

INTRO

- What is one quality you see in Jesus' character you really admire?

READ

Matt 5:3-12

REFLECT & RESPOND

The Blessed/Happy Life offered by Jesus is the life of true flourishing and well-being meant for us as humans. But it comes to us in such a counter-cultural way, we often struggle to truly align our lives with what Jesus says.

The Beatitudes then are an opportunity for us to reorient our lives around the way of Jesus, the way of the happy life, the way of the kingdom.

**#3 HAPPY ARE THE MEEK,
FOR THEY SHALL INHERIT THE EARTH**

At the time of Jesus' teaching, his audience was under Roman rule in their promised land, questioning why God's enemies would prosper and they languish as his chosen people. Jesus answers that the meek are the inheritors of God's promise.

Qu: Given the context of Jesus' audience and then what they're hearing from Jesus, what emotions do you think they're experiencing? What would be the equivalent of land inheritance for us today?

Meekness doesn't seem to have a high value in our culture, right? Perhaps because we have misconceptions as to what biblical meekness is. Let's look at what it is not:

Meek ≠ Weak
Meek ≠ Passive
Meek ≠ Timid

Qu: what comes to mind when you hear the word meek?

A key to understanding the meekness Jesus was referring to comes from Ps37:1-11 which Jesus references in this beatitude.

Qu: Read Ps37:1-11. What does this reveal about meekness?

What's noticeable both in Ps37 and in Jesus' context is that meekness is exhorted especially in the context of opposition, frustration, or disappointment, when we want to take things into our own hands.

From Ps37, Meekness looks like:

- **Trusting & Delighting** in God
- **Committing** your way to God
- **Waiting** patiently & quietly for God
- **Not fretting** when the wicked prosper

In summary, we can say: **Meekness is a posture of willing submission to God—his will, way & timing—that results in gentleness, patience, humility and restraint in our lives, especially towards others.**

Qu: what are your biggest challenges to living a meek life?

RESPOND & PRAY

- Pray for one another's pursuit and practice of meekness.
- Pray for each other's delight in the goodness of God for our lives—that we can trust and commit every aspect of our lives to his wise and loving care.