

## HAPPY THOUGH HUNGRY—HOW CAN IT BE?

### *Note to the speaker:*

Help the audience to realize that the deplorable hunger situation in the present system shows the urgent need for the Kingdom in a practical way. More important, mankind is starving spiritually, but Christians have abundant spiritual food available

### **HUNGRY OR NOT, WE SHOULD BE CONCERNED ABOUT HUNGER** (5 min.)

For you, is hunger only a passing sensation, or is it constant and intense because you lack enough material food?

Many people eat regular meals; worry more about being overweight than about suffering hunger

But millions today are constantly hungry, sick from being undernourished (*tp* 14-15; *gm* 140)

Though not able to solve world's hunger problems, Christians should be concerned about hunger

Total problem of hunger is beyond human solution in present system (*g85* 5/22 9-10)

Hopes for green revolution (improved strains of grain crops) are wilting in face of plant diseases and other problems (*g86* 11/22 30; *g80* 8/22 7-8)

Political and economic problems interfere with importing and distributing food (*g87* 10/22 29)

Christians ought to imitate Jesus, being concerned and doing what we can (Mt 15:32)

Early Christians shared food, especially with fellow believers who were in need but not because of laziness or squandering money on vices (Ac 2:46)

Jesus spoke about a hunger that involves all of us (Lu 6:21, 25)

### **HOW CAN THE HUNGRY BE HAPPY?** (15 min.)

To understand Jesus' words fully, we must recognize another type of hunger—spiritual hunger and desire for righteousness (*w86* 10/1 8-9; *w78* 2/15 8)

Whether having enough to eat or not, a person may be suffering from spiritual malnutrition (Am 8:11, 12)

Physical and spiritual hunger are often related, as Jesus showed

Severe hunger is a very painful, consuming sensation; involves more than just one's stomach

Glucose level of blood and the fluid surrounding brain are both involved in feeling hunger

If a person lacks food, he may be more aware of injustices and inequities of present system of things

At Matthew 5:6, Jesus speaks of hungering and thirsting for righteousness

Jesus was here talking about the righteousness of an approved standing with God

The person who hungers for a righteous standing before God feels satisfied, or "filled," when he finally gains this

Do you hunger for righteousness, for an approved standing with God?

Being "filled up now" with self-righteousness, the opposite of spiritual hunger, detrimentally affects mental attitude and relationship with God (Lu 6:25)

Persons satisfied with what the world has to offer may not long for righteousness from God

Many in affluent lands are materially satisfied now

Do you sense this as a real spiritual danger? Are you and your family "hungering . . . for righteousness" or more like those "filled up now"?

Satisfied ones may awaken at time of final calamity, but then it will be too late (Pr 1:28-32; Lu 12:16-21)

But how can happiness come from hungering for righteousness from God now?

Hungering for and living in harmony with God's righteousness can help one economically (*w86* 5/1 5-6; *g78* 10/8 4-23)

Those hungering for righteousness can also be happy now because of the rewarding life they lead (*gm* 162-80)

Gain improved mental and physical health (Illustrate with experience)

Marriages and homelife are more pleasant (Illustrate with experience)

Enjoy more peaceful relationships and security (Illustrate with experience)

Greatest happiness is that hungering for righteousness brings one closer to God

One realizes that God's love through Christ is extended to him (Ro 8:35, 38, 39)

That one's happiness is also great because of having prospect of everlasting life in new world

Yet what can *we* do now to increase our happiness?

### **INCREASE YOUR HAPPINESS—RECOGNIZE AND FILL YOUR SPIRITUAL NEED** (20 min.)

Recognize your spiritual need (Mt 5:3)

Jesus assures us that ones hungering for righteousness "will be filled." How can we do that? (Mt 5:6)

Must exercise faith in Christ's sacrifice, gaining forgiveness and a measure of righteousness in God's sight (Re 7:14)

Receive holy spirit and put on new personality, which involves "true righteousness" (Eph 4:24)

We can—and should—apply ourselves to learning more from the Scriptures, which are essential for “disciplining in righteousness” (2Ti 3:16)

Do you recognize and regularly fill your spiritual need?

How easy it is to get wrapped up in caring only for one’s material needs, which is what many do who are physically hungry (*w89 12/15 19*)

Is it different in your case? How much time a day or a week do you think or worry about income, bills, clothing, recreation?

While we need to care for lives, would it be wise to focus on such matters to the extent that we are not rich toward God or conscious of spiritual needs? (Lu 12:19-31)

Good to analyze your daily and weekly routine to see what you are doing to gain spiritual nourishment (Read 1 Timothy 4:6)

Timothy’s spirituality was built up by recognizing his spiritual need and regularly filling it

He digested, or was nourished by, Word of God; his practice was to consider it regularly  
Each day consider daily text; can be done at a meal when we are satisfying physical hunger

Is considering daily text a part of your (or your family’s) daily *routine*?

Read from Bible on regular basis; keep up with reading schedule in Theocratic Ministry School

Increase nourishment from God’s Word by your going deeper into things, not surface or minimal consideration

With weekly Bible reading for school, could do extra research (*w91 5/1 15-16*)

We know of Bible’s distinction between ‘milk of the Word’ and “solid food,” but how do we measure up? (Heb 5:12, 14)

Where available, *Indexes* are valuable tools, but are we making use of them? (Illustrate)

Good to review your spiritual eating habits and determine how they can be improved

Is not mere intellectual exercise, for according to Matthew 5:6, it relates to our happiness

#### **LOOK TO GOD FOR HAPPINESS AND END TO HUNGER** (5 min.)

As Jehovah supplies what we need to satisfy our spiritual hunger and sets the standard in righteousness, he can also bless us with sufficient material food

Some may react to physical hunger or famine by turning against God, yet he is the Provider of all man’s food (Ac 14:17)

Already his provisions for earth are sufficient to end hunger, were it not for human ways (*tp 106; g89 11/8 28*)

God’s dealings in past give assurance that he can and will end hunger in the new world

When Israel recognized spiritual need and stayed close to Jehovah, he abundantly blessed them materially (De 28:11, 12, 14)

Their happiness was not only from being spiritually fed but also from eating satisfying material food

Our knowledge of what Jehovah does now and will yet do should add to our present happiness

All of us need to take decisive steps to fill our spiritual need, just as decisive as those we take to try to eat daily

Doing so will help us in practical ways that were discussed, will increase our happiness now, and will give us confidence that our spiritual and physical happiness need never end

(Adhere closely to the outlined material, and observe the indicated timing of each section. Not all cited texts need be read. Source material in parentheses need not be mentioned)