

Main Street Church - Life Group Guide

Series: **UPSIDE DOWN** – *The Beatitudes* – Matthew 5:1-12

Message: **Part 5 – The Strength of Gentleness** - Matthew 5:5

November 17, 2019. Speaker: Eryn Moore – Community Life Pastor.



Connect (15-20min) – share refreshments.

***Break into groups of 3-4 people to discuss the Icebreakers and Pray for one another.**

a. SuperPowers, Horses & Warriors

*If you could have 2 Superpowers which ones would you choose and why? How would you use them this week?

*What is the best (or worst) Horse experience you've had – if you've had one?

*If you had to train to be a Warrior in any culture or historical setting, which would you choose and why?

b. Between Sundays

*How have you experienced or engaged God this past week? What have you been reading or praying about?

Sunday Message Discussion (35-40min)

1. Invite one person read the Beatitudes in [Matthew 5:1-12](#) and open in Prayer:

> **We will read *The Beatitudes* each week during this series.**

Option - Choose a different reader and English translation/paraphrase each week. (NLT, ESV, NIV, NKJV, Message, TPT...)

> **Has anyone memorized this passage yet?** We challenge you to memorize this passage by December 8!

2. The BIG IDEA: ***God Blesses those who Live Humbly, with Power Under His Control.***

Message Feedback: Share your initial feedback on Sunday's Message.

*What impacted, encouraged or challenged you the most and why?

3. Read the following translations of [Matthew 5:5](#) out loud:

a. New Living Translation (NLT) – ***"God blesses those who are humble, for they will inherit the whole earth."***

New International Version (NIV) – ***"Blessed are the meek, for they will inherit the earth."***

b. What is your initial reaction to these words from Jesus? (thoughts/questions)

4. **MEEK sounds WEAK**

a. How would our culture typically understand or apply the word *Meek*?

What do you think of the word & characteristic? Have you ever considered Meekness/Gentleness as Weakness?

b. Have you ever been described as a *Meek Person* or described someone else that way? What was the context?

c. Do you know someone who is *Meek – Gentle & Humble*? What characteristics make them like that in your eyes?

5. **MEEKNESS is NOT WEAKNESS. The Wild Horse & The War Horse.**

The Greek for Meek is Praus ([πραῖς](#), prah-OOCE)

***Praus** is a military term used to describe the resolute focus and discipline of a powerful war horse, trained to obey every command of its rider, no matter how great the confusion of battle. **Power & Strength Under Control.**

*Read [Job 39:19-25](#) – What stands out to you about God's description of this animal to Job?

*In ancient Greece, war horses were trained to be Praus/Meek.

NOTE: *The ancient Greek army would wrangle wild horses and bring them in from the wild in order to train them for war. Not many possessed the strength or willingness to obey needed to be utilized by the Greek cavalry. Some were made into pack animals, some were simply discarded. But those that qualified after being broken were said to be 'praus'. They were no longer unruly or rebellious or out of control. The war horses – the 'praus/meek' – would now charge into battle under the control of their masters and maneuver according to his commands. A meek horse was one that had kept its strength but placed it under the authority of the one who had tamed it!*

- a. What are the implications and applications of this understanding as you consider Jesus' Beatitude teaching?
- b. Why is being *Praus/Meek* important to Jesus; his work in our lives, and this world?
- c. Why would Jesus tell us that this kind of person is "Blessed"?

6. Meek Like JESUS:

*Read [Matthew 11:28-30](#); [Philippians 2:1-15](#); [Colossians 3:12-17](#).

- a. What do these verses teach us about Jesus and relationship with Him?
- b. What is the connection with His teaching that *Blessed are the Meek (Humble/Gentle)*?

*Read [Ephesians 6:10-20](#); [1 Corinthians 16:13-14](#).

- a. How does godly strength under His control help us in the spiritual realities & battles of this life and world?
- b. What is one area of *Spiritual Warrior Training* that you need some focused training/help?

7. Personal Praus: Read & Discuss these Questions and share some examples as a group.

The truth is that Jesus wants us to be so loved, confident, strong, and secure in our identity as children of God that people notice the difference in our lives. When we live this way, people are attracted to the life we live, and we then have the opportunity to direct them toward Jesus.

- a. Have you experienced this transformation – *Wild Horse to War Horse* – under Christ's Leadership & Control?
- b. How has Jesus captured (saved) and been training you (sanctification)?
- c. What are some ways that He has transformed, enhanced or directed your power (gifts, strengths)?
- d. What is one area that He is currently making you *Praus/Meek*? *Strong/Powerful under His Control...*

8. For They Shall Inherit the Earth

Read [Matthew 5:5](#) again and then [Romans 8:16-17](#) & [Psalm 37:7-11](#)

- a. What do you think Jesus meant when He said that *the Meek* will inherit the earth?
- b. How should this encourage and challenge us as Followers of Christ?

Application (10min)

Depend on Him – for Salvation & Leadership.

**What is one step of trust and dependence you can take with God this week? e.g. Our next Baptism is December 1st.*

Discover & Develop

**What is one strength/power that you can exercise for God's glory and purposes this week?*

**Learn about your Spiritual Gifts *Learn about the Serving Opportunities at Church and in your Community.*

**Join us at the upcoming Empower Retreat; find a place/way to Serve; there's Alpha in Jan-Mar; & Set Free in April.*

Deploy Your Life

**What is one relationship, responsibility or environment where God could change the world through you this week?*

Prayer (20min)

Faith-Family-Focus: Break into smaller groups of 3-4 (or men/women).

Based on our topic and discussion let's Share our requests, Praise God together, and Pray for one another.

*Pray for the person on your right in these three areas:

1. Pray for their Faith & spiritual growth
2. Pray for their Family/Friends
3. Pray for their Focus (work/school...)

Announcements

*Our **NEXT LIFE GROUP MEETING**: *DATE / TIME / LOCATION*. **SNACK DUTY**: _____.

>> Plan a week to share **Communion** together as a Life Group each month.

Upcoming **UPSIDEDOWN** Series Schedule:

November 24 – **The Ministry of Mercy** (Matthew 5:7)

December 1 – **When No Ones Looking** (Matthew 5:8). *This is also our next Baptism Sunday.*

December 8– **How to Reconcile Relationships** (Matthew 5:9)

Christmas **HOPE** Campaign 2019

The Special Offering for our annual *Christmas Hope Campaign* is open until Sun. December 8th.

*Our Referral List is **FULL** – we are no longer receiving new referrals.

*Delivery Day is Sat. December 14th.

Main Street Women's Brunch

Sat. November 23. 10am. Main Street Conference Hall/Café.

We invite you to "*A Place at the Table*", a women's brunch on November 23rd at 10am in the Conference Hall.

Our guest speaker is [Eunice Mitchell](#) from The Table Gathering. Tickets are \$5.

Empower Retreat

November 29-30. Friday 5:30pm-9pm / Saturday 9am-6:30pm. At Main Street Church.

The *Empower Retreat* is a two-day (Friday-Saturday) retreat where we explore the gifts of the Holy Spirit and how they can be used powerfully in our lives and the church! **Set Free Retreat is a pre-requisite.*

\$40 – Includes refreshments, lunch & dinner on Sat. & your Empower Booklet.

<https://mainstreetchurch.churchcenter.com/registrations/events/320115>

Childcare Reimbursement for Life Group

***Parents**: Please remember that Childcare Reimbursement Forms are available through the Church Office and at Guest Services.

Please submit your forms at the end of each month.

Christmas Comedy Night – *with Special Guest - Steve Geyer*

This is our Christmas Outreach event and geared towards us inviting friends and family from the community.

Thur. December 12. Refreshments provided. This event is for ages 12 & up.

7pm. Tickets - \$10/person. Available at Guest Services and the Church Office in November.

<https://stevegeyer.us>