

Maintaining Happiness in Your Life Part 4 - "Why You Need to Stay Hungry"

"God blesses those who hunger and thirst for righteousness, for they will be filled." Matthew 5:6 (NIV)

RIGHTEOUSNESS IS. . .

- **A Relationship: being right with God**

"The Good News shows how God makes people right with himself." Romans 1:17 (NCV)

- **A Lifestyle: living as God intends**

". . . all who practice righteousness are God's true children."

1 John 2:29 (Mes)

HOW DO I STAY SPIRITUALLY HUNGRY?

- 1. Remind myself how much God loves me**

"...pray that you have the power to understand how wide, how long, how high, and how deep God's love really is. May you experience the love of Christ, though it is so great you will never fully understand it. THEN you will be filled with the fullness of life AND the power that comes from God." Eph. 3:18-19 (NLT)

- 2. Stop filling up on junk food**

"The Lord says, "All you who are thirsty, come to me and drink! And to those of you who don't have money to buy food, come and eat for free! Why do you spend your money on something that isn't real food and doesn't really satisfy you? Come to me and you'll eat what is good; your soul will enjoy the stuff that really satisfies!" Isa. 55:1-2

- 3. Make knowing God my number one goal**

"The thing you should want most is God's kingdom and doing what God wants. Then all these other things you need will be given to you." Matthew 6:33 (NCV)

- 4. Get into God's Word every day**

"You must crave the pure spiritual milk [of the Word] so that you can grow into the fullness of your salvation. Cry out for this nourishment like a baby cries for milk!" 1 Peter 2:2 (NLT)

- 5. Keep Good Company**

"Join the company of good men and women, who will keep you on the path of the righteous." Proverbs 2:20 (Mes/NLT)