



# BLESSED ARE \_\_\_\_\_

## DISCUSSION GUIDE

### THE HUNGRY

SPEAKER: Russel Joyce

DATE: March 22, 2026

TEXT(S): Matthew 5:6, with 6:33;  
Isaiah 2 & 11; Luke 15 & Matthew 14;  
and Romans 3:21-26

**HOW TO USE THIS GUIDE:** *This resource is designed to help you, and your group, step through a progression of engagement with the Bible passage(s) and the speaker's message.*

*Our goal is to help you better understand and apply B4's teaching.*

### MESSAGE SUMMARY + DISCUSSION PROMPTS

Jesus' blessing in Matthew 5:6 reveals a paradox: a deep, painful hunger for righteousness is also a gift that leads to true satisfaction. We cannot fill ourselves. Mere human effort, knowledge, or moral striving cannot satisfy us as does the lasting, gifted righteousness of God. Scripture tells the story of humans striving to satisfy a misplaced hunger that leads to consuming others and increasing brokenness. Yet in Jesus, God offers us what otherwise eludes us. Through His sacrifice, Jesus becomes the source of righteousness *and* satisfaction. When we bring our hunger to Him rather than trying to fill ourselves, He fills us. Even better, He multiplies life to others.

**LEAN IN:** *These are icebreakers and warm-ups, mostly to get the group talking and start the flow of conversation. Choose one and talk it over for 5 minutes.*

1. When have you felt incredibly hungry or thirsty? What was that experience like?
2. What comes to mind when you hear the word "righteousness"?
3. Do you tend to ignore discomfort as a suck-it-up kind of person, or do you pay attention to it, and why?
4. What are some trivial things people "hunger" for?
5. What are some go-to ways to satisfy emotional or spiritual hunger?

**LOOK DOWN:** *These are questions about the Bible passage(s) above. Spend about 10 minutes discussing your choice of two or three questions:*

1. What does Jesus promise to those who hunger and thirst in Matthew 5:6?
2. How does Matthew 6:33 redefine what we should seek first? Why is that important?
3. What do the images in Isaiah 2 and 11 reveal about God's vision of righteousness?
4. How would you compare the story of the prodigal son (Luke 15) with the feeding of the 5,000 (Matthew 14)?
5. What does Romans 3:21-26 teach about the source of righteousness?

**LOOK OUT:** *These questions help connect the world of the Bible to today. Spend about 10 minutes discussing your choice of two or three questions:*

1. Where do you see people trying to “manufacture” righteousness today?
2. How does your culture attempt to satisfy spiritual hunger apart from God?
3. In what ways do power, politics, or systems fail to produce true righteousness?
4. How does social media amplify comparison, envy, or rivalry (Galatians 5:14-16)?
5. Why do you think knowledge and progress haven’t solved humanity’s deepest problems?

**LOOK IN:** *These questions help you consider how to engage the teaching for yourself. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. Where do you currently feel a deep hunger for things to be made right?
2. What are you tempted to use to “fill” that hunger apart from Christ?
3. What would it look like for you to bring your hunger to Jesus this week?
4. Where might God be inviting you to trust Him rather than strive harder?
5. What is one area where you want to “seek first the kingdom” more intentionally?

**LIVE IT OUT:** *These practical action steps help you apply this message to day-to-day life. Choose one prompt and talk it over for 5 minutes:*

1. Begin each day this week by naming your hunger before God. Pray something like, “Lord, I hunger for righteousness in \_\_\_\_\_ (your own life, relationships, the world, etc.)” Sit in that longing for a moment without rushing past it. Then pray: “Jesus, You are my righteousness. I receive what I cannot produce.”
2. This week, when you notice unhealthy cravings (anger, anxiety, control, comparison), pause and identify it. “This is a false hunger.” Pray a prayer of confession and dependence, like, “I bring this to You, Jesus. Fill me with Your life instead.” Next, picture handing Him your “small offering” (like the loaves and fish) and trust Him to multiply it.

You can find B4’s [Series Resources here](#).

