

Thirsting for True Happiness

*“Blessed are they which do hunger and thirst after righteousness: for they shall be filled”
(Matthew 5:6).*

Nearly everyone wants to be happy, yet many spend their lives searching for happiness in places that cannot satisfy. Success, possessions, pleasure, and recognition may bring enjoyment for a moment, but they cannot fill the deepest longing of the soul. Jesus shows us that true and lasting happiness is found not in what the world gives, but in coming to God.

In Matthew 5:3–6, the first four Beatitudes reveal the path toward this blessed life. First, we must become **poor in spirit**. This means recognizing our spiritual poverty and admitting that we cannot save or sustain ourselves without God. Material success must never hide our need for His mercy. “All have sinned, and come short of the glory of God” (Romans 3:23). Happiness begins when pride is laid aside, and the heart humbly depends upon Him.

Second, we must **mourn**. Jesus is describing godly sorrow over sin—a sorrow that leads us to repentance rather than despair. When we understand that sin separates us from God and that Christ suffered because of sin, we cannot treat it lightly. Yet those who mourn are promised comfort. Through the gospel, God offers forgiveness, restoration, and hope to every heart that sincerely turns to Him (2 Corinthians 7:10; Matthew 11:28–30).

Third, we must be **meek**. Meekness is not weakness; it is strength placed under God’s control. Like a powerful horse guided by its master, the meek person submits abilities, desires, words, and decisions to the Lord. Instead of insisting on our own way, we ask what God’s Word teaches and choose His will, even when obedience is difficult. Such a surrendered life can enjoy peace now and look forward to the inheritance God has promised (Matthew 5:5; 2 Peter 3:13).

Fourth, we must **hunger and thirst for righteousness**. As the body urgently needs food and water, the soul must deeply desire God’s Word, God’s will, and a right relationship with Him. This spiritual appetite is shown by regular prayer, careful study of Scripture, faithful worship, and willing obedience. The desires of the flesh satisfy only briefly, but Jesus promises that those who seek righteousness shall be filled (Matthew 5:6; John 6:35).

Where, then, are we looking for happiness? Jesus calls us to examine our hearts: Are we depending upon God? Do we grieve over sin? Have we placed our strength under His control? Do we truly desire righteousness? The world leaves the soul thirsty, but Christ offers forgiveness, peace, purpose, and the hope of heaven. Let us stop chasing what cannot satisfy and come to the One who can fill the soul.

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