#### "Blessed are those who <u>hunger and</u> <u>thirst for righteousness</u>, for they shall be satisfied." Matthew 5:6



John 6:63b

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PSALM 44

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To the other Musician

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1 Peter 2:24-25 24 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed. 25 For ye were as sheep going astray; but are now returned unto the Shepherd and Bishop of your souls shall help them, and deliver them from the

ecause they trust

The purpose of the passion of Yahshua Messiah is that we should have a passion for righteousness. Messiah died to redeem a people who no longer live for themselves, but who live with a passion for holiness. ion of the righteous is c he shall deliver them from the visit of the

**Mathew 6:33** But seek ye first the kingdom of Elohim, and his righteousness; and all these things shall be added unto you.

the wicked shall be cut off.

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# Four Strategies for Cultivating a Healthy Appetite for Yahweh



John 6:63b

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PSALM 44

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To the chief Musician 45

1 My heart is load

**1. Gain momentum from the** first three beatitudes The Beatitudes are progressive. Each beatitude assumes the ones that have gone before. You can't just hunger and thirst for righteousness, you have to start from the beginning. We've pictured them like rings that are reached by the momentum you gain from swinging on the previous ones. cause they tr

This doesn't mean you have to spend a week being poor in spirit and a month mourning over sins before you can move on. The momentum of realizing your poverty before Yahweh, seeing your own sins, and submitting yourself unconditionally to the will of Yahweh may happen all anne at once. The shall be cut off. at once. The shall be time of the shall of the shall be time of the shall of the shall be the shall the Lond shall help them, and

Yahweh may birth all of this in your heart with great power today. The point is simply that if progress is to be made, none of these elements, which we have pictured as rings, can be missing.

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strength in the time of trouble.

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all deliver them from the

So, you can't start at the fourth beatitude and decide that you want to have a great hunger for holiness. But here's the encouragement: If you become poor in spirit, mourn your sins, and submit your life to the will of Elohim, you will find that a true hunger and thirst for righteousness springs from these roots. no shall help them, and the time of trouble deliver them from the

## 2. Practice fasting from legitimate pleasures "If anyone would come after me, let him deny himself and take up his cross and follow me." Mark 8:34

## Understanding the WORDS of JESUS

John 6:63b

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1 My heart is land, A song of how she as

Let's apply that obvious principle from the world of the body to the world of the soul: Legitimate pleasures at the wrong time and in the wrong amount will spoil your appetite for holiness.

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Legitimate pleasures can make you dull and sluggish in following after Messiah. They can spoil your hunger and thirst to be all that you can be for Yahweh. Some of you can look back to a time in your life when you had a great passion to live all out for Yahshua Messiah. What happened? The appetite was spoiled by legitimate comforts and pleasures. If the time of trouble of trouble and do

Fasting has the effect of cleansing out the body, and the same thing can happen in your soul by choosing to deny yourself a legitimate pleasure for a season. This is a great way to bring appetites that have become inordinate back under control. ation of the righteous is o

because they trust in

the strength in the time of trouble to LORD shall help them, and do

## 3. Make yourself available to the needs of others But refuse profane and old wives' fables, and exercise thyself rather unto righteousness. 1 Timothy 4:7



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John 6:63b

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PSALM 44

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the other Musicies 45

1 My heart is loaden, A song of how she so

1 Timothy 4:1-16 1 Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; 2 Speaking lies in hypocrisy; having their conscience seared with a hot iron; wation of the righteous is of the Loke shall be cut off.

**3** Forbidding to marry and commanding to abstain from meats, which Elohim hath created to be received with thanksgiving of them which believe and know the truth. 4 For every creature of Elohim is good, and nothing to be refused, if it be received with thanksgiving: the Lond shall help them, and deliver them from the wind the long of the them from the wind the they trust in the wind deliver them from the wind deliver they trust in the wind deliver the wind deliver they trust in t

5 For it is sanctified by the word of **Elohim and prayer.** 6 If thou put the brethren in remembrance of these things, thou shalt be a good minister of Yahshua Messiah, nourished up in the words of faith and of good doctrine, whereunto thou hast attained. the Lond shall help them, and deliver them from the wind the shall deliver them from the wind deliver they trust in the the wind deliver they trust in the the wind deliver they trust in the wind deliver the wind deliver they trust in the wind deliver the wind deliver they trust in the wind deliver the wind deliver they trust in the wind deliver the wind deliver the wind

7 But refuse profane and old wives' fables, and exercise thyself rather unto righteousness. 8 For bodily exercise profiteth little : but holiness is profitable unto all things, having promise of the life that now is, and of that which is to Come. A shall be cut of the state of trouble. the LORD shall help them, and

shall deliver them from them, because they trust in h:

9 This is a faithful saying and worthy of all acceptation. 10 For therefore we both labour and suffer reproach, because we trust in the living Elohim, who is the Saviour of all men, specially of those that believe. muss shall be destro wiched shall be cut off. advation of the righteous is c he had the strength in the time of trouble them, and de

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11 These things command and teach. 12 Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.

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shall deliver them from them, because they trust in h:

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13 Till I come, give attendance to reading, to exhortation, to doctrine. 14 Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery. the wicked shall be cut off.

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strength in the time of trouble.

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15 Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all. 16 Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee. ched shall be cut off. ation of the righteous is c here astrongth in the time of trouble to LORD shall help them, and de

I deliver them from the

Make yourself available to the needs of others and your hunger and thirst for righteousness will increase. Simply seeing yourself as a Christian who needs to receive all the time will make you spiritually dull. But serving others will stimulate your spiritual appetite. Them from the wind do 4. Use your blessings and troubles as incentives to feed on Messiah.
"I am the bread of life... If anyone eats of this bread, he will live forever." John 6:48, 51



John 6:63b

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PSALM 42

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PSALM 44

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To the chief Musicia

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# "There are two things that provoke appetite.

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Yahweh increases our hunger and thirst for righteousness by: The sweet sauce of our blessings, the sharp sauce of our troubles, and the hot sauce of our persecutions.

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When blessing come learn to say, "Yahweh is so good, I want to know more of him." When troubles, difficulty or persecution come, learn to say, "My flesh and my heart may fail but **Elohim is the strength of my heart** and my portion forever" be destro (Psalm 73:26). the time of trouble is in here them from the mand do

# Spiritual hunger and thirst shall be satisfied



John 6:63b

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To the ohter Musicia

1 My heart is indianality. A Song of how she as

# You might say you hunger and thirst and are not satisfied. Perhaps Yahweh is not satisfied with your level of hunger and thirst.



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To the chief Musician 45

1 My heart is load. A house of house and

#### Those who hunger after righteousness shall be filled. Yahweh never bids us to seek him 'in vain' (Isaiah 45:19)

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he shall deliver them from the wind the local the local the local shall help them, and deliver them from the wind deliver they trust in her the wind deliver the wind deliver they trust in her the wind deliver the wind deliver they trust in her the wind deliver the wind deliver the wind deliver they trust in her the wind deliver they trust in her the wind deliver the wind deliver

Isaiah 45:18-25 18 For thus saith Yahweh that created the heavens; Elohim himself that formed the earth and made it; he hath established it, he created it not in vain, he formed it to be inhabited: I am Yahweh; and there is none else. AC COND shall help them, and d

19 I have not spoken in secret, in a dark place of the earth: I said not unto the seed of Jacob, Seek ye me in vain: I Yahweh speak righteousness, I declare things that are right.

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20 Assemble yourselves and come; draw near together, ye that are escaped of the nations: they have no knowledge that set up the wood of their graven image, and pray unto a el that cannot save. the miched shall be cut off.

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21 Tell ye, and bring them near; yea, let them take counsel together: who hath declared this from ancient time? who hath told it from that time? have not I Yahweh? and there is no Elohim else beside me; a just El and a Saviour; there is none beside me. surs shall be destro miched shall be cut off.

vation of the righteous is c

the Lond shall help them, and de because they trust in the time with the trust in the time of the them.

22 Look unto me, and be ye saved, all the ends of the earth: for I am El, and there is none else. 23 I have sworn by myself, the word is gone out of my mouth in righteousness, and shall not return, That unto me every knee shall bow, every tongue shall swear. ched shall be cut off. be it strength in the time of trouble tion of the righteous is c

all deliver them from the

24 Surely, shall one say, in Yahweh have I righteousness and strength: even to him shall men come; and all that are incensed against him shall be ashamed. 25 In Yahweh shall all the seed of Israel be justified, and shall glory. the salvation of the righteous of the best strength in the time of trouble is is in the long shall help them, and do
Yahweh can fill the hungry soul. He is called a fountain. 'With you is the fountain of life' (Psalm 36:9). The cistern may be empty and cannot fill us. Creatures are often 'broken cisterns' (Jeremiah 2:13). But the fountain is filling. Yahweh is a fountain. If we bring the vessels of able to fill them. the them is and our desires to this fountain, he is

## Psalms 36



John 6:63b

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PSALM 44

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To the ohter Musici PSALM 45

1 My heart is lock. A song of house an

1 The transgression of the wicked saith within my heart, that there is no fear of Elohim before his eyes. 2 For he flattereth himself in his own eyes, until his iniquity be found to be hateful. 3 The words of his mouth are iniquity and deceit: he hath left off to be wise, and to do good. shall help them, and hall deliver them from them because they trust in hi

4 He deviseth mischief upon his bed; he setteth himself in a way that is not good; he abhorreth not evil. 5 Thy mercy, O Yahweh, is in the heavens; and thy faithfulness reacheth unto the clouds. the wicked shall be cut off.

the low shall be cut off. The low strength in the time of trouble the low shall below them from the mind do

6 Thy righteousness *is* like the great mountains; thy judgments are a great deep: O Yahweh, thou preservest man and beast. 7 How excellent is thy lovingkindness, O Elohim! therefore the children of men put their trust under the shadow of thy wings. Since a shall believe them from the vision of the strength in the time of trouble is a shall deliver them from the mand deliver they trust in the vision of 8 They shall be abundantly satisfied with the fatness of thy house; and thou shalt make them drink of the river of thy pleasures. 9 For with thee is the fountain of life: in thy light shall we see light. **10 O continue thy lovingkindness** unto them that know thee; and thy righteousness to the upright in s to the second of the right could of the second of the se

11 Let not the foot of pride come against me, and let not the hand of the wicked remove me. 12 There are the workers of iniquity fallen: they are cast down, and shall not be able to rise. the nicked shall be cut off.

the their strength in the time of trouble the shall deliver them from the mid do

Jeremiah 2:13 For my people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water. the wicked shall be cut off.

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## Psalms 81:8-16

## **The Haves and Should Haves**



John 6:63b

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10 have up, that I may require the first unit raise me up, that I may require them. 11 By this I know that thou favoures, 11 and as for me, thou uphon or the term 12 And as for me, thou uphon of the term

> Blessed he the Lond God of Isroe in g, and to everlasting. Amen. and of

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PSALM 44

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The chief Musici PSALM 45

1 My heart is loaded, A song of how she at

8 Hear, O my people, and I will testify unto thee: O Israel, if thou wilt hearken unto me; 9 There shall no strange El be in thee; neither shalt thou worship any strange El. 10 I am Yahweh thy Elohim, which brought thee out of the land of Egypt: open thy mouth wide, and I will fill it. e Lond shall help them, and deliver them from the wi the time of troi

because they trust in

11 But my people would not hearken to my voice; and Israel would none of me. 12 So I gave them up unto their own hearts' lust: and they walked in their own counsels. 13 Oh that my people had ed unto me, en walked in my ways! hearkened unto me, and Israel had A the Lond shall help them, and hall deliver them from the wi

14 I should soon have subdued their enemies, and turned my hand against their adversaries.

15 The haters of Yahweh should have submitted themselves unto him: but their time should have endured for

## ever.

16 He should have fed them also with the finest of the wheat: and with honey out of the rock should I have satisfied thee.