



MANNA CHURCH HAWAII - SMALL GROUP DISCUSSION GUIDE

June 21, 2026 | Blessed: Summer in the Beatitudes - "Blessed Are The Meek"

ICEBREAKER QUESTION: If you could hire someone to take over one part of your life for a week, what would it be and why? (Ex: answering emails, meal planning, laundry, driving in traffic)

MESSAGE SUMMARY & SCRIPTURES:

Jesus continues the Beatitudes with a statement that feels completely opposite of what our culture celebrates: **"Blessed are the meek, for they shall inherit the earth"** (Matthew 5:5). Most people hear the word meek and think weak, timid, or passive. But biblical meekness is not weakness at all. Meekness is strength under control. It is recognizing that God's wisdom, power, and plans are better than our own. Jesus was speaking to people living under oppression, burdened by life and religion, and He redefined what it means to be truly blessed. True fulfillment is not found in self-sufficiency or personal strength. It is found in humble surrender and dependence on God. (Matthew 5:5, Philippians 2:5-7)

Meekness grows out of the first two Beatitudes. When we recognize our need for God and mourn our brokenness, we become willing to trust Him with our lives. Meekness is choosing God's will over our own, God's timing over our timetable, and God's process over our preferences. Throughout Scripture, people like Joseph and Moses learned that God's promises often require patience, surrender, and trust. Sometimes God uses waiting seasons, disappointments, and challenges to shape our character before He fulfills His purposes. **God's promise requires God's process.** (James 1:2-4, Hebrews 11:6, James 4:7)

Jesus also invites us to stop striving and start trusting. Many of us carry burdens, anxieties, and pressures that God never intended us to carry alone. Meekness is not giving up. It is giving control to God. It is a daily lifestyle of surrender to His Spirit, His people, and His leadership in every area of life. The blessed life is not found in trying harder but in trusting deeper. As we surrender our plans, fears, relationships, future, and circumstances to God, we discover the rest, peace, and fulfillment that only He can provide. **Meekness is not weakness. Meekness is surrender.** (Matthew 11:28-30, Galatians 5:16, Ephesians 5:21)

GOING DEEPER: (break up into groups of no more than 4-6 for discussion)

1. What's one thing that stood out to you from the message or the summary?
2. Why do you think our culture often celebrates independence and self-sufficiency? Have you found those things ultimately satisfying?
3. What area of your life is hardest for you to surrender to God right now: your future, finances, relationships, health, career, or something else? Why?
4. Jesus invites us to exchange striving for trust. What does practically walking in surrender and dependence on the Holy Spirit look like in your daily life? What's one area of your life that you need to surrender to God this week, and what's one practical step you can take to demonstrate that trust?

PRAYER: (break up into groups of 2-3 for prayer):

Father, thank You for reminding us that true fulfillment is found not in our own strength but in surrendering our lives, plans, and future to You. Help us to walk in humility, serve others with compassion, and trust Your work in the lives of the people around us. Let our lives be a testimony of Your faithfulness so that others would see the peace, hope, and freedom that come from trusting You completely.



MANNA CHURCH HAWAI'I - SMALL GROUP DISCUSSION GUIDE

June 21, 2026 | Blessed: Summer in the Beatitudes - "Blessed Are The Meek"

MANNAYOUTH DISCUSSION GUIDE

ICEBREAKER QUESTION: If you could hire someone to take over one part of your life for a week, what would it be and why? (Ex: someone to do your homework, or fold your laundry, or drive in traffic)

MESSAGE SUMMARY & SCRIPTURES:

Jesus continues the Beatitudes with a statement that sounds completely different from what our world values: "Blessed are the meek, for they shall inherit the earth" (Matthew 5:5). When people hear the word meek, they often think it means weak, shy, or afraid to stand up for yourself. But that is not what Jesus means. Biblical meekness is strength under control. It means trusting God's wisdom more than our own and choosing His way even when it is difficult. In a world that tells us to always be in control, prove ourselves, and rely on our own strength, Jesus teaches that true fulfillment comes from trusting God and letting Him lead our lives. (Matthew 5:5, Philippians 2:5-7)

Meekness grows when we realize how much we need God. When we understand that we cannot do life on our own, we begin to trust Him more. This can be difficult when we are waiting for answers, dealing with disappointment, struggling with friendships, family situations, school stress, sports pressure, or uncertainty about the future. Meekness means choosing God's timing instead of demanding our own. It means trusting that God is still working even when we cannot see it. Throughout the Bible, people like Joseph and Moses learned that God often uses waiting seasons and challenges to build character before He fulfills His promises. God's promise requires God's process. (James 1:2-4, Hebrews 11:6, James 4:7)

Jesus also invites us to stop carrying burdens that were never meant to be carried alone. Many students today feel pressure from grades, homework, sports, social media, friendships, family expectations, and future plans. Meekness is not giving up. It is giving control to God. It is choosing to trust Him with your worries, fears, relationships, and future. The blessed life is not found in trying harder or controlling everything. It is found in trusting God more deeply each day. As we surrender our plans and allow God to lead us, we experience the peace, rest, and confidence that only He can provide. Meekness is not weakness. Meekness is trusting God. (Matthew 11:28-30, Galatians 5:16, Ephesians 5:21)

GOING DEEPER: (break up into groups of no more than 4-6 for discussion)

1. Share one thing that stood out to you from the message or summary?
2. Why do you think our culture encourages people to be independent and handle everything on their own? Have you ever found that exhausting or disappointing?
3. What area of your life is hardest for you to trust God with right now: school, grades, sports, friendships, family, your future, or something else? Why?
4. Jesus invites us to trade stress and striving for trust. What does trusting God look like in your everyday life as a student? What is one area you need to surrender to God this week, and what is one practical step you can take to show that trust?

PRAYER: (break up into groups of 2-3 for prayer):

Father, thank You for reminding us that true strength comes from trusting You. Help us surrender our worries, plans, friendships, school pressures, family situations, and future into Your hands. Teach us to walk in humility, trust Your timing, and encourage others with the same love and grace You give us. Let our lives point people to the peace, hope, and freedom that come from following You. Amen.

Summer Challenge: Don't do this summer alone. Join a small group and build relationships. Let's grow deeper in our relationship with God and others this summer as we study The Beatitudes together.

Reference Scripture: Matthew 5:1-5 ESV, Philippians 2:5-7 ESV, Matthew 11:28-30 ESV, 1 Corinthians 4:15 CSB, Galatians 5:16 AMP, James 1: 2-4 ESV

Blessed = Truly _____

Matthew 5:5 ESV *"Blessed are the meek, for they shall inherit the earth"*

Meekness is not _____

Meekness comes through _____

I. Surrender to His _____

James 4:7 ESV *Submit yourselves therefore to God. Resist the devil, and he will flee from you.*

Hebrews 11:6 CSB *Now without faith it is impossible to please God, since the one who draws near to him must believe that he exists and that he rewards those who seek him.*

II. Surrender to His _____

God's _____ requires God's _____

III. Surrender to His _____

Ephesians 5:21 ESV *Submit to one another out of reverence for Christ.*

Galatians 6:2 ESV *Bear one another's burdens, and so fulfill the law of Christ.*

IV. Surrender to the _____

Galatians 5:16 CSB *I say, then, walk by the Spirit and you will certainly not carry out the desire of the flesh.*

The Holy Spirit Is Our _____

The Holy Spirit _____ us to the _____

The Holy Spirit _____ us to live for Him

Discussion Guide/Going Deeper



Growth Track



Sign up for Serve Sunday!

