

8-9-26 Do You Really? - Hunger for Righteousness - Study Guide

Overview

Using a vivid story of a massive “Feast” meal, this message asks a piercing question: How hungry are you—really—for God? It walks through Nicodemus’s nighttime conversation with Jesus and shows that many people who should know better still love darkness more than light. True spiritual hunger for righteousness leads to satisfaction in Jesus; anything else is just spiritual junk food that leaves us empty.

Main Points

- Hunger drives action. What you truly hunger for is what you will pursue and consume.
- Nicodemus (and many of us) knew about Jesus but still preferred the safety, status, and comfort of darkness over full surrender to the light.
- Blessed are those who hunger and thirst for righteousness—they will be filled (Matthew 5:6).
- Spiritual “fast food” (quick online takes, motivational snippets, etc.) can dull our appetite for real time with Jesus.
- When we choose the flesh, we are effectively saying Jesus is not enough to satisfy us in that moment.
- The remedy is wholehearted seeking: “If you look for me wholeheartedly, you will find me” (Jeremiah 29:13) and “Seek first the kingdom of God and His righteousness” (Matthew 6:33).

Reflection Questions

1. What am I currently hungering for more than Jesus?
2. Where have I been settling for spiritual fast food instead of a real meal with Him?
3. When I feel empty, disrespected, or unsatisfied, what do I instinctively turn to?
4. Do I truly believe Jesus is enough to meet every need, or do I still hedge my bets?

Application

When you catch yourself reaching for something other than Jesus to satisfy a hunger, pause and ask four questions:

- What was I hungry for?
- What satisfaction did I expect?
- How did it actually work out?
- How could Jesus have met that need?

Then deliberately seek Him first—through Scripture, prayer, and obedience—trusting that He will supply what is truly needed.

Group Discussion Prompts

1. Share a time when physical hunger made you do something you wouldn’t normally do. How does that picture spiritual hunger (or the lack of it)?
2. Nicodemus came to Jesus at night. What “nighttime” fears or costs keep people (or us) from going all-in with Jesus?
3. Where do you see “spiritual snacking” replacing real hunger for God in our culture—or in your own life?
4. Read Galatians 5:16-17 together. What does it look like practically to walk by the Spirit when your flesh is craving something else?
5. How can we as a group help one another cultivate a deeper hunger for righteousness this week?