



BLESSED ARE THE MEEK Matthew 5:5

1. Icebreaker: Who is someone you have known that you consider meek? In their life, what demonstrates this to you?
2. What does it mean to be meek? Contrast what culture tends to say about it against what Scripture says.
3. What do you learn about how we can respond under pressure from Moses (Numbers 12:3) and Jesus (Matthew 11:28–29, 21:51, 27:11 & 1 Peter 2:21–23)?
4. In the last two weeks, when have you reacted and responded in ways that did or didn't demonstrate meekness?
5. How does someone grow in meekness? What needs to change about your own posture, perspective and choices? How do we help each other?
6. Respond to Jesus as the risen king who helps you by His Holy Spirit. Pray Scripture together with a heart posture of dependence that He would help you walk in, put on and pursue gentleness. See 1 Peter 2:24–25, Ephesians 4:1–3, Colossians 3:12–14 & 1 Timothy 6:11.
7. What does God promise for those who are meek? What kind of land is in view and not in view? Consider Hebrews 11:11–18.
8. Read 1 Peter 3:15–16. As you think about reaching your sphere of influence, do you feel equipped when to speak or not speak and what to say or not say?
9. Pray for God to help you speak with gentleness and respect as He opens doors for spiritual conversations this week. Watch for opportunities.