



ENTER God's presence

Psalm 1

¹Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
²but whose delight is in the law of the Lord,
and who meditates on his law day and night.
³That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.
⁴Not so the wicked!
They are like chaff
that the wind blows away.
⁵Therefore the wicked will not stand in the judgment,
nor sinners in the assembly of the righteous.
⁶For the Lord watches over the way of the righteous,
but the way of the wicked leads to destruction.

Pray: Gracious God, you tell us that those who delight in you are like trees planted by streams of living water. As we turn to your Word together, make us open and attentive. Where we are dry, refresh us; where we are distracted, centre us; where we are guarded, soften us. By your Spirit, help us to hear not just with our ears, but with our lives, that we might receive what you are giving and be shaped by it. In Jesus' name, Amen.



SHARE life together

1. **What are your highs and lows since you last met?**
2. **How have your plans for Christmas and the Summer holidays played out? Did things go the way you had hoped or not? Why do you think things turned out the way they did?**

Week beginning:
Monday 26th January 2026

Worship series:
Jesus' Vision
#1 Jesus' Vision For Our Living



VERSE for the week

**“Blessed are those who
hunger and thirst for
righteousness, for they will be
filled.”**

Matthew 5:6



REMEMBER this week

**We honour God's
faithfulness in the
past by trusting him
and joining him in
what he is doing
now.**

Most of us know the difference between being truly hungry and just opening the fridge or pantry because we are bored, restless, or just looking for a quick hit. Snacking might take the edge off for a moment, but it rarely satisfies and often leaves us reaching for something else soon after. In the same way, most of us spend much of life trying to fill deep longings with things that only distract us from, rather than satisfy those longings: busyness, success, comfort, control are often popular choices. We want to satisfy that hunger within us because we recognise the truth of the Snickers bar advertising – “You’re not you when your hungry!”

In today’s reading (often referred to at the Beatitudes, Latin for ‘*happy sayings*’), Jesus doesn’t shame that hunger or tell us to ignore it. Instead, he names it and points us toward what can actually satisfy – to what will really make us ‘happy’ in life. It’s an invitation to pay attention to what we are really hungering and thirsting for, and to hear Jesus promise that those who hunger and thirst for what truly matters will be filled.

Read **Matthew 5:1-12** [HERE](#) or in your own Bible.

3. Try to summarise the main idea of these passages.
4. What verse/concept/teaching in these readings caught your attention and what was challenging/confronting/comforting about them for you?
5. What surprises you about who Jesus calls ‘blessed’ in this passage? Which ones would you *not* expect to see on this list?
6. Which Beatitude feels most uncomfortable or confronting to hear? Why do you think that is?
7. Look carefully at each verse. How many of the Beatitudes actually describe something that people should do rather than describing ways for people to be? What do you think is the difference between ‘being’ and ‘doing’?



GROW deeper

Perhaps, like many other Christians, you have always read or heard this passage as a list of things that Christians should be striving to do or to achieve. But what if, like the tree planted by the water in the psalm we read earlier, it’s not so much about what we can produce but who we are becoming. Before there is anything to achieve, fix, or prove, Jesus names people as blessed right where they are – in their weakness, longing and dependence. This doesn’t mean that our lives cannot or will not change, but that transformation begins not with effort, but with receiving.

8. Notice in verse 3-5 those who are blessed are those who experience ‘lack’ of some kind. Poverty, even in spirit, is a lack of wealth or richness. Grief, or mourning, is usually experienced at the loss of something or someone important. Meekness is a lack of power or perhaps arrogance. How do you think we experience blessing as followers of Jesus when our lives seem ‘lacking’?
9. Now notice verses 7-9. Here, those who are blessed possess something: mercy, purity, peace or wholeness? How do we, as followers of Jesus receive those things?
10. Verse 6 is unique in this passage. It is the one place where Jesus uses language that describes an active pursuit after something. The way Jesus uses the words ‘hunger and thirst’ here meant to ‘actively pursue or seek out’. How do you think actively pursuing righteousness (‘right’ness with God) is connected to all the other blessings mentioned in this passage?



LIVE purposefully

MAKE IT REAL:

Jesus' words don't call us to manufacture blessing, but to trust that God is already at work in us and among us. As we think about living this out, the invitation is not to try harder to become "Beatitude people," but to notice where God might be gently reshaping our desires, our attention, and our responses. What follows are not tasks to complete, but spaces to pay attention to how a life rooted in God's Kingdom might take shape in ordinary, everyday ways.

11. **Where in your daily life might God be inviting you to stop 'snacking' on quick fixes and instead attend to the deeper longing or hunger? What would it look like to bring that hunger honestly to God this week?**
12. **How might seeing yourself – or others – as already 'blessed' change the way you act or respond to situations or demonstrations of weakness, grief or tension?**

[Plan your weekly devotions](#) or [download the Church Central app](#) for the daily [LifeWay Devotions](#)



PRAY intentionally

You might like to pray together the following prayer, or spend time sharing together your prayer needs and praying for one another.

Gracious God, you see us as we are, and you meet us in our hunger and longing. Thank you for the promise that in your Kingdom, emptiness is not ignored and weakness is not dismissed, but received with mercy and grace. As we go from this place, help us to trust what you are already doing in us. Teach us to let go of what only distracts and to remain open to what truly gives life. Shape our hearts by your Spirit, that we may live from your blessing rather than striving for it. Amen.



BLESS one another

You might like to address one person in your group and make the sign of the cross on their forehead or on the palm of their hand as you say...

[Name], Jesus' vision for your life is one of fullness and blessing in Him. Amen.