**Life Team Bible Study**

For the week of April 29 – Beatitudes wk 2 – The Meek

**Quick Review**: Looking back at this week’s teaching was there anything that particularly caught your attention, challenged or confused you?

**HANG**

* What do you think are the traits of people who are brave and courageous?
* Have you ever been corrected by an authority figure? How did it go?
* How quick are you to receive correction?

**HEAR**

We are currently on the Beatitudes - the word means “blessings”. All the “beatitudes” in Matthew 5 begin with “Blessed are…” They are 8 traits that reveal the heart of God and what it means to be a follower of Jesus.

Matthew 5:3-11

* Can you quote them yet? Try to memorize them by the end of the series.
* Which ones stand out to you the most and why?
* Do they sound difficult to live out? How might they be a blessing?

**Let’s focus on one today - Matthew 5:5 – Blessed are the meek…**

* How would you explain this verse?
* How would you describe someone who is being meek?

**Meekness is not - passive niceness – cowardice – inaction – weakness**

* Have you ever thought of meekness at any of those?
* Do you remember the definition of meek?

**Meekness is strength under control**

* How would you describe the opposite of meekness?
* If meekness is strength under control, who’s control? **Not yours - God’s control.**

**The best word to describe meekness is – Submission**

Often used in the ancients to describe a powerful wild horse - but who’s spirit is tamed by their owner. Still powerful, but now gentle, submissive, and tender. The meek relinquish control of their lives unto Christ. He tames us and takes control.

**Meekness is the God-controlled life - a life that trusts God as master.**

* How might having God in control of our life – cause us to be meek? It creates in us gentleness, balanced, humble, slow to anger, patient, generous, forgiving.

**Galatians 5:22-23, Colossians 3:12**

* How is this different from the mindset of the world?

**The Blessings of Meekness:**

1. **Healthy relationships -** Slow to anger, don’t seek vindication, don’t have to justify ourselves, show kindness and gentleness, quick to forgive.

**Matt 11:28-30, 21:5, 2 Cor 10:1**

**Phil 2:7-8 – Jesus God took the form of a meek servant – to save us!**

* How might these traits attract people? Traits people are drawn to.
* What is the primary trait you think of when you think of Jesus?

1. **Respect**

**We see this in most of Moses dealings – as a result he was called… Number 12:3**

Because you handle situations with calm and balance – you are respected.

* How might this be a great quality for life?

1. **Teachable**

**James 1:19-21**

* Two types of people in James 1:19-21, a **person quick to speak and the person quick to listen**. How might that trait of meekness make you teachable?
* How do you think meekness might help someone to have a teachable spirit?

Concerning God - You listen better and receive what you hear better.

**Unteachable attitude – is prideful, arrogant, hostile.**

1. **Wise**

**James 3:13, 17, Galatians 6:1-2**

* How are the marks of biblical wisdom and biblical meekness the same?

They are both peaceable, gentle, and open to reason.

* How might a meek person be more reasonable than someone who is not?

1. **Contentment**

* At the heart of this beatitude is the blessing of – “the meek will inherit the earth”. What do you think inherit the earth means?

**1 Timothy 6:6-8, Psalm 84:1, Romans 8:32**

At the heart of this blessing is a sense of great peace and bliss in this life and world. A place of security, value, and significance - free from the purists of vain pleasures because God has giving you true peace and blessing that transcends this world.

**It is a state of contentment and blessing in this life and the inheritance the blessings of kingdom in the afterlife (the promise land)**

* How does someone become meek? By surrendering control of their life to Jesus and by the Holy Spirit working in us to accomplish God’s will.
* Have you surrendered your life to the control of Jesus?

**HUDDLE**

* What are areas of meekness you find you struggle with?

For example – not argumentative, slow to speak, teachable, etc.

* Ask a few to answer this – when did you surrender control to Jesus, and what difference did it make in your life?

**HOME**

* Rewrite Matthew 5:5 in your own words.
* Read 1 Samuel 24 -
* How does David reflect a life of meekness and still show great power and strength?
* How can you reflect this attitude in your life?

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Number 12:3

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