

Blessed – Blessed Are The Meek

Matthew 5:5 & Psalm 37

Introduction:

The next couple of weeks, we will be walking through some of the Beatitudes. It is beneficial to listen to the sermon before discussing it with your Life Group but is not necessary. The hope is that the questions and guidance contained within this discussion guide provides enough help for you to have a greater understanding of the concept and of Scripture, as well as be challenged to live faithfully in Christ Jesus. Today's passage is Matthew 5:5 but it might be helpful to reread the entirety of the Beatitudes before discussing the following questions. If you are utilizing The Moody Bible Commentary for this passage, you can find the content on page 1461 and 792-793. - JF

Questions:

When you were growing up, what ideas of meekness did you have? Who were models (positive or negative) of meekness? Now as an adult, do you hold those same views? Why or why not? What is your honest opinion about the connection between meekness and the lives of Christians? Have you ever experienced a situation where you sought to be meek, but others exploited or misunderstood your actions (i.e. thought you were weak, insecure, or less than confident or "not polished")?

Read Matthew 5:5. What is Jesus saying in this Beatitude? What is unique about what Jesus says? How does this continue any theme(s) in the Beatitudes that Jesus has spoken about? Some Bible translators make a connection between Matthew 5:5 and Romans 4:13 – *"It was not through the law that Abraham and his offspring received the promise that he would be heir of the world, but through the righteousness that comes by faith."* (NIV); what connection or correlation do you see? How should Matthew 5:5 impact the way that you live your life of faith in Jesus Christ?

Pastor Kevin pointed out that Matthew 5:5 reads similarly to Psalm 37:11. Read Psalm 37 together, considering multiple translations if time allows. Who wrote Psalm 37? Who are the three main persons of this psalm (*God, the wicked and the meek/righteous*)? What is the theme or themes of this psalm? What specifically about verse 11 brings comfort or joy to you? Why is that? How often do you find yourself fretting over evildoers? What does that look like in your life (complaining, anxiety, over-checking news, etc.)? What is the remedy for not fretting over evildoers? How are you currently taking delight in the Lord? How are you committing your ways to Him? What does it mean to "be still before the LORD and wait patiently for him"? How would you say that you are doing at being patient and waiting on God? How might this group offer words of encouragement and accountability for you to grow in trusting and waiting on God? How are we to grow in (or cultivate) meekness? Who is the person you struggle the most with when it comes to acting meek (whether you don't act that way or they don't)?

If you were in the service on Sunday, what were the points that Pastor Kevin made regarding this passage? Is there anything else that stood out to you that you would like to discuss further from this passage or from how you are going to apply the truth to your life?

Conclusion:

As a group, pray for each other to walk in meekness and humility with the Lord, with other believers, and towards those who do not believe. Consider what it means to cultivate meekness as a character trait and not just a momentary act. Pray that the Spirit would empower each of you to walk in a manner worthy of the calling that God has placed on your life. And finally, consider relationships and situations that you have going on at the moment and pray (and maybe even discuss further) that God would help you begin training yourself to act in meekness, all while longing for the day that our faith shall become sight.