



THE POWER OF MEEKNESS

(MATT. 5:5)

Small Group Guide:

Matthew 5:5

Key Takeaways:

1. Meekness is strength under control, not weakness.
2. Meek people put God above themselves, put others above themselves, and are teachable.
3. Jesus exemplified meekness throughout His life and ministry.
4. Meekness is necessary for receiving God's Word and being an effective witness for Christ.

Discussion Questions:

1. What was your initial understanding of meekness before this sermon? How has that understanding changed?
2. Pastor Josh mentioned that meekness is "strength in submission to God." How does this definition challenge or affirm your view of Christian character?
3. Discuss the example of Joseph forgiving his brothers (Genesis 50:15-21). How does Joseph demonstrate meekness in this situation?

4. How did Jesus demonstrate meekness, even in His most difficult moments (e.g., on the cross)?
5. How can we balance being bold for Christ while also exhibiting meekness?
6. Discuss a time when you struggled to respond with meekness in a challenging situation. What could you have done differently?

Practical Application:

1. Daily Prayer: Start each day with a prayer saying, "Lord, help me walk in Your will today, not mine."
2. Self-Reflection: Take time this week to examine your interactions with others. Are you putting God's will and others above yourself?
3. Conflict Resolution: The next time you face a disagreement, practice responding with patience and gentleness rather than retaliation.
4. Bible Study: Look up other examples of meekness in the Bible (e.g., Moses, David) and reflect on how they demonstrated this quality.
5. Accountability: Partner with someone in the group to encourage each other in practicing meekness this week.

Closing Prayer:

End the session by praying for God's help in cultivating meekness in your lives and for opportunities to demonstrate this quality to others.

5-Day Devotional

Day 1: The Strength of Meekness

Reading: Matthew 5:1-12

Devotional: As we begin our journey through the Beatitudes, we encounter Jesus' radical redefinition of blessedness. Today, focus on verse 5: "Blessed are the meek, for they shall inherit the earth." In a world that often equates strength with aggression, Jesus presents meekness as true strength. Meekness isn't weakness; it's power under control, submitting our will to God's. Reflect on areas in your life where you struggle to yield control. How might embracing meekness transform your relationships and perspective? Ask God to help you cultivate a spirit of meekness, trusting in His promise of inheritance rather than worldly gain.

Day 2: God's Will Above Our Own

Reading: Luke 22:39-46

Devotional: Jesus' prayer in Gethsemane exemplifies perfect meekness - strength submitted to God's will. Even facing immense suffering, Jesus says, "Not my will, but yours be done." This is the essence of meekness: putting God's desires above our own. Today, consider a situation where your will conflicts with what you believe God wants. How can you follow Jesus' example of surrender? Pray for the strength to align your heart with God's, trusting that His plans are ultimately for your good and His glory.

Day 3: Forgiveness and God's Sovereign Plan

Reading: Genesis 50:15-21

Devotional: Joseph's response to his brothers demonstrates remarkable meekness. Despite years of suffering caused by their actions, he chooses forgiveness, recognizing God's sovereign hand. Joseph declares, "You meant evil against me, but God meant it for good." This perspective requires deep trust in God's plan. Reflect on past hurts or injustices in your life. How might God be working those experiences for good? Ask for the grace to forgive as Joseph did, trusting in God's bigger picture even when you can't see it clearly.

Day 4: Gentle Strength in Conflict

Reading: 2 Timothy 2:24-26

Devotional: Paul's advice to Timothy presents a challenging model for Christian conduct, especially in disagreement. We're called to be "kind to everyone" and to correct opponents with gentleness. This approach requires tremendous self-control and trust in God's work in others' lives. Think about a current conflict or disagreement you're facing. How can you approach it with gentleness without compromising truth? Pray for wisdom to navigate difficult conversations with Christlike meekness, remembering that our goal is not to win arguments but to point others to God.

Day 5: The Ultimate Example of Meekness

Reading: Philippians 2:5-11

Devotional: Christ's incarnation and crucifixion represent the ultimate display of meekness. The all-powerful God humbled Himself to the point of death on a cross. This self-emptying love is our model for Christian living. How does Jesus' example challenge your understanding of true greatness? Consider ways you can "have the same mindset as Christ Jesus" in your daily life. Perhaps it's serving without recognition, choosing humility when you could assert yourself, or loving those who are difficult to love. Ask God to shape your heart to more closely reflect Christ's selfless, meek love.