



# HUNGER AND THIRST

# Matthew 5:6

**Blessed are those who hunger  
and thirst for righteousness,  
for they will be filled.**

# **Psalm 63:1-5**

**1 You, God, are my God,  
earnestly I seek you;**

**I thirst for you,  
my whole being longs for you,  
in a dry and parched land  
where there is no water.**

**2 I have seen you in the sanctuary  
and beheld your power and your glory.**

**3 Because your love is better than life,  
my lips will glorify you.**

**4 I will praise you as long as I live,  
and in your name I will lift up my hands.**

**5 I will be fully satisfied as with  
the richest of foods;  
with singing lips my mouth will  
praise you.**

# Psalm 51:11

**Do not cast me from your presence  
or take your Holy Spirit from me.**

# **Psalm 42:1-2**

**1 As the deer pants for streams of water,  
so my soul pants for you, my God.**

**2 My soul thirsts for God,  
for the living God.**

**When can I go and meet with God?**



# **Exodus 20:8-11**

**8 “Remember the Sabbath day by keeping it  
holy. 9 Six days you shall labor and do all your  
work, 10 but the seventh day is a sabbath to the  
Lord your God. On it you shall not do any  
work, neither you, nor your son or daughter, nor  
your male or female servant, nor your animals,  
nor any foreigner residing in your towns.**



**11 For in six days the Lord made  
the heavens and the earth, the sea,  
and all that is in them, but he  
rested on the seventh day.**

**Therefore the Lord blessed the  
Sabbath day and made it holy.**

# **Exodus 40:9-11**

**9 “Take the anointing oil and anoint the tabernacle and everything in it; consecrate it and all its furnishings, and it will be holy. 10 Then anoint the altar of burnt offering and all its utensils; consecrate the altar, and it will be most holy. 11 Anoint the basin and its stand and consecrate them.**

# Psalm 34:8

**Taste and see that the Lord is good;  
blessed is the one who takes refuge in him.**