



# Blessed are The Meek

## Word

- Matthew 5:5
- Psalm 37:11
- In today's culture, meekness is often seen as weakness. In the days of Jesus, however, meekness was something to be strived for. To help us understand the word meekness, read the following aloud:
  - "There are two essential components for this quality to come into play in the Bible: a conflict in which an individual is unable to control or influence circumstances. Typical human responses in such circumstances include frustration, bitterness, or anger, but the one who is guided by God's spirit accepts God's ability to direct events. **Meekness is therefore an active and deliberate acceptance of undesirable circumstances that are wisely seen by the individual as only part of a larger picture.** Meekness is not a resignation to fate, a passive and reluctant submission to events, for there is little virtue in such a response. Nevertheless, since the two responses — resignation and meekness are externally often indistinguishable, it is easy to see how what was once perceived as a virtue has become a defect in contemporary society. The patient and hopeful endurance of undesirable circumstances identifies the person as **externally vulnerable and weak but inwardly resilient and strong.** Meekness does not identify the weak but more precisely the strong who have been placed in a position of weakness where they persevere without giving up. The use of the Greek word when applied to animals makes this clear, for it means "tame" when applied to wild animals. In other words, such animals have not lost their strength but have learned to control the destructive instincts that prevent them from living in harmony with others." ( [www.biblestudytools.com/dictionary/meekness/](http://www.biblestudytools.com/dictionary/meekness/))
- After reading this definition, which characters of Scripture can you think of who displayed meekness in their daily life? What did their life look like? (Noah, Abraham, Moses, Esther, Naomi, and Ruth)
- What do these Scriptures show us about God's heart?

## World

- If "meekness" is the beatitude of Jesus, what would the beatitude of the world be?
- Look up the definition of "meek" on the internet. How does this definition compare with the words of Jesus?
- Culture tells a narrative that the loudest voices steal the show. But what if stealing the show isn't what it's really all about? How could a quiet, steady, and wise voice make a greater impact on the world?

## **Us**

- Who are the people in your life who you thought were weak, who are actually living out Jesus' command to be meek?
- In what areas of your life do you strive for control, that you need to trade in for meekness?
- Is this easy? Difficult? Why or why not?