

## Small Group Guide: Blessed Are the Meek

### Key Takeaways:

1. Meekness is not weakness, but strength under control and submission to God.
2. Being meek means trusting God completely, even when it goes against worldly wisdom.
3. Meekness is a work of the Holy Spirit in a believer's life, not something we can manufacture on our own.
4. The meek will inherit the earth - there are great promises for those who cultivate this attitude.
5. Jesus is the ultimate example of meekness, especially demonstrated at the cross.

### Discussion Questions:

1. How does the world's definition of strength differ from the biblical concept of meekness?
2. The pastor mentioned several biblical examples of meekness (Abraham, Moses, David, Paul). Which one resonates with you most and why?
3. What are some practical ways we can cultivate meekness in our daily lives?
4. How does understanding our own sinfulness and need for God's grace contribute to developing a meek attitude?
5. The sermon mentioned that meekness allows us to "submit to God when we need rest." How have you experienced this in your own life?
6. In what areas of your life do you find it most challenging to be meek? Why do you think that is?

7. How might our relationships (family, work, church) change if we approached them with more meekness?

#### Practical Applications:

1. This week, practice putting others first in a specific way (e.g., letting someone else choose the restaurant, giving up the best parking spot).
2. Identify an area where you tend to assert yourself or your rights. Pray for God's help to approach that situation with meekness instead.
3. Memorize Matthew 11:29: "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."
4. When faced with a conflict this week, pause and ask yourself, "How would Jesus respond with meekness in this situation?"
5. Write a prayer asking God to develop the fruit of meekness in your life, acknowledging your dependence on Him.
6. Look for opportunities to encourage others who demonstrate meekness, affirming this Christ-like quality in them.

Closing Reflection: Spend a few minutes in silent reflection, asking God to reveal areas where you need to grow in meekness. Close by praying for each other, that God would develop this beatitude in each group member's life.