

at HOME

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BLESSED

*Are those who Hunger
and Thirst for
Righteousness*

-- Matthew 5:6 -



Dear Friends,

There are some types of hunger that food cannot touch. Do you have a longing for things to feel whole again, a desire for peace that feels unsettled. A quiet ache for goodness, healing, honesty, justice or simply for life to make sense again.

Jesus speaks to us with this kind of longing to feel whole again. A desire for peace in places that feel unsettled. A quiet ache for goodness, healing, honesty, justice, or simply for a life that makes sense again.

Jesus speaks to that kind of longing here:

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

At first glance, the word righteousness can feel like a church word. We might hear it and think: ***Being good. Trying harder. Getting everything right.***

But Jesus is speaking about something deeper. Righteousness is not perfection; it is the longing for things to be made right. Things aligned with God’s goodness. A heart that longs for what is true, and a world made more whole.

The Beatitudes continue to show us something surprising: Jesus does not call blessed the people who already have everything figured out. He calls blessed, those who are longing, those who hunger, those who ache, those who know that something is still unfinished.

And perhaps many of us understand that kind of hunger. We long for healing, for

reconciliation, for peace in our families. For strength when we feel weary, for clarity when life feels uncertain, and for God to make things right. Sometimes, we even ache for change in ourselves. To be more patient, more peaceful, more trusting, more whole. And yet longing can feel uncomfortable. We often try to quiet it, distract ourselves from it, or wonder if something went wrong because we still feel the ache.

But what if longing is not weakness? What if holy hunger is not emptiness but invitation? What if the ache is pointing us toward God! What if holy hunger is not emptiness but rather an invitation? What if the ache itself is pointing us toward God?

SEE clearly -- Jesus notices longing differently than we often do. He does not dismiss hunger or tell people to stop wanting more. He blesses those who deeply desire what is good, true and whole.

TELL the truth -- What is true here is hopeful: longing is not failure. I think there is a quiet fear that many of us carry. The thought that perhaps we will always feel empty or that things will never change. But Jesus offers us a simple promise. Those who hunger and thirst for righteousness will be filled. They will not be rushed, ignored or forgotten, but simply filled. Not in the ways we would expect, but through the steadiness and nearness of God as he continues to restore in us what feels broken, weary, or unfinished. The ache you have may not be proof that something is wrong but evidence that something holy is still growing.

LINGER with Jesus -- If you are able, take a quiet moment this week.

Notice what your heart has been longing for lately.

No judgement, no fixing, just honesty.

Perhaps it's peace, healing, closeness, strength, or hope.

Rest your hand on your lap, gently open.

Let your breath slow.

Quietly ask yourself: "Jesus what is true, and who am I in this?"

Stay there for a moment and just listen.

Let there be no fear.

Listen and feel the spirit gently meeting you where you are at.

LIVE His way -- This week, when you notice yourself feeling restless, discouraged, or unsettled, simply pause. Instead of pushing your feelings away quietly pray "Jesus, help me to hunger for what is true good and whole. And then trust that God is still at work, especially in the places that feel unfinished.

We would love to hear from you. If this message met you in a meaningful way, or if you have been reflecting, praying or simply sitting with these words, we invite you to reach out.

You can call the Church Office at (316) 942-1491 or send me an email anytime – kate.green@asburychurch.org. Your thoughts and experiences are a gift to us.

With Love,

Kate Green, the Asbury Staff, and your Asbury Church Family