



**MONDAY, MARCH 4**

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

— Matthew 5:6

One of the liabilities of living in a well-resourced society is that many of us are not familiar, in an experiential way, with what hunger and thirst really feel like. My guess is that the majority of people reading this booklet may know what it feels like to miss a meal or be parched after physical exertion, but deep hunger, days-long hunger, and thirst from a dehydration that forbids the body even to produce spit—these are things we have been spared. Understandably, this may limit our sensitivity and response to the aching hunger and thirst of those who daily go without relief.

Likewise, those with relatively privileged lives, who have not suffered oppression first-hand, may not know what it means to hunger and thirst for righteousness, to yearn for it as something on which our lives depend. Yet of course, the life God wants each of God's precious children to have is dependent on food, drink and righteousness alike. Thus, to stimulate our hunger and thirst for these, we fast.

May this fast of Lent open us up to all three—food, drink and righteousness—in all their manifestations.

— **Mark Hollingsworth, Jr.**