for an entire week, what would you choose? Do you think you'd still love it by the end of the week? Why or why not?

### **MESSAGE SUMMARY & SCRIPTURES:**

Jesus continues the Beatitudes with another surprising statement: **"Blessed are those who hunger and thirst for righteousness, for they will be filled."** (Matthew 5:6). We all chase something we think will make us happy. Maybe it's getting good grades, making the team, being popular, getting more followers, fitting in, or having the newest things. None of those are bad, but Jesus says the only thing that truly satisfies is pursuing God and living His way. Real joy doesn't come from having the perfect life. It comes from having a growing relationship with Jesus and trusting Him every day. (Matthew 5:6)

Righteousness isn't about trying to be perfect or acting like you've got everything together. It's choosing God's way in the middle of everyday life. It shows up in how you treat your family, classmates, teammates, teachers, and friends. It affects the choices you make when no one is watching, how you respond when you're stressed with homework or sports, and whether you choose honesty, kindness, forgiveness, and integrity. Jesus tells us to seek God's Kingdom first because He already knows what we need. As we spend more time with Him, He begins changing our hearts so we want the things that matter most to Him. (Matthew 6:31-33)

Jesus promises that those who hunger and thirst for righteousness will be filled. Just like food satisfies physical hunger, only Jesus can satisfy what our hearts are really searching for. Success, relationships, achievements, and popularity may feel exciting for a while, but they never fully satisfy. The more we spend time reading God's Word, praying, worshipping, and walking with Him, the more we discover that His peace, love, and purpose are exactly what we've been looking for. Jesus is the only One who can truly satisfy our hearts. (Matthew 5:6, Psalm 42:1-2)

### **GOING DEEPER: (break up into groups of no more than 4-6 for discussion)**

1. What is one thing that stood out to you from the message or summary?
2. What do you think youth chase the most to find happiness or feel accepted? Do you think those things actually satisfy for very long? Why or why not?
3. What do you think it looks like to "hunger and thirst for righteousness" during a normal week of school, homework, sports, family life, and friendships?
4. If someone looked at how you spend your time, attention, and energy, what would they say you're chasing the most right now? Choose one practical way to put God first this week. (Ex: praying or reading your Bible before scrolling, inviting a friend to hang out, or encouraging a classmate, etc)

### **PRAYER: (break up into groups of 2-3 for prayer):**

Father, thank You for reminding us that You are the only One who can truly satisfy our hearts. Jesus, help us put You first in our school, friendships, family, sports, and everyday decisions. Teach us to love others well and use our lives to point our classmates, teammates, friends, and family to the hope and joy that can only be found in Jesus. Amen.

**Summer Challenge:** Don't do this summer alone. Join a small group and build relationships. Let's grow deeper in our relationship with God and others this summer as we study The Beatitudes together.

**Matthew 5:6** *Blessed are those who hunger and thirst for righteousness, for they will be filled.*

Being \_\_\_\_\_ is better than being \_\_\_\_\_

Righteousness - \_\_\_\_\_ way is the \_\_\_\_\_ way

*“Righteousness should be understood as a blessing for those who desire to do God’s will, who strive to conform to his standard”*

**Scot McKnight, New Testament scholar**

\_\_\_\_\_ way or \_\_\_\_\_ way?

**Matthew 6:31-33** *31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

**Psalm 42:1-3** *1 As the deer pants for streams of water, so my soul pants for you, my God. 2 My soul thirsts for God, for the living God. When can I go and meet with God? 3 My tears have been my food day and night, while people say to me all day long, “Where is your God?” Hard times will cause us to hunger and thirst. You’ll never be filled if all you desire is the world’s pleasures*

We \_\_\_\_\_ what we \_\_\_\_\_

What am I craving more than God right now?

Do you have a deep desire to do things God’s way?

Is there an area of your life that needs to be surrendered to God?

**Practical this week:**

Replace one distraction with time with Him.

Discussion Guide/Going Deeper



Growth Track



Sign up for Serve Sunday!

