



**“Blessed are the Meek”  
Week 3 in a 9-week Series**

Preached: March 9, 2025  
Scripture: Matthew 5:5  
Series: “The Beatitudes” – Week 3 of 9

**SECTION 1 – GROWTH GROUP QUESTIONS**

1. Why do people give stuff up for Lent? Are you planning to do anything different in your walk with Jesus during Lent? Giving something up? Taking on a new practice?
2. Would you want to be called meek? Why or why not?
3. Why do you think meekness is often looked down on as a character trait?
4. Read Matthew 26:47-54. If this is a scene that reveals the meekness of Christ, how does this scene show this? What does that mean for our current and modern definition of meek? How are the two different?
5. Have you ever inherited anything before? What was it? Were you expecting to receive an inheritance or was it a surprise?
6. What do you think it means to inherit the earth/land?

7. Has the study of this beatitude changed how you view the word meek? With this new definition (or maybe the definition that you already held) who do know that exudes or really lives out "meekness?" How do they embody this Godly characteristic?

## **SECTION 2 – PRAYER**

Where do you need Jesus to meet you today as you are gathered together around God's Word? What are the things that get in the way of you living a life that is marked by meekness? If you were to live out that word – meek – how would your lives look different? Ask for help in that area.

## **SECTION 3 – SPIRITUAL PRACTICE**

Read Psalm 37 a few times, pausing between each reading to see how God might be guiding your thoughts and reflections. Read it again a few hours later. Read it again the next day. See if the words of this Psalm that Jesus knew when he preached the Sermon on the Mount bring our more flavor in the Beatitude we studied today.

## **SECTION 4 – THINKING ABOUT MISSION**

If the Sermon on the Mount is a playbook for how to live the Christian life, how can we begin to take these words of Jesus and actually live them? How do we embody Jesus as we interact with others based on the reading and study of the Beatitudes? With this specific beatitude in mind, identify one relationship you are in that you might be able to practice this idea of meekness. What would it look like? How might it change that relationship for the better? No one specific comes to mind? Pray about it and see if a name pops in your head.

## **SECTION 5 – ADDITIONAL RESOURCES**

In 2024, the Bible Project spent the entire year focused on the Sermon on the Mount. During our study and reflection, I will identify specific resources from them that can expand your perspective on the ins and outs of the words of Jesus. The following gives an overview of the Beatitudes.

<https://bibleproject.com/explore/video/intro-to-sermon-on-the-mount/>