

UPCOMING EVENTS:

DISCOVER WESTBRIDGE - FEB 12th

Want to learn more about WHY we do WHAT we do the WAY we do it? Come to "Discover Westbridge". Thursday, February 12th @ 6:30pm.

Scan the QR code to register!

WATER BAPTISM - MARCH 15th

Follow the example of Jesus in Water Baptism. Join us on Sunday night, March 15th as we celebrate during our worship night.

Scan the QR code to register!



PERSONAL NOTES:

LIFE GROUPS:

CHECK OUT A LIFE GROUP!

LIFE GROUPS are smaller groups of people who commit to meet together consistently for the purpose of growing relationally and spiritually.

Browse all the Life Groups option in the Westbridge Church App and sign up today!

Let us know if you have ANY questions!



MESSAGE NOTES

The Good Life // Week 4

God blesses those who hunger and thirst for righteousness, for they will be satisfied.

Matthew 5:6

The thread that connects:

1. Hunger and thirst are a craving that point to a NEED.

2. Jesus is most interested in HOW we find satisfaction.

Take delight in the Lord, and he will give you your heart's desires. Psalm 37:4

Let them praise the Lord for his great love and for the wonderful things he has done for them. For he satisfies the thirsty and fills the hungry with good things. Psalm 107:9

"I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty." John 6:35

*"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live **RIGHTEOUSLY**, and he will give you everything you need." Matthew 6:31-33*

God blesses those whose hearts are pure, for they will see God. Matthew 5:8

3. A pure heart is an UNDIVIDED heart.

Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. James 4:8

Guard your hearts above all else, for it determines the course of your life. Look straight ahead, fix your eyes on what lies before you. Mark out a straight path for your feet; stay on the safe path. Don't get sidetracked; keep your feet from following evil.

Proverbs 4:23, 25-27



LIFE GROUPS

DISCUSSION GUIDE

These questions are designed to help groups discuss the weekend teaching while building relationships with each other and growing in our faith!

Jan 22nd / 25th, 2026

1

WARM UP

1. We are halfway through our series on the Good Life. When you think about the phrase, “*the good life*”, what’s one word or image that comes to mind?

2. What was one illustration or moment from this week’s talk that stuck with you this week?

2

KNOW IT

1. Read **Matthew 5:6**. Why do you think Jesus used *hunger* and *thirst* to describe spiritual life?

2. Read **John 6:35** and **Jeremiah 2:13**. How do both of these verses remind us to satisfy our longings and desires in GOD?

3. Read **Matthew 5:8**. How did the definition of an *undivided heart* reshape or clarify this verse for you?

4. Read **Psalms 86:11**. Why do you think the Psalmist asks God for a “pure” or “undivided” heart?

3

SHARE IT

1. Of the core needs mentioned (affirmation, security, significance, connection), which one do you most naturally feel - and how does it shape your life?

2. Where are you most tempted to *take matters into your own hands* instead of trusting God to satisfy your desires?

3. In what areas of your life do you feel spiritually focused - and where do you feel divided or distracted?

4

LIVE IT

1. What is one craving or need you want to intentionally bring to God instead of trying to manage on your own?

2. What is one practical step you could take this week toward having a more undivided heart? What might that look like?

3. How can this group pray for you this week?