

PRACTICE

Breath Prayers awaken us to God's presence with us and his work in us.

Inhale a truth and exhale a humble petition in a short, continuous prayer rhythm.

Inhale: Make me like you...

Exhale: ...gentle and humble in heart.

PRAY

Dear God, thank you for the example of Jesus—one with all power, yet gentle and humble in heart. Forgive us for contending for status, defending our pride, and confusing worldly control with real strength. Anchor our worth in Christ so we can stop striving to prove ourselves, and instead authentically love and care for others and the earth you made. Grant us the courage to live with power under your direction this week—patient, gracious, and confident in the eternal inheritance you have secured for us. In Jesus' name. Amen.

BLESS

Share with the group or individually from person to person.

Child of God, you are blessed when you are meek, when your power is under God's control.

WEEKLY MEMORY VERSE

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

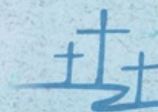
Matthew 5:5 NRSV

DAILY VERSES

1-Matthew 5:5	4-Colossians 3:12	6-Galatians 5:22-23
2-Ephesians 4:2	5-Philippians 2:3-5	7-Matthew 11:29
3-Psalm 37:11		

stay connected

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 40DAYS in the Beatitudes

BLESSINGS
- redefined by Jesus

WEEK 3
STRENGTH UNDER CONTROL

SHARE

- Welcome & opening prayer
- When you hear the word “meek,” what first comes to mind? Is it positive or negative? Do you think our usage of the word meek today is what Jesus meant in the Beatitudes?

READ

At first glance, Matthew 5:5 might sound like a repeat of being “poor in spirit”—that upward-looking, empty-handed, humble posture before God. But while we build on that foundation, meekness turns our gaze horizontally—and focuses on how we relate, not just to God, but to others. The word meek (translated biblically) also means gentle and humble. Biblical meekness is not weakness. It is not passive or spineless. As Matt Chandler notes in [Becoming Like Jesus](#), it is strength restrained—power under control—refusing to assert ourselves at the expense of others or in self-serving ways. Another author calls biblical meekness “reverent strength” under God’s guidance and love. When we are with someone who is meek in this way, we feel safe, trusting they will use their strength to protect rather than dominate or hurt others.

For example:

- Read about David in Psalm 37:11 where he models a spirit that trusts God’s timing rather than lashing out in personal vengeance.
- Read about Moses in Numbers 12:3. This very man was chosen to confront Pharaoh, administer justice, and show extraordinary patience, courage, and dependence on God.
- Read about Jesus in Matthew 11:29 and Philippians 2:5-8. Despite holding all authority over wind, waves, and life, he humbled himself and submitted to the Father’s plan, culminating in the cross.

Note the restrained strength, not weakness, in these biblical heroes of our faith.

So, what does it mean that the meek will “inherit the earth”? This promised inheritance is a real, renewed physical creation—where sin, death, and tears are gone. In the meantime, the “meek inherit the earth” not as owners of the earth but as stewards—entrusted with caring well for God’s creation. This is good news for the physically poor and the “poor in spirit” alike.

TALK

- When have you witnessed people using their strength backfire? How would the outcome have been different if they had kept their power under control?
- Some have compared biblical meekness to a wild horse that has been brought under control using a gentle bit to guide it.
 - In what relationships or everyday environments do you feel the strongest temptation, like a wild horse, to assert yourself, prove your worth, or win the room? How might it be different to allow yourself to become meek, and guided by God?
- Jesus describes himself as “gentle and humble in heart,” yet he regularly confronted hypocrisy and stood firm in truth. How does his life show us that gentleness can coexist with courage in the same person? How might you allow them to coexist in you?
- If time allows during the group session, read Colossians 3:12-17 and discuss what Paul is teaching us about being the church and living as a Christian in our world today. If needed, reflect on these verses on your own.