

“How’s Your Appetite?”
(Matthew 5:6)

Pastor Tim Trexler
January 11, 2026

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

Matthew 5:6

**To hunger and thirst for righteousness means to
strongly desire a right relationship with God
that results in righteous living.**

How's your appetite?

“You have a hunger problem, not a time management problem.”

- Tony Evans

**If you don't hunger for God and thirst for His
righteousness you are spiritually sick.**

Hunger = a strong desire and craving

**Thirst = a picture of a parched palate or dry
mouth**

5 Specific prayers to honestly, earnestly and sincerely pray:

**1. Lord, Search me. - Ps. 139:23-24;
Lamentations 3:40; James 1:23-25**

²³Search me, O God, and know my heart;
Try me and know my anxious thoughts; ²⁴And see
if there be any hurtful way in me,
And lead me in the everlasting way.

⁴⁰Let us examine and probe our ways,
And let us return to the LORD.

²³For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; ²⁴for once he has looked at himself and gone away, he has immediately forgotten what kind of person he was. ²⁵But one who looks intently at the perfect law, the law of liberty, and abides by it, not having

become a forgetful hearer but an effectual doer,
this man will be blessed in what he does.

James 1:23-25

**2. Lord, Cleanse me. - Ps. 51:1-4, 6-10;
1 John 1:8-9**

**3. Lord, Shape me. - Jeremiah 18:1-23;
Romans 8:29-30**

4. Lord, Teach me. - Ps. 25:4-5; Ps. 32:8

**5. Lord, Use me. - Ephesians 2:10;
Phillipians 2:13**

**God is not going to do something “New” in us if
we were not willing to let go of something “Old”
that has us in bondage to sin.**

So the bottom line is this, are you willing to trust God and believe He knows what is best for you? Will you honestly and sincerely set apart 40 days to pray these prayers and read these scriptures?

A portrait of Michael Pool, a man with a beard and glasses, wearing a light-colored button-down shirt. He is smiling and looking slightly to the right. The background is a soft, out-of-focus grey.

Michael Pool

Team Pastor

Ways to Meditate on God's Word:

- 1. Analyze the Passage.**
- 2. Personalize the Passage.**
- 3. Memorize parts or all of the Passage.**
- 4. Summarize and vocalize the Passage.**

Sermon in a Sentence:

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

Application:

- 1. Honestly, earnestly, and sincerely pray the 5 prayers over the next 40 days!**
- 2. Meditate daily on the scriptures provided in our 40 days of prayer and preparation guide. Journal your encounters with God through your prayers and scripture reading.**
- 3. Ask God to increase your spiritual appetite and desire to hunger and thirst after Him and His word.**
- 4. Faith@Home: Discuss with a friend or family member what you need to say “no” to in order to say “yes” to God. Is there an ongoing sin in your life that is keeping you from honestly praying these 5 prayers? If so, repent and ask God to help you gain victory over it.**