

Week 4

**Happy are
the Hungry
and Thirsty**

Where is your most picturesque waterfall in the world found?

Sunday

As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God? Psalm 42:1-2

When you think of your "soul panting", what comes to your mind?

Why do you think the psalmist is asking when he can go and meet with God?

Pray for God to reveal His living presence in your life today.

3 places I'd love to explore



What is your favourite take-away meal?

Monday

Hey there! All who are thirsty, come to the water! Are you penniless? Come anyway — buy and eat! Come, buy your drinks, buy wine and milk. Buy without money — everything's free! Why do you spend your money on junk food, your hard-earned cash on cotton candy? Listen to me, listen well: Eat only the best, fill yourself with only the finest. Isaiah 55:1-2

In what ways could we be “spending our money on junk food” in the context of our faith journey?

Isaiah says that we can “buy without money - everything's free.” What does that look like in the context of our relationship with Jesus?

Thank God today specifically for the things that you have received as a free gift from Him.

What is your most sentimental possession?

Tuesday

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33

What do you personally believe it looks like to seek first God's kingdom, on a daily basis?

How would you define the word righteousness?

The outcome of seeking God first is that "all these things will be given to you as well." What do you think "these things" are for you personally?

3 ways I can make it easier to seek God first, daily.



Circle as many words as you'd like to ask God's guidance and blessing over in your life. Then, pray and ask God to lead in these areas or problems.

studies finances your future a partner forgiveness work colleagues family your health home world peace plans mental health those in mourning creativity professional life faith stocks baby names struggles with identity insecurities children global warming diet keeping up girlfriend addiction relationships schedule sleep independence nutrition pets vehicles hair loss guilt your worries productivity questions about God life partner staying balanced social media parents motivation friends drinking water saving fitness covid decision-making attitude job interview criminals when to walk away personal life hobbies boredom retirement planning boss recovery phobias calm parenting security school subject sexuality moods snacking making good choices cruelty work life balance tragedies rain environment growing spiritually holidays moving on career choices financial security love life lethargy exams faith issues why? staying relevant teacher work pressure bad habits having a baby loving and being loved forgiving someone friends with newborn gender identity food worship spouse spending habits porn travel plans vaccination fear of dying guidance career change transport gifts salary planning leave groceries budgeting hearing God's voice having courage being grateful how to say no neighbours healing politics physical wellbeing having the hard conversation consistency boyfriend school promotion opportunity patience sports sibling neighbourhood teammates competition weather war becoming old corruption salvation friends struggling trusting God homeless people your garden being assertive grief being a positive influence good habits abuse

What is something you should probably get rid of, but haven't?

Wednesday

**“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”
Matthew 11:28-30**

How do we come to Jesus, if we are weary and burdened in such a busy culture?

Describe what rest for your soul looks like, in your current situation?

Pray over this area today, trusting and surrendering it in God's hands.

3 ways I can lessen the burden of people I am often around.



If you could have dinner with anyone, dead or alive, who would you pick and why?

Thursday

Jesus answered, “Everyone who drinks this water will be thirsty again, 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.”

The woman said to him, “Sir, give me this water so that I won’t get thirsty and have to keep coming here to draw water.”

John 4:13-15

Why do you think we, as humans, have a tendency to try and fill up on things that will never truly satisfy?

Jesus promises this woman that the water He gives will last for eternity... What encourages you about this promise?

Take some time to share your deepest desires with God and to invite Him into those spaces of your life.

If you were to write a book, what would it be about?

Friday

And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

Ephesians 3:18-19

Take a moment, close your eyes and think about how vast this earth is, how deep the oceans are and how high the heavens stretch. Now think of God's love for you, which is greater than all of that.

Paul is praying this prayer in Ephesians, wanting us all to comprehend the magnitude of God's love. Why do you think it is important to comprehend how big God's love is for us, in order to become complete or in order to be filled?



Today, pray God's love over every aspect of your life.

Fill this page with words that God might use to describe the love He has for you.

