

# LIFE GROUP DISCUSSION

WEEK: FEBRUARY 21-27, 2026

## SERIES INFO

### Upside Down

Most of us already know what the good life looks like in our culture... success, comfort, confidence, control. We don't have to be taught what to chase; we're already running. In the opening lines of the Sermon on the Mount, Jesus disrupts all of it. He blesses weakness, grief, humility, mercy, purity, peacemaking, and faithfulness under pressure... qualities we usually avoid, ignore, or see as setbacks. This series slows us down long enough to notice the gap between what we chase and what Jesus calls blessed. Not to pressure people. Not to shame people. But to help people see clearly. Each week, we'll unpack one of Jesus' statements and let it confront our assumptions about the good life... one attitude at a time.

## PERSONAL FUN FACTS

- What food instantly takes you back to a memory or person you love?
  - Who made it?
  - Why was it special?

## TAKEAWAYS

What were the greatest “takeaways” you had from the message this week on “those who hunger and thirst for righteousness will be filled?”

## DISCUSSION

### 1. The Meaning of Hunger and Thirst

**Scripture: Matthew 5:6; Psalm 42:1-2; Isaiah 55:1-2**

These words, “hunger” and “thirst” are not words that Jesus just tosses about loosely. We live in a world of refrigeration, restaurants, grocery stores, and a multitude of options for every type of food there is. This is not the world of the first century. People who would have been hearing Jesus say these words would remember what it was like when crops failed to yield a harvest, when food was scarce, and when dehydration was a reality. It is in this framework that Jesus chooses the strongest physical cravings known to humans. We must read it like this: “those who are continually hungering and continually thirsting ...” This is a lifetime hunger and thirst—one that represents our soul continually longing for God.

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## DISCUSSION CONTINUED

1) Why do you think Jesus describes the spiritual life as hunger and thirst over achievement and performance?

2) How would you describe the difference between having a “spiritual” interest and having spiritual hunger?

### **2. The Meaning of Righteousness**

**Scripture: Amos 5:21-24; Revelation 7:16-17**

Israel was identified as performing religious ceremonies but ignored justice. They engaged in the feasts, brought forth sacrifices, sang their songs of praise, but the Lord is not pleased unless the people are involved in righteous living that produces and maintains justice in all human relationships. God says, “I want righteousness flowing through the world.” Hungering and thirsting for righteousness means to have a longing for a world repaired ... a longing for God to put the world right. The words of Jesus express His desire for His kingdom to come in all its reality and fulfillment. Jesus gathers these hopes for justice and transformation into one promise: those who ached for God’s righteousness will not remain empty but will be filled.

1) Which aspect of righteousness do you think Christians most often consider? Righteousness as personal morality or righteousness as social restoration?

2) Which type of hunger and thirst do you experience most right now—for God, for change in yourself, or for change in the world?

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### 3. The Meaning of Being Filled

**Scripture: Psalm 107:8-9; John 6:32-37**

When you stop to think about it, the promise of being filled is quite astonishing. When Jesus indicates that we will be filled, He is referring to “complete satisfaction.” But unlike feeling satiated by being served a sumptuous meal after a long time without food, the filling that Jesus is talking about is a three-staged fulfillment: there is a present filling (forgiveness/grace), an ongoing filling (spiritual formation), and a future filling (as creation waits for new creation—a creation restored which is an ultimate satisfaction).

1) Why do you think God allows for continued longing (hunger/thirst) instead of just instant fulfillment?

2) What is the difference between wanting what Jesus provides and wanting Jesus Himself?

3) What does it practically mean to “*come to Jesus*” in everyday life?

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## PERSONAL REFLECTION

- Where am I most often looking for satisfaction when I'm feeling empty, stressed or restless?
- How does Jesus' invitation to "come to Him" change my feelings of emptiness, being stressed, and feeling restlessness?
- Why is it easier for me to reach for something that will quickly satisfy me than seeking spiritual nourishment?

## PRAYER

Lord Jesus, You know the hunger of my heart.

Forgive me for filling myself with things that cannot satisfy.

Create in me a deeper longing for Your righteousness—in my heart, in my relationships, and in our world. Teach me to desire what You desire. Fill me with Your life until the day all things are made new. Amen.