

The GOOD LIFE

The Meek

Matthew 5:5

Blessed (Greek *makarios*): the highest state of well-being; receiving God's favor, approval, applause...

Blessed are the meek...

"Blessed are the meek, for they will inherit the earth."

Matthew 5:5

Meek (Greek *praeis*): strength under control, gentleness or humility

Meekness is not _____.

*"Come to me, all you who are weary and burdened,
and I will give you rest. 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.*

For my yoke is easy and my burden is light."

Matthew 11:28-29

Meekness is the right balance of _____ and
_____, leveraged for _____.

Mother Teresa on how to become meek...

1. Speak as little as possible about yourself.
2. Accept small irritations with good humor.
3. Do not dwell on the faults of others.
4. Accept criticisms, even if unmerited.
5. Give in to the will of others.
6. Accept insults, contempt, being forgotten and disregarded.
7. Be courteous and delicate even when provoked by someone.
8. Do not seek to be admired and loved.
9. Give in in discussions, even when you are right.
10. Choose always the more difficult task.

For they will inherit the earth.

*"But the meek will inherit the land
and enjoy peace and prosperity."*

Psalms 37:11

Inheriting the earth points to the final, full, forever
_____ and _____ of God, which we will
participate in.

The Good Life: The Meek

Matthew 5:5

Questions from Sermon on January 18, 2026

Getting to Know Me

1. Thinking back over the holiday break, what was one moment that brought rest, joy, or perspective for you?
2. What was your favorite cartoon during childhood?

Digging Deeper

3. Slowly read Jesus' Beatitudes in Matthew 5:3-12, taking a deep breath or pause between each one to let them sink in.
4. What has stood out to you or impacted you the most in *The Good Life* series so far?
5. How have we defined "*blessed*" so far in this series, and how has that stretched or reshaped your understanding of the blessed life/the good life?
6. In the flow of the Beatitudes, Jesus moves from *poverty of spirit* and *mourning to meekness*. How do you see meekness growing out of the earlier beatitudes?
7. Sunday's sermon unpacked meekness as *strength under control* or gentleness. If that's true, how is meekness different than weakness?

8. Read the following verses and consider: How does Jesus exemplify what meekness (gentleness, directed strength) looks like in practice? How is his meekness reflected in different situations or toward different types of people?
 - Matthew 11:28-29
 - Matthew 12:9-14
 - John 2:13-17
 - Matthew 26:47-56
 - Luke 23:32-34
9. Jesus says the meek will "*inherit the earth.*" How would that promise have sounded to Jesus' original hearers, living under Roman rule? How does it contrast with the way power usually works?
10. How does understanding God's kingdom as his *full, final reign* shape how we read this promise?

Making it Personal

11. From Mother Teresa's list of how to grow in meekness, what practice feels most challenging – or most needed – for you?
12. What would choosing *strength under control* look like in one specific relationship or situation you're facing?

Prayer

Say a prayer for each other, echoing the words of Psalm 37:11 – "*The meek shall inherit the land and delight themselves in abundant peace.*"

We exist to glorify God by guiding people into a growing relationship with Jesus Christ.

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