



# Be Blessed

Matthew 5:1-12



# FYI From Heart & Stroke Canada

- **Canadians** aged 2 years and above **consumed** on average 1825 kcal per day.
- *Almost half the foods Canadians eat are highly processed products that are poor in nutrition and increase health risks*
- *children between the ages of nine and 13 are getting 57 per cent of their calories from these foods high in sugar, fat and salt*
- *We are, in Canada, are the world's second largest consumers of these products, next to the United States*
- *44.49 percent of Canadians will eat at some fast food restaurant.*



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**I can't get no satisfaction.**

**- Mick Jagger -**

*"People in India are physically hungry.  
People in America are spiritually hungry.  
That makes people in India better off,  
because American's don't realize why  
they are starving."  
(Mother Theresa)*



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*“Is anyone thirsty?  
Come and drink—  
even if you have no money!  
Come, take your choice of wine or milk—  
it’s all free!*

*<sup>2</sup> Why spend your money on food that does not  
give you strength?*

*Why pay for food that does you no good?  
Listen to me, and you will eat what is good.  
You will enjoy the finest food.*

*Isaiah 55:1-2 NLT*



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God says the reason we suffer from dissatisfaction in life is because we are looking for it in all the wrong places,



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*Once we have recognized our need, (poor in spirit) have acknowledged and turned from our sin (that is to mourn), and released our lives over to God's control, (that is to be meek), we are then, and only then, ready to seek genuine and lasting satisfaction.*



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WHAT DOES HUNGER AND THIRTY MEAN?

*hungry to the point of starving  
and thirsty or parched to the point  
of death.*



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# WHAT IS THE OBJECT

- His righteousness
- righteousness means right living or doing the right thing.
- having a right relationship with God



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# HOW DO I CULTIVATE SPIRITUAL HUNGER?

- Recognize your REAL need
- Stop eating spiritual JUNK FOOD
- Start Looking to Jesus for satisfaction:  
(prayer, Fellowship, the word, community)



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WHAT JESUS PROMISES

FOR THEY SHALL BE FILLED



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## PreachingPoint

**A life of contentment and satisfaction  
does not come from our DOING but  
from God's FILLING.'**