

# The Meek

Matthew 5:5

“Blessed are the meek, for they shall inherit the earth.”

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Meekness can encompass:

1. Gentleness
2. Humility
3. Being marginalized/oppressed

God intends future rewards to be a motivator in the present:

- Matthew 5:2-11 – beatitudes
- Luke 19:12-19 – the parable of the talents
- Matthew 25:31-36 – the sheep and goats
- Matthew 19:28-29 – what we get for giving up everything to follow Jesus

Big idea: the good life is for those who are gentle, humble, and seemingly insignificant.

Challenge: increase the pursuit of meekness in all your relationships and in the world.

1. Recognize where you're at on the scale
2. Don't compare to others (just Jesus' ultimate standard and last week).
3. Make yourself smaller
4. Reframe how you respond
5. Upgrade your vocabulary:
  - People who are poor in spirit say, “I need help.”
  - People who mourn say, “I'm hurting.”
  - People who are meek say, “I'm sorry.” Or perhaps say nothing at all when provoked and tempted to retaliate.
6. Value what Jesus values in who you vote for and how you express your views.
7. Reevaluate your heroes and filter your influencers.

[The Good Life is for the Meek](#)  
[supplemental teaching:](#)



## DIGGING DEEPER QUESTIONS

Talk about someone who makes you feel so incredibly safe. What is it about him or her that does that?

If those around me—friends, family members, colleagues, those who report to me—were asked if I was meek, how might they answer?

To what extent do you feel you inherited a blessing of gentleness and humility, and why is that?

To what extent have you pursued these qualities and sought to encourage them in others, and what are some examples of how you have sought to do that?

To what extent have your life circumstances put you in a position where you have been made to feel insignificant, unimportant, or repressed?

To what extent do Jesus' words that the meek will inherit the earth resonate with you in your heart?

What are some practical steps you could take to increase your pursuit of meekness this week?

What do you think your relationships would look like if you were more humble and gentle and “safe”?

How can you help spread the virtue of meekness in our world instead of its opposite?