

50 Days to a Blessed Life
How Do You Find Lasting Satisfaction in Life?

I. Introduction

- A. Matthew 5:6 (NAS) *“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”*

II. Why Are People So Unsatisfied?

- A. You don't find lasting satisfaction in pleasure.
1. Ecclesiastes 1:8b (NAS) *The eye is not satisfied with seeing, nor is the ear filled with hearing.*
- B. You don't find lasting satisfaction in “success.”
1. Ecclesiastes 4:8 (NAS) *There was a certain man without a dependent, having neither a son nor a brother, yet there was no end to all his labor. Indeed, his eyes were not satisfied with riches and he never asked, “And for whom am I laboring and depriving myself of pleasure?” This too is vanity and it is a grievous task.*
2. “You can have everything in the world and still be the loneliest man, and that is the most bitter type of loneliness. Success has brought me world idolization and lots and lots of money, but it's prevented me from having the one thing we all need, a loving, ongoing relationship.” (Freddie Mercury)
- C. You don't find lasting satisfaction in money.
1. Ecclesiastes 5:10 (NAS) *He who loves money will not be satisfied with money, nor he who loves abundance with its income. This too is vanity.*
- D. The “secret” of satisfaction
1. Psalm 37:4 (NAS) *Delight yourself in the LORD; and He will give you the desires of your heart.*
2. Don't seek satisfaction or happiness! Instead, seek God!

III. How Do I Find Lasting Satisfaction in Life?

- A. I have to recognize my real hunger.
1. Deuteronomy 8:3 (NAS) *“And He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the LORD.”*
- a. “God let you be hungry.”
2. God allows problems in your life to get your attention; to let you see that you really need Him!
- B. I have to stop eating spiritual “junk food.”
1. Isaiah 55:2a (NAS) *“Why do you spend money for what is not bread, and your wages for what does not satisfy? Listen carefully to Me, and eat what is good, and delight yourself in abundance.”*
2. God is saying, “Stop eating spiritual junk food!”
3. Our “appetites” are influenced by our associations.
4. Spiritual hunger is contagious!
- C. I have to begin looking to Christ for satisfaction.
1. John 6:35, 51a (NAS) ³⁵*“I am the bread of life; he who comes to Me shall not hunger, and he who believes in Me shall never thirst.”*^{51a}*“I am the living bread that came down out of heaven; if anyone eats of this bread, he shall live forever.”*
2. “Find satisfaction in yourself.”
3. John 4:13-14 (NAS) ¹³*“Everyone who drinks of this water shall thirst again;”*¹⁴*“but whoever drinks of the water that I shall give him shall never thirst; but the water that I shall give him shall become in him a well of water springing up to eternal life.”*
- a. “You need Me to survive!”
4. An appetite is never satisfied until you do something about it!

5. You find satisfaction in life by doing two things:
 - a. Come to Christ
 - i. Matthew 11:28 (NAS) *“Come to Me, all who are weary and heavy-laden, and I will give you rest.”*
 - b. Believe in Christ by receiving Christ
 - i. John 1:12 (NAS) *“But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name.”*
6. You are as close to God as you want to be!
7. Lots of Christians only want God when it's convenient.
8. A loss of appetite indicates an illness of some kind!
9. Matthew 5:6 (NAS) *“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”*
10. Satisfaction and happiness come for people who say, “I want all of God there is!”

IV. Conclusion