

## Unit 2: Be-Attitudes

### Lesson 2.4: Hungry for Righteousness

#### Teacher Preparation and Materials Needed:

#### Scriptural Reference:

Matthew 5:6

#### Activities:

*\*Choose based on time available. Instructions and supplies listed below.*

Activity 1: “What Fills the Heart?” Reflection Board

Activity 2: Crown of Righteousness Word-search

#### Words of the week:

անօթի - an-o-tee - hungry

ծարաւ - dza-rav - thirsty

արդարութիւն - ar-tar-oo-tyoon - righteousness

#### Objective:

Students will learn that righteousness means choosing what is right in God’s eyes, even when it is difficult or unnoticed. They will understand that wanting to do what is right comes from the heart and that God promises peace and joy to those who seek goodness.

#### Moral Character Focus:

**Knowledge:** Children will learn that righteousness means doing what is right, fair, and honest according to God.

**Understanding:** Children will understand that Jesus blesses people who truly want to do the right thing, just as people want food when they are hungry.

**Application:** Children will practice choosing honesty, fairness, and kindness at home, at school, and with friends.

**Values:** Children will grow to value truth, courage, justice, and integrity, knowing that God cares about their daily choices.

#### Memory Verse:

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

- Matthew 5:6

# Lesson

## Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տո՛ւր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՝ յամենայն ժամ. ի չար խորհրդոց, ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն:

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos, paneets yev kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

*\*Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

## Lesson Body: Hungry for Righteousness

Have you ever noticed how your body tells you when it needs something? When you are hungry, your tummy growls. When you are thirsty, your mouth feels dry. You do not need anyone to remind you. Your body lets you know itself.

Our heart can feel hunger too. But not for food or water. Jesus helps us understand that hunger. This hunger is to do what is right, it is for righteousness.

Righteousness means choosing what is good, fair, and honest in God's eyes. It means caring about truth. It means wanting to please God, even when no one else sees what you choose.

Jesus says that people who hunger and thirst for righteousness are blessed. That means God looks at them with love and says, "I see your heart."

Think about moments in your own life. There are times when you know the right thing to do, even before someone tells you. Maybe you feel it inside when something is unfair. Maybe you feel uncomfortable when someone lies or is treated unkindly. That feeling is your heart learning to love what is good.

Sometimes righteousness means telling the truth when you are afraid of getting in trouble. Sometimes it means being fair when others want to cheat. Sometimes it means standing up for someone who is left out.

These choices are not always easy. It can feel easier to stay quiet or to follow the crowd. But Jesus does not say, "Blessed are those who choose what is easy." He says, "Blessed are those who hunger for what is right."

When you choose righteousness, something happens inside you. You may not receive a prize. You may not even be thanked. But God fills your heart with peace. You feel calm inside because you know you did what was right.

Jesus promises that when we truly want to do what is good, God will never ignore us. He fills us with joy that lasts. Each good choice helps our hearts grow stronger and closer to Him.

## Words of the Week:

անօթի - an-o-tee - hungry

ծարաւ - dza-rav - thirsty

արդարութիւն - ar-tar-oo-tyoon - righteousness

## Memory Verse:

**"Blessed are those who hunger and thirst for righteousness, for they shall be filled."**

**-Matthew 5:6**

## Story Time: Nareg and the Lost Wallet

One afternoon, a boy named Nareg was walking home from school when he noticed something lying on the sidewalk near a small store. It was a wallet. He picked it up and opened it, and inside he saw some bills and a small photo of a mother holding her baby. No one was around, and no one had seen him pick it up. As Nareg stood there, he felt two thoughts in his heart. One thought told him he could keep the wallet, but another reminded him that it belonged to someone else. Nareg stopped and thought carefully. He imagined how he would feel if he had lost something important, and he thought about what God would want him to do. So he walked into the store and asked if anyone had lost a wallet. The shopkeeper looked surprised and said that a woman had just been there searching for it. A few minutes later, the woman returned, holding her baby close, and when she saw the wallet, her face filled with relief. She thanked Nareg and told him how worried she had been. As Nareg walked home, he felt different inside. He did not receive a reward, but his heart felt full and peaceful because he knew he had chosen what was right. This is what Jesus teaches us. When we hunger for righteousness and choose what is right, God fills our hearts with joy.

## What the Church Teaches Us

The Church teaches that righteousness is not only about following rules or avoiding trouble. It is about loving what is good and choosing it again and again, even in small moments. God cares not only about what we do, but about what is happening in our hearts. When we love goodness, our choices begin to show it.

Righteousness also grows over time. We do not become perfect right away. We practice choosing what is right, and each good choice helps our hearts grow stronger and more peaceful.

St. Gregory of Narek understood this well. He prayed for a clean heart because he wanted to stay close to God. He asked God to help him think good thoughts, speak kind words, and do what was right in his actions.

Jesus teaches us the same truth. He invites us to love what is good and to want it deeply. When we desire to live God's way, God guides our hearts and fills us with peace and joy when we choose what is right.

**Blessed are Those Who Hunger  
and Thirst for Righteousness,  
for they shall be filled.**

— Matthew 5:6 —



**Do the right thing  
even when no one is watching.**

## Activity 1: "What Fills the Heart?" Reflection Board

Purpose: To show how righteousness fills us inside

Instructions for the Teacher:

Draw a large heart on the board.

Around it, write words like lying, cheating, being unkind, ignoring others.

How It Works:

1. Give students small paper slips or sticky pads.
2. On each slip, they write or draw a righteous choice such as telling the truth, sharing, forgiving, or helping.
3. One by one, allow students to come up and place their slips inside the heart, covering the negative words.
4. Together repeat the Memory Verse.

Note: This activity can be done on paper plates for student to make their own "What Fills the Heart?" project.

## Activity 2: Crown of Righteousness Word Search

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Crown of Righteousness

Q P K W U L I M R I G H T E O U S  
L N W O R C R X S W N E V A E H Y  
R S Y Q Y K E N J I T V D R N O A  
H D T U L J M K O C Y Z T M K X Z  
R Z B N J R I C A I P U R K C V H  
J X D H I N V O N B S T U Z S Y F  
E A F Z D A D M F Z F S S F M C C  
B G M C G I S M R N M J E C D T Q  
F V O B E Y Z U J U Z S E F D S I  
L E J V C M L N K O M W S J N F T  
K P F H O Z N I O I Z E E M J O Z  
R W O V N B E O Z O H P S V O F C  
L U R W P C T N S S M C C H E D S  
I D G V Q Y S A S R R U T C E S Y  
K S I U P X I H A K F F I H O Y A  
B I V N B U L H M C Z H H K Q E R  
T Q E P Y I Z S D O H W X N Q N P

Confession  
forgive  
Heaven  
obey

righteous  
saints  
Crown  
Pray

Communion  
Listen  
kind  
Mass

# Review

## Memory Verse Review:

“Blessed are those who hunger and thirst for righteousness, for they shall be filled.” (Matthew 5:6)

## Words of the Week Review:

անօթի - an-o-tee - hungry

ծարաւ - dza-rav - thirsty

արդարութիւն - ar-tar-oo-tyoon - righteousness

## Lesson Review Questions:

1. What does it mean to hunger and thirst for righteousness? (*It means really wanting to do what is right and good*)
2. What is righteousness? (*Doing what is right, fair, and honest in God's eyes*)
3. What did Nareg find on the ground? (*A wallet*)
4. What choice did Nareg make? (*He returned the wallet*)
5. How did Nareg feel after doing the right thing? (*Happy and peaceful inside*)
6. What does Jesus promise to those who hunger for righteousness? (*That they will be filled*)
7. Name one way you can choose righteousness this week. (*By telling the truth, being fair, or helping someone*)

## Life Application

### What are we going to do with what we have learned today?

Righteousness means choosing what is right in everyday moments. This week, look for times when you must choose between what is easy and what is right, such as telling the truth, being fair, using kind words, or helping someone who is left out. Even small choices matter to God. When you choose what is right, God sees your heart and fills you with peace and joy, just as Jesus promised.

\* *Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

### Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesheree, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sasanetsayts yev vog-hormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.