



Blessed

Week 4: Are Those That Hunger & Thirst for Righteousness

CCV Groups Discussion Guide

OPENING QUESTION:

What's something you've been really craving lately (a food, activity, or experience)?

GROUPS VIDEO GUIDE

READ:

[Psalm 34](#)

DISCUSS:

1. How does righteousness differ from following rules or being morally good?
2. Why do you think Jesus used the analogy of hunger and thirst when describing our pursuit of righteousness?
3. How have you experienced Jesus satisfying your hunger and thirst for righteousness?
4. In what areas of your life do you feel spiritually "full," and in what areas do you feel "famished"?

GROUP CHALLENGE:

Is there a situation you could turn toward God's righteousness this week at work, home, or with family or friends?

TAKE HOME QUESTIONS:

Table Talk (a question to ask your family or friends over a meal): Is there an inequity in our world (or community) you strongly feel about?

Water Cooler (a question to ask at work): If you could bring about justice in one social issue of our day, what would it be for you?

PRAYER: (Read this over the group)

St. Teresa of Ávila (1515–1582) is a Doctor of the Church known for her deep mysticism and teachings on the spiritual life. Her writings often focus on the deep longing for union with God and the desire for holiness and righteousness. In her *Way of Perfection*, she speaks about the need for prayer, righteousness, and the pursuit of God's will.

Prayer of St. Teresa of Ávila for Righteousness:

O Lord,

I desire nothing but You.

*May I hunger and thirst for Your righteousness,
seeking only to fulfill Your will in all things.*

*Teach me to love what You love
and to walk in the path of holiness.*

*Fill my heart with a longing for justice,
so that I may bring Your light to the world.*

*Let nothing satisfy my soul but You,
and may I always desire to serve You in all things.*

Amen.

SCRIPTURES:

- **Isaiah 55:1–2**, “Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare.”
- **Psalms 42:1–2**, “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?”
- **John 4:14**, “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 6:35**, “Then Jesus declared, ‘I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.’”
- **Matthew 6:33**, “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

- **Revelation 7:16–17**, ““Never again will they hunger; never again will they thirst. The sun will not beat down on them,’ nor any scorching heat. For the Lamb at the center of the throne will be their shepherd; ‘he will lead them to springs of living water.’ ‘And God will wipe away every tear from their eyes.’”