

MESSAGE OUTLINE

Blessed - The Meek

Matthew 5:1–12 (NIV)

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, ²and he began to teach them.

He said:

³“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

⁴Blessed are those who mourn,
for they will be comforted.

⁵**Blessed are the meek,
for they will inherit the earth.**

⁶Blessed are those who hunger and thirst for righteousness,
for they will be filled.

⁷Blessed are the merciful,
for they will be shown mercy.

⁸Blessed are the pure in heart,
for they will see God.

⁹Blessed are the peacemakers,
for they will be called children of God.

¹⁰Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.

¹¹Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. ¹²Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.”

1. Learning meekness from Jesus

Blessed are the meek...

Meek: poor, gentle, humbled, humility

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. *Matthew 11:29 (NIV)*

Now Moses was a very humble man, more humble than anyone else on the face of the earth. *Numbers 12:3 (NIV)*

2. Choosing meekness like Jesus

⁵In your relationships with one another, have the same mindset as Christ Jesus:

⁶Who, being in very nature God,

did not consider equality with God something to be used to his own advantage;

⁷rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

⁸And being found in appearance as a man, he humbled himself

by becoming obedient to death—
even death on a cross!

Philippians 2:5-8 (NIV)

Humble yourselves before the Lord, and he will lift you up. *James 4:10(NIV)*

But when you are invited, take the lowest place, so that when your host comes, he will say to you, ‘Friend, move up to a better place.’ Then you will be honored in the presence of all the other guests. ¹¹For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.” *Luke 14:10–11 (NIV)*

3. The surprising blessing of meekness

for they will inherit the earth

“You’re blessed when you’re content with just who you are—no more, no less. That’s the moment you find yourselves proud owners of everything that can’t be bought. *Matthew 5:5 (The Message)*

At that time the disciples came to Jesus and asked, “Who, then, is the greatest in the kingdom of heaven?” ²He called a little child to him, and placed the child among them. ³And he said: “Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. ⁴Therefore, whoever **takes the lowly position of this child** is the greatest in the kingdom of heaven. ⁵And whoever welcomes one such child in my name welcomes me. *Matthew 18:1–5 (NIV)*

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

Psalms 37:11 (NIV)

NOTES

SMALL GROUP QUESTIONS

February 5, 2023

As needed, refer to the Order of Worship and Resources at solanabeach.church for sermon video, message outline, and small group questions print version.

CONNECT WITH GOD (select one of the below practices to begin your small group time this week or select a practice from a previous week.)

Journaling: The Practice of Justice and Mercy (5-10 minutes)

Alone: Practice recognizing the image of God in others. The Beatitudes describe a way of life that is upside-down from societal expectations and assumptions of who is blessed. Think of people—friends and strangers alike—who are at the end of their rope (poor in spirit), grieving (mourning), meek (poor, humbled). Write a blessing for each one of them.

- *Challenge yourself by naming people who you don't agree with, don't like, or avoid.*
- *Pray for God's Spirit to open up for you the ways that you have turned away from those who were suffering.*
- *Pray for God to plant new seeds of justice, mercy, and compassion in your life.*

Attending to God through Art (5-10 minutes)

Alone: Using the artwork highlighted on Sunday, February 5th, spend 5-10 minutes reflecting and journaling on what you see in the painting.

Pray that God will quiet the many distractions within you and beyond you in order to focus on the gift of this artwork before you.

As you focus in on the painting, you might journal your reflections to the following questions:

- Where am I emotionally and spiritually right now?
- Where does God meet me in this painting?
- What new perspectives is God shaping within me as I reflect on this painting?

CONNECT WITH EACH OTHER

- *Together:* Read **Matthew 5:1-12** in the Bible translation of your group's choice, focusing in on verse 5.
- After you have read, reflect as a whole group on the passage, sharing your personal reflections from the passage. Consider the following questions:
 - What's your initial response to the word "meek"?
 - What images, memories, or questions are stirred in you as you read verse 5?

CONNECT WITH SCRIPTURE (Read the passages and review the sermon outline. Then select the best questions or customize the questions for your group.)

- Read the main points from the sermon outline.
- What questions, observations, or reactions do you have after reflecting on the passage and sermon?
- What is the context of the Beatitudes/Sermon on the Mount and how might the word "meek" hold a different meaning for the people listening to Jesus then?
- What are some biblical examples of meekness?
- What does it mean that the meek 'will inherit the earth'?
- Read together Philippians 2:5-8. What is the way of Jesus here?
- In Luke 14:1-11, Jesus describes the humility of his kingdom. How is it different?
- What new perspective has taken shape as you reflect on the scripture, the message, and your time in small group this week?

CONNECT WITH GOD'S MISSION IN THE WORLD (select one prompt/question for discussion.)

- How can we bless the meek, like Jesus?
- What does Matthew 5:1-12—and specifically Matthew 5:5 this week—teach us about God's priorities in the world?

PRAYER

Think about the people in your community who fit Jesus' description of "the meek." Pray a blessing for them. Confess how you have neglected to turn towards the suffering in your own community and ask the Holy Spirit to give you discernment and energy to bless them in the same way Jesus blesses them.

"You're blessed when you're content with just who you are—no more, no less. That's the moment you find yourselves proud owners of everything that can't be bought. Matthew 5:5 (The Message)

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