

The Beatitudes

Blessed are those who Hunger

Ready (*Plant the seed*)

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

Set (*Get the conversation started*)

We know what it means to be hungry and thirsty: we need food and drink. What does Jesus mean by “hunger and thirst for righteousness” and how is that a blessing? Well, when you are hungry, your body is signaling to you that you need food. To hunger for righteousness means to need Jesus. Why do we need Jesus? Yes, because we sin. Jesus says, “but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.” (John 4:14) The water Jesus is speaking of is the Holy Spirit. Seeking Jesus through God’s word and accepting Jesus as the Lord of our life will bring the Holy Spirit to dwell inside you. Romans 6:23 tells us, “For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.” Once you accept Jesus into your heart, “you will be filled.” If we choose what God wants for us instead of what we want, we will be blessed by the Holy Spirit.

When you are out on the field, you need to make sure you drink a lot of water! Keeping your body hydrated so that you don’t get sick is important. The same goes for the Living Water of the Holy Spirit. You need to spend time in God’s word to help you make the right decisions and protect you from the wrong ones. Reading the Bible and praying are the most important ways you can strengthen your relationship with God and stay hydrated in His word.

Grow (*Talk it over*)

- Have you ever gone too long without eating or drinking? What happened to your body?
- What happens when you go too long without connecting with God?
- How does connecting with God regularly help you to be a better athlete?

Pray

Father God, thank you for sending Jesus to give us the Living Water. We are sorry that sometimes we get too busy to connect with you. We know that we need the nourishment that only you can provide. God we pray that we always hunger for your righteousness and seek you in our thirst. In Jesus name we pray, Amen.

Overtime (*Team Building Game to Support Concept*)

-Set up: Have team sit in a circle.

-Give Directions: This is a memory game. You have to name a food or drink that starts with the same letter as yours then add it to your name. For example: Molly Mushroom. Then the next person says yours first then theirs: Molly Mushroom, Jake Juice. Next person: Molly Mushroom, Jake Juice, Brady Banana. If you miss a name, you are out!

-Say: *That was tough remembering everyone’s name! It was easier if you were at the end and could hear people’s names multiple times. The brain needs to hear things more than once to remember. That is true of reading God’s word as well. When you are trying to memorize scripture, can you only read it once? No! You need to go over it many times to train your brain to remember without looking. Spending time each day in scripture and prayer will feed your hunger and hydrate you in the Living Water that only Jesus can give.*