

**Matthews Gospel "The Sermon On The Mount"**  
**"A Healthy Appetite"**  
**Matthew 5:6**  
**Part-11**

- Matt 5:6

**"Blessed are those who hunger and thirst A Healthy Appetite Is Good:**

1. It's a mark of life:
2. It's a mark of a normal, healthy life:
3. A healthy appetite is the road to growth:
4. A good appetite is a blessing:

**We will ask 4 questions in our study this morning:**

1. Who Are The Blessed?
2. What Is Hunger and Thirst?
3. What is The Blessing of Hunger and Thirst?
4. How Do You Become Hungry and Thirsty?

**1. Who Are The Blessed?**

- Matt 5:6

We're looking at The Sermon on The Mount, • Matthew 5-7  
We're looking at the section called The Beatitudes • Matthew 5:3-12

**Beatitudes** - means "have these attitudes"...beautiful attitudes  
(not DO-Attitudes)

These describe the character traits and qualities of those who belong to Christ's kingdom.

This sermon was addressed to Disciples – "learners, pupils, followers of the teacher and teachings"

"Blessed" "Oh how happy.....To be envied...happiness" This word was used of Greek gods that alone were said to have possessed a joy and happiness that could only be enjoyed in the divine.

Blessed (**divine happiness**) is **God's blessing and approval** upon us, Literally "The applause of heaven" a result of God Himself being pleased with us. That if we truly want God, if we truly want the spiritual than these beatitudes are for us.

**Who Are The Blessed? Those that God approves**, heaven applauds, they have the blessing from Him. (Those who have longed for God's approval over man's)

1# Beatitude is "Blessed is the Poor in spirit" This is Spiritual Bankruptcy.

2# Beatitude is "Blessed are those who mourn" "Mourning over Sin." One think to admit that you are spiritually bankrupt it is another to morn over it and come to God.

3# Beatitude is "Blessed are the gentle" A person yields their will in surrender to God - They know who they are and know they don't deserve anything.

## **2. What Is Hunger and Thirst?**

- Matt 5:6

Historical Setting: When Jesus spoke this message, His hearers knew what He was speaking about!

- Most of the people of Jesus time were poor, they knew hunger
- They lived from day to day!
- If you got sick and could not work, you did not eat

They also knew what it was to thirst:

- It was a sun scorching climate
- The wind blew sand
- Traveling was tough
- Dehydration was commonplace

**Hunger** – "suffering deep hunger" **refers to the desperate craving that a starving person has for food** - starvation, intense desire, literally dying of hunger."

**Thirst** – The word means "**to painfully feel the need for water, intense desire, dying of thirst - to keep on thirsting**" This is more than just needing a sip, it means "to be parched and dehydrated to the point of pain."

The sense in the Greek is **“we’re to hunger for the whole portion and thirst for a bucket of water.”** The Greek grammar also is in the present tense, meaning that we should continuously hunger and thirst. This is not something we just do once and then we’re satisfied.

**Righteousness** - Literally **“In the right”** We are UN-righteous.....In the wrong!

Jesus here is first speaking of 2 different uses ages of this word.

1. **Positional Righteousness** – Hungry for Salvation (Justification)

- Romans 4:2-5

2. **Practical Righteousness** – Hungry for Sanctification (set apart)

- Matt. 5:20

**Righteousness is used 7X in the Sermon on the Mount. What Jesus is speaking about is a life that is right!** A life that is longing to resemble Jesus Christ! It is the hunger and thirst for God! “Life lived in conformity to God’s will, righteous living”

- Romans 8:20-21

**futility** - **“emptiness, void”** Like a puzzle that is missing a piece.

Examples of Hunger and Thirst for Righteousness:

1. **Moses** – The most gentle man.

- Exodus 33:18

2. **David** - Was a man after God’s Own heart - he said in the Psalm 23 “The Lord is my Shepherd, I shall not want.”

- Psalm 42:1-3
- Psalm 63:1

3. **Paul** – Here is a man that had spiritual experiences.

- Acts 9:3-9 Road to Damascus – He saw Jesus Christ.

- Acts 18:9-10 In Corinth Jesus appeared in a vision to Paul
- Acts 27:23 Vision from God
- 2 Cor 12:1-4 Paul went to heaven.
- Philip 3:10-12

**“This is the way of a healthy Christian, he or she never has enough of God and righteousness. He or she is always hungry!”**

### **3. What is The Blessing of Hunger and Thirst?**

- Matt 5:6

**Paradoxical Satisfaction: “Those continually hunger are satisfied”** How can one be hungry and satisfied at the same time? How can one be satisfied and experience hunger?

**they shall be satisfied - “Filled”** literally.....glutted “They and only they shall be satisfied”

- John 4:13-14
- John 7:37-38
- Psalm 17:15

### **4. How Do You Become Hungry and Thirsty?**

**Are we Hungering and thirsting for righteousness?**

- 1 Peter 2:2-3

We Cannot Make Ourselves Righteous - But we can get rid of those things that are keeping our spiritual taste buds dormant.

**We Need To Watch What We Eat!**

- Prov 27:7
- Isa 55:1-3

- Jer 2:12-13

### **We Need To Weigh What We Eat!**

- Amos 8:11-13

#### **Application:**

1. **Poor In Spirit** - Destitute - nothing to offer a Holy God. Filthy rags for righteousness.
2. **Mourning** - "God be merciful to me the sinner" - Repent, seek God's help
3. **Gentle, Meek** - Forget self, surrender of my will to God, (no fight)
4. **Hunger & Thirst After Him**- Holiness, wanting Jesus and to be like Him.

1. **Make Time to read the Bible**
2. **Make Time For Prayer**
3. **Commit Yourself To being a Student of the Word**
4. **Avoid Distractions**