

## ***Reigning by Resigning***

*Matthew 5:5* - NCBC, June 2, 2019

Main Point: **Jesus' kingdom blessings belong to the meek.**

- **Meekness is not:**
  - Weakness or Timidity
  - Primarily Kindness or Likeability
  - Generally an Outward Action or Behavior
- **Meekness is:**
  - God's taming of our temper
  - Being "used to the hand" (*Latin*)
  - Power under control
  - Submission to God when distressed
- **Meekness receives:**
  - "All authority in heaven and on earth" – Mt 28:18
  - NOW: Satisfied contentment in Christ
  - THEN: Reigning over renewed earth with Christ
- **Meekness comes by:**
  - Receiving God's power for salvation – Jas 1:19-21
  - Resigning to God during trouble – Ps 37
  - Rejoicing with those who rejoice – Rom 12:15
  - Refraining from friendship with anger – Pr 22:24-25
  - Recalling all that God has promised – Mt 5:5

**Communion** – Matthew 26:26-29

**Opening Announcements:**

- Great opportunities to share God's Gospel as VBS Volunteers and help with Rooted Student Ministry Prayer Boxes. Contact church office for details.

<<He Will Hold Me Fast>>



When you are confident that God loves you, then you can persevere and endure through the storms of life. For it is the love of God that binds our weak wills to His – so that He holds us fast and delivers us safe in the harbor of His presence for all of eternity.

Let's continue our worship now by opening our Bibles to **Matthew chapter 5** and **Psalms chapter 37**. Today we continue our study of the Beatitudes by meditating on **Matthew 5:5**, *Blessed are the meek, for they shall inherit the earth*. But as we shall discover, this beatitude is a quote from **Psalms 37** so put a place holder in **Matthew 5**, but prepare for our Scripture reading from **Psalms 37**.

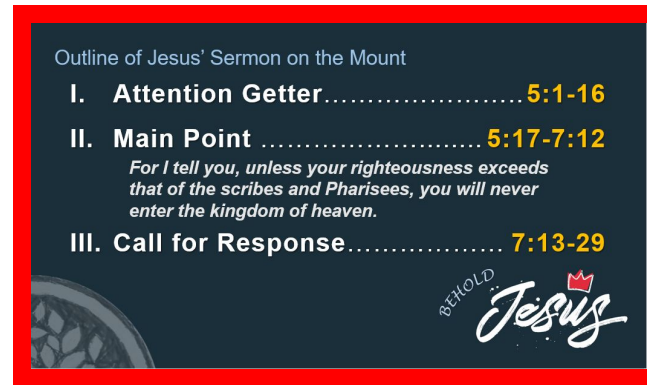


If you don't have a Bible, simply raise your hand as people are coming now with Bibles for you to use, and even take home as our gift to you.

It's good to be back home with you studying God's Word together this morning. Last week our family enjoyed a weekend getaway with Jody's family, and I'm so thankful for Pastor Scott's convicting preaching on repentance from **Matthew 5:4**.

Does sin bother you? Does your repentance demonstrate your hatred for sin and lead to life, or is our sorrow over our sin merely a worldly sorrow that only grieves the consequences of sin and fails to produce any real life-long transformation? God's grace and forgiveness is available this morning to comfort and strengthen any soul who comes eager to confess their sins, and turn from sin in genuine repentance by faith in Christ alone.

Please do not let our careful approach to teaching one beatitude a week allow you to lose sight of the larger context of Jesus' teaching.



Remember, the main point of Jesus' Sermon on the Mount is found in **verse 20**, *Unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.*

There's only one way a sinner like you or me could ever be accepted by a holy God. We will only be accepted into God's kingdom if God Himself saves us and gives us a new heart. We who are dead, need to be mercifully given life. We who are sinful need to be given a perfect righteousness that we could never accomplish or deserve on our own. This is Jesus' point of His preaching.

And so as a powerful attention getter, Jesus teaches the kind of people who are accepted or approved, or blessed, by God. Effectively, this is Jesus painting a self-portrait of Himself. For only Jesus, the God-man, is perfectly characterized by humility, grief over sin, and meekness as we shall learn today.

Like we learned previously, the beatitudes are descriptive – describing the results of God's salvation on our inward character – before they are ever prescriptive or telling us what we should do. These attitudes are now possible for

all the redeemed – for these are the fruits of God’s indwelling Spirit in regenerated hearts.



Now for our Scripture reading this morning, I’m reading from David’s **Psalm 37**. Because **Matthew 5:5** actually quotes from **Psalm 37:11**, and I believe **Psalm 37** helps to define what meekness really is.

So please stand as I read the first 11 verses from **Psalm 37**, in the English Standard Translation:

*Fret not yourself because of evildoers;  
be not envious of wrongdoers!*

*<sup>2</sup> For they will soon fade like the grass  
and wither like the green herb.*

*<sup>3</sup> Trust in the Lord, and do good;  
dwell in the land and befriend faithfulness.*

*<sup>4</sup> Delight yourself in the Lord,  
and he will give you the desires of your heart.*

*<sup>5</sup> Commit your way to the Lord;  
trust in him, and he will act.*

*<sup>6</sup> He will bring forth your righteousness as the light,  
and your justice as the noonday.*

*<sup>7</sup> Be still before the Lord and wait patiently for him;  
fret not yourself over the one who prospers in his way,  
over the man who carries out evil devices!*

*<sup>8</sup> Refrain from anger, and forsake wrath!  
Fret not yourself; it tends only to evil.*

*<sup>9</sup> For the evildoers shall be cut off,  
but those who wait for the Lord shall inherit the land.*

*<sup>10</sup> In just a little while, the wicked will be no more;  
though you look carefully at his place, he will not be there.*

*<sup>11</sup> But the meek shall inherit the land  
and delight themselves in abundant peace.*

This is God’s Word. Please be seated. **Let’s Pray.**

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**Matthew 5:5** reads, *Blessed are the meek, for they shall inherit the earth.* Perhaps we could not find a more humbling verse to meditate on this morning than this topsy-turvy pronouncement from our Lord!?



**Jesus’ kingdom blessings belong to the meek.**

We gather to worship a holy God this morning like Gideon gathered with his 32,000 soldiers to fight the Midianites in **Judges 7**. We're thankful for the strength that we do have, but it's still very easy for us to fret and fear about all the ways that we're not yet strong enough to do all that God is asking us to do. As we come to worship this morning, some of us are truly overwhelmed with the trouble in our lives right now. We are fighting to keep believing that God will provide, and that God will see us through. But we have prayed, we have read our Scriptures, we have set our face, and we are here this morning to worship!

Then we read, *Blessed are the meek, for they shall inherit the earth...* and our mouths start to gape open as God sends all of our own precious resources away and leaves us completely dependent with an army of just 300 men.<sup>1</sup> **Matthew 5:5** strips us of all self-confidence, self-assertiveness, and self-reliance.

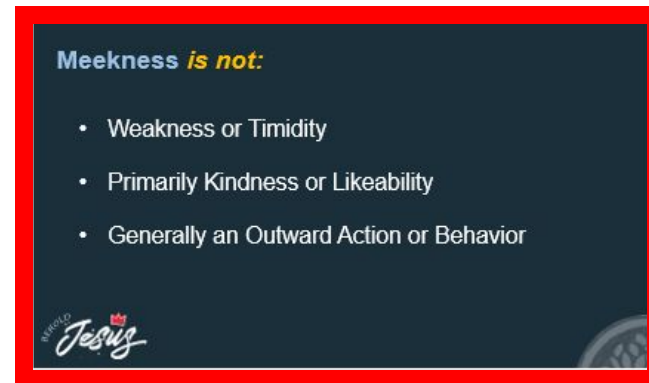
Like Gideon who is left trusting solely on God and God alone for his future, so likewise Jesus surprisingly teaches that the spoils of His kingdom belong to those who are meek.

Meekness, when rightly understood, brings a powerful eternal perspective to our battles. But meekness is most often misunderstood and left untried. In fact, I believe meekness has been too often neglected in my own life, and perhaps in the teaching of our church. We are a people who need to hear carefully the teaching of meekness, and experience the blessings of this God-given grace.

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<sup>1</sup> Judges 7:6-8  
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So let's begin by quickly reviewing what meekness is not:



**Meekness is not ...weakness.** Meekness doesn't dress itself with the soft and fluffy slippers of timidity. No - biblical meekness wears combat boots and is the wartime dress of courageous martyrs!

Contrary to popular opinion, the meek are not wishy-washy people who fail to hold any strong convictions about anything, or who hold out limp fish hands to shake. The meek heart is one of the most powerful hearts in the world – for meekness possesses the power of self-control over its own raging passions.

It's also helpful to understand that meekness is not **primarily Kindness or Likeability**. While a meek person may often be kind, biblical meekness is far more than just a carefree and easy-going attitude. After all, a pet dog can be likeable. Unbelievers can be kind. But meekness is a supernatural gift of God's Spirit granted to every Christ-follower – regardless of their unique personality.<sup>2</sup>

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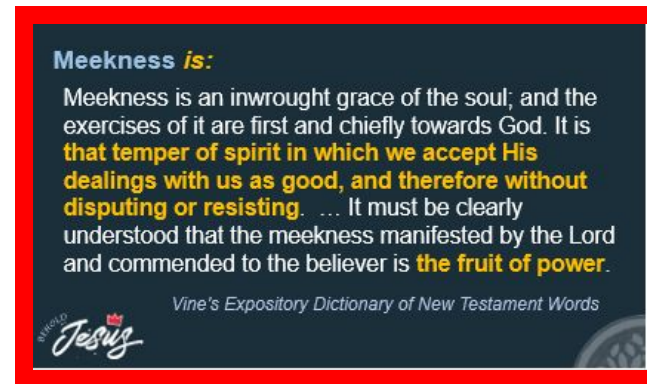
<sup>2</sup> Galatians 5:22-23

And did you know that meekness is not **generally an Outward Action or Behavior?** Rather meekness is an inward attitude of the heart that is first towards God before it is ever expressed towards others.

You see, since there's not one word in the English language that effectively captures the meaning of the Greek word for meekness, Bible scholars have wrestled with how to communicate the meaning of this word. One of the favorite words used to translate meekness into the English language is the word, "gentleness."

That's not a bad translation when you rightly understand it. Unfortunately however, gentleness tends to focus our understanding more on how we treat one another in our outward behavior, rather than our inner attitude of contentment and submission to God in the midst of our trouble. So be careful to note, meekness is not generally expressed outwardly. It is the internal waiting on God that thereby frees the human heart to outwardly express itself in the actions of patience, kindness, forgiveness, and courage.

Now many years ago Pastor Kent Kloter from Bethany Community Church in Washington IL encouraged me to memorize the definition of meekness from the *Vines Expository Dictionary of New Testament Words*. And after all my study this week, I still find that definition most helpful.



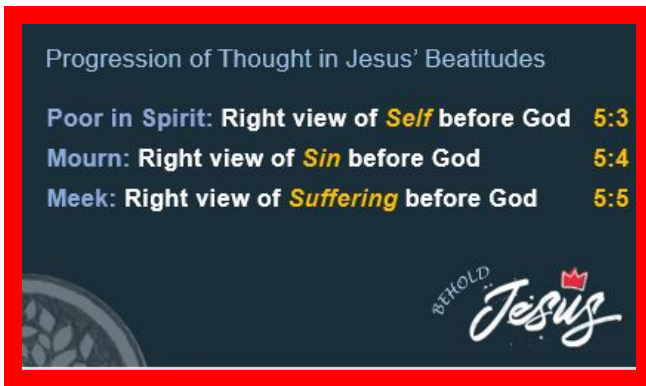
So let's unpack what meekness really is. Please don't try to write all of this down – you can get copies of the notes in the back if you wish later...but just listen carefully to understand this definition of meekness as I read it for you now:

*Meekness is an inwrought grace of the soul, and the exercises of it are first and chiefly towards God. [Now listen carefully!] It is that temper of spirit in which we accept His dealings with us as good, and therefore without disputing or resisting.* It is the mindset that since God is for me,<sup>3</sup> therefore I will rest and wait on Him.

In other words, meekness includes and requires humility, but it is distinct from humility.

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<sup>3</sup> Romans 8:31



Humility, or being poor in spirit as taught in the first beatitude, is a **right view of self before God**. Mourning in **verse 4** is a **right view of sin before God**. But meekness is that blessed submission of our soul to our good, good Father, which gives us the power to accept all of life's circumstances as coming from God's hand, and therefore without complaining or defending ourselves. Therefore we can rightly understand that meekness is a **right view of our suffering before God**.

Humility is often demonstrated once we realize we were wrong. It is the poor in spirit who are able to mourn over their sin, and confess it. But meekness is demonstrated when we are being mistreated, or persecuted, or gossiped about, or misrepresented – even for doing what is right!

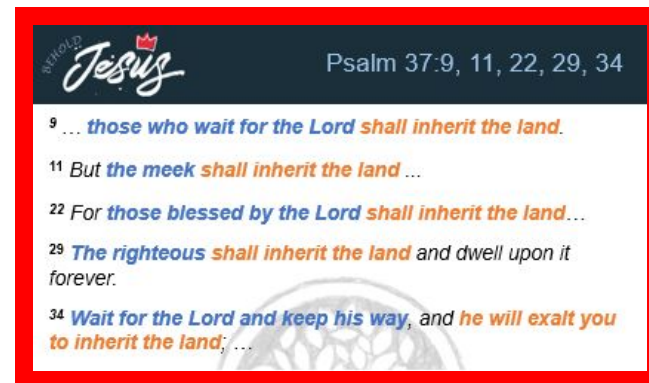
This is why the Greek philosopher Aristotle defined meekness as “anger under control.”<sup>4</sup>

<sup>4</sup> Nicomachean Ethics, quoted in Wiersbe. “Anyone can become angry, that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way, this is not easy.” This is what it means to be meek.

Because meekness is most clearly visible during life's storms! It is during profound suffering – when you feel lonely and abandoned, or your finances run out, or your health refuses to respond to treatment, or you become disappointed with the actions of those in leadership over you, or when it just keeps raining and raining and raining... really any distress which tempts your soul to froth and foam with frustration and anger and those bitter desires for revenge – that's when the righteous power of meekness springs into action.

Jesus says, *Blessed are the meek, for they shall inherit the earth.*

Now remember this is a direct quote from **Psalm 37**. **Psalm 37** provides helpful insight into **Matthew 5:5**, so turn over to **Psalm 37** now, and first observe that there are 5 verses in this psalm that speak of inheriting land:



**Verses 9, 11, 22, 29, and 34** are all parallel passages to **Matthew 5:5**. You can see how all 5 of these verses highlight receiving the promised land, as marked in orange on the screen. **Verse 11** is the verse that Jesus

directly quotes as the third beatitude. But if you note the blue portions of each of these verses, you'll better understand David's meaning of meekness.

To be meek in **Psalm 37**, means that you *wait for the Lord, you are blessed by the Lord, you are righteous, and you wait for the Lord and keep His way.* In fact, I believe it is appropriate for us to understand **Psalm 37** as a descriptive portrait of meekness. For **Psalm 37** is describing a very difficult time for the righteous. All throughout this psalm, the wicked seem to be winning. But against this black cloth of troubling times, **Psalm 37** helps us understand just what it means to possess the powerful gift of meekness.

Understanding Meekness from Psalm 37		
Verse	Positive Commands	Negative Commands
1		Do not fret
3	Trust in the Lord Do good Dwell in the land Cultivate faithfulness	
4	Delight yourself in the Lord	
5	Commit your way to the Lord Trust in Him	
7	Rest in the Lord Wait patiently for Him	Do not fret
8	Cease from anger Forsake wrath	Do not fret

The first 11 verses of this psalm contain a total of 14 imperatives... 14 commands which altogether teach us what it means to be meek.

To be meek simply means to:

- *Trust in the Lord*
- *Do Good*
- *Dwell in the land*


- *Cultivate faithfulness*
- *Delight yourself in the Lord*
- *Commit your way to the Lord*, or more literally, roll all of your cares onto the Lord
- *Trust in Him*
- *Rest in the Lord*
- *Wait patiently for Him*
- *Cease from anger*
- *And Forsake wrath*

There are only 3 negative commands in the first 11 verses of the psalm – and they all issue the same command: *Do not fret.* Giving full vent to your anger and fretting is the opposite of meekness. The meek person does not fret, or become anxious, or give himself over to uncontrolled anger, when things are not going his way.

So let's pull all this together. To simply define meekness, we could say that meekness is,

**Meekness is:**

- God's taming of our temper
- Being "used to the hand" (*Latin*)
- Power under control
- Submission to God when distressed



**God's taming of our temper.** Pastor Colin Smith says, "Meekness is the means by which God tames the sinful soul by taming the temper, subduing the assertive self,

calming the passions, managing the impulses of the heart, and bringing order out of chaos in the soul.”<sup>5</sup>

Meekness is the supernatural ability to control our anger and refrain from reacting when we are mistreated.

O how we Christians today need to cultivate the Spirit-given fruit of meekness that Christ may be glorified in this age of entitlement, self-assertion, and complaining. How blessed are the meek!

In our sinful nature our hearts are consumed with self-serving passions and demands. All sinners are like unbroken horses. We resist God and any of His sovereignty that we do not understand nor appreciate. By nature we kick against the pricks of God’s will and ways in our life!<sup>6</sup>

But interestingly the Latin word for meekness literally means **being “used to the hand.”**<sup>7</sup> This alludes to the taming of a wild animal, or the breaking of a horse. Only the horse that is submitted to the bit and the bridle of its master, and used to the hand, can use his power constructively for the master’s purpose.

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<sup>5</sup> <https://unlockingthebible.org/sermon/blessed-are-the-meek/>, c.f. <https://unlockingthebible.org/sermon/cultivating-meekness/>

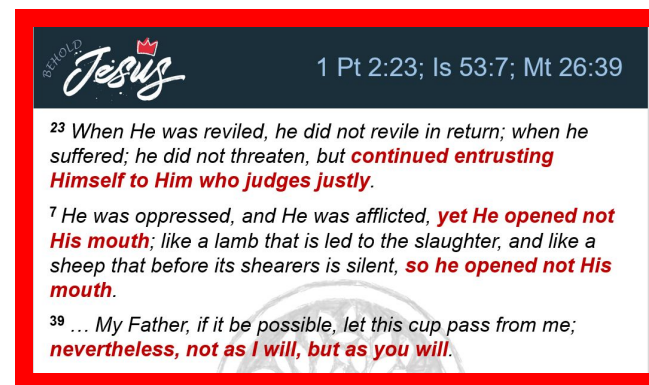
<sup>6</sup> Acts 26:14

<sup>7</sup> Matthew Henry points out that in Latin, a meek man was called *mansuetus*. *Manu* which means “hand,” and *assuetus* which means, “used to.” Meekness means being “used to the hand.”

Another way to say all of this is that meekness means, **Power under control.**

The heart has the power to become angry and lash back with retaliation and vengeance, but meekness is the power to keep such inner passions under control. Meekness is a supernatural power to control what’s going on inside of you, and maintain God’s perspective in trouble.

We see the power of meekness most clearly demonstrated in the life of Lord Jesus,



Who according to **1 Peter 2:23**, *when He was reviled, He did not revile in return; when He suffered, He did not threaten, but continued entrusting Himself to Him who judges justly.*

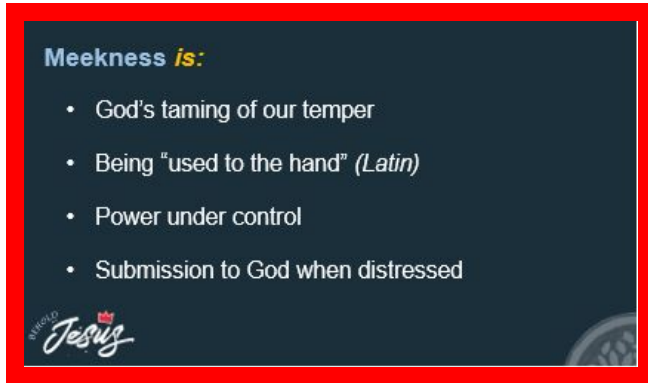
Meekness doesn’t talk back, but whispers in the darkest of nights, *Nevertheless, not as I will, but as you will.*<sup>8</sup>

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<sup>8</sup> Matthew 26:39



You see, in as simplest way as I know how to define it,

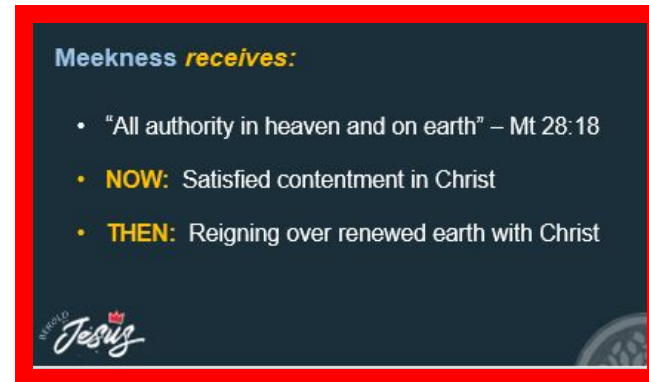


Meekness is just simply faith's **submission to God when distressed**. The meek keep trusting God and delighting in Him, and committing their way to Him even when life is hard. Meekness refuses to defend or assert one's own rights, but receives everything as from God's good hand, and therefore without disputing or resisting. Meekness does not fret, but rests in the fact that *the Lord is the One who is holding my hand*, as **Psalms 37:24** says.

Clearly meekness is not weakness – but a supernatural power to control my own fleshly passions and keep waiting for God's good will to be accomplished in His good time. The meek sincerely believe the promises of **Romans 8:28 and 29**, and are willing to suffer for Christ's sake even while they leave room for the wrath of God.<sup>9</sup>

*Blessed are the meek* – God accepts those who are slow to anger – God accepts those who suffer well by faith in Christ – *for they shall inherit the earth*. Now this is quite the kingdom promise!

Remember, it is impossible for a natural human heart ever to be meek. Meekness is the nature of Christ – not sinners like us. So in many ways, when Jesus promises the meek will inherit the earth it's the same reality,



as **Matthew 28:18** which says that *All authority in heaven and on earth* has been given to Christ. In other words, since Christ's meekness receives all authority in heaven and on earth, so likewise every believer who is united to Christ by faith will receive His kingdom as well!

It is the meek who gain the spoils of Christ's kingdom – not the angry, not the assertive, not the anxious, and not the impatient.

**Meekness receives** all the kingdom benefits. Those who have been born again and received a new heart by the power of God's Spirit – simply by believing that Jesus Christ is Lord and submitting to Him – possess everything they need in Christ.

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<sup>9</sup> Romans 12:19  
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Meek sheep know that the Lord is their Shepherd; therefore they lack nothing.<sup>10</sup> For **NOW**, while they work for Christ and worship him on this earth, their meekness is rewarded with a **Satisfied contentment in Christ.**

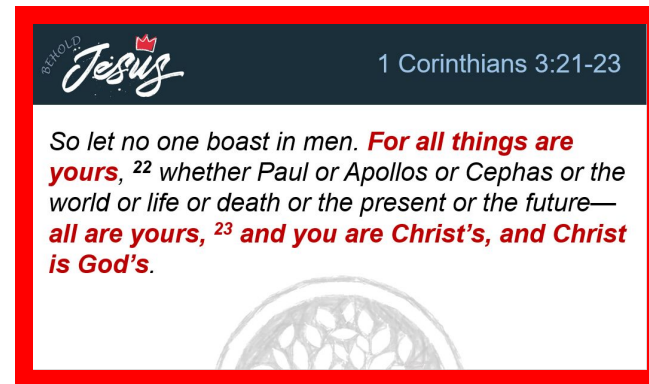
If you are not meek, your internal passions are untamed and wild, and you will never be satisfied in life. Your heart will always demand just a little more.

But *Blessed – O how happy – are the meek, for they and they alone – shall inherit the earth.*

You see, when you genuinely trust the Lord, your soul is controlled by His Spirit. And when the kingdom within you is at peace, you rest confident that God will provide all you need for life and godliness. Meekness gives you the power to seek first God's kingdom and His righteousness, believing that all else shall be added to you in good time.<sup>11</sup>

No need to complain and grumble about politics, or the rain, or how much money we don't have, or our difficult relationships, or our health, or our whatever else boils angrily in the hearts of Christians today.

We have been made one with Christ! God's grace has made us joint-heirs with Christ!



Even in the midst of suffering and need, Paul teaches that *all things are yours, and you are Christ's and Christ is God's.* The life that you now live you no longer live for yourself – you have been crucified with Christ! It is no longer you who live, but Christ, who lives in you! And the life that you now live in the flesh you live by faith in the Son of God, who loved you and gave Himself for you!<sup>12</sup>

This is the shocking reward for the meek in God's topsy-turvy kingdom. Although they suffer light momentarily afflictions now, the meek are always satisfied – for in Christ they see themselves as already possessing everything they truly need.<sup>13</sup>

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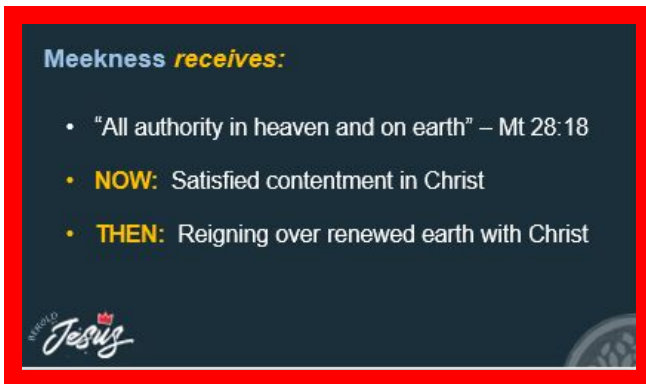
<sup>10</sup> Psalm 23:1

<sup>11</sup> Matthew 6:33

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<sup>12</sup> Galatians 2:20

<sup>13</sup> 2 Corinthians 6:10

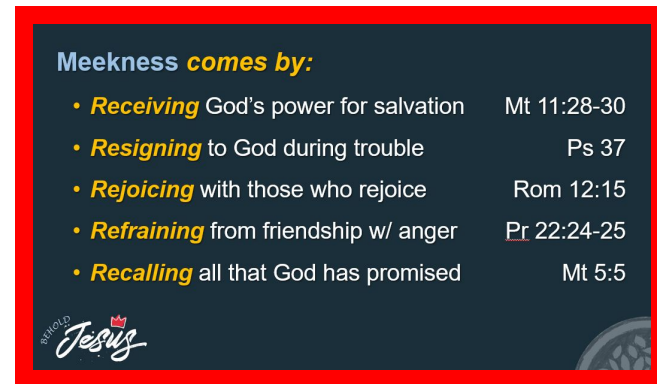


But ultimately, at the end of time, to inherit the land **THEN** refers to **Reigning over the renewed earth with Christ** as part of the new heavens and the new earth. All of God's promises are sure and true.

Someday all of God's children will reign together with Jesus, according to **2 Timothy 2:12**. In **Revelation 5:10** the redeemed sing a new song praising Jesus for saving a people from every tribe and nation, for *they shall reign on the earth*.

The assurance of future justice and reward grants a strong and powerful satisfaction to the human heart. This supernatural grace is called meekness.

And so let's quickly consider how we might be able to cultivate more of this fruit of God's Spirit in our hearts and lives today.



In the context of this Sermon on the Mount where Jesus is describing the supernatural kind of righteousness that even the best human effort could never accomplish, we should not be surprised that **Meekness only comes by Receiving God's power for salvation**. It is impossible for anyone to become meek through self effort. You must come to Jesus first with a poverty of spirit, and ask for the rest that only comes by putting your faith in the One who is perfectly meek and lowly in heart.<sup>14</sup>

And then, as we learned from **Psalms 37** today, meekness comes by **Resigning to God during trouble**. Meekness is a fruit that the Spirit produces in and through us, but meekness only grows during storms. Meekness cannot be cultivated when all is as it should be. So pray to not despise the painful discipline and training of suffering. Let the testing of your faith have its full effect, that you may come to lack nothing through the attitude of meekness.<sup>15</sup>

<sup>14</sup> Matthew 11:28-30

<sup>15</sup> James 1:2-4

Practically, one way to cultivate meekness is by **rejoicing with those who rejoice**.<sup>16</sup> The meek person sincerely rejoices in the joys of others, and is slow to condemn, judge, or become angry with others.

And speaking of others, **Proverbs 22:24-25** warns,

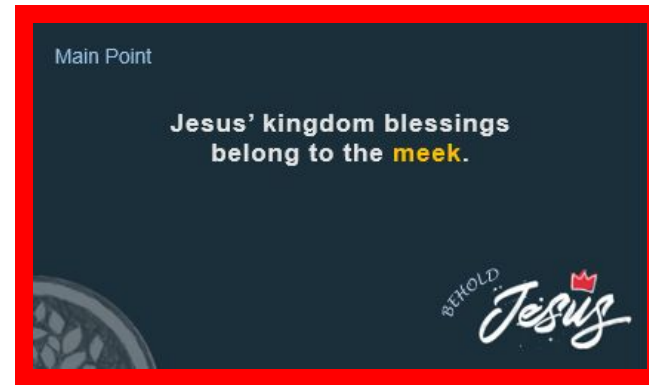
*Make no friendship with a man given to anger, nor go with a wrathful man, lest you learn his ways and entangle yourself in a snare.*

Therefore, since giving full vent to your anger is the opposite of meekness, you can help to cultivate the work of the Spirit in your heart by **Refraining from friendship with anger**.

Ask God for more meekness that you might learn not to react under pressure, but that you might know the contentment of your union with Christ.

Finally, we strengthen our meekness by **Recalling all that God has promised** that is ours in the future. We are heirs together with Christ, and all that is Christ's is our inheritance in the end!

What glorious good news! Yes it is surprising to human hearts who only have a vision for this world and its present values... but the truth of King Jesus' kingdom is that,



**His kingdom blessings belong to the meek** - and only to the meek.

Now let this soak in: If you are Christian, God has already given you everything you need in order to become meek. Really there's no good excuse for a Christ-follower who isn't meek. This is the fruit of God's Spirit – Meekness is what His Spirit does in the heart who welcomes His reign and His rule through all the trials and injustices of this life.

And yet, none of us in this room today can honestly say that we've arrived in meekness. **Matthew 5:5** should humble all of us, because Jesus purposefully started his sermon with these blessings that are entirely out of the reach of human achievement.

And loved ones – that's why Jesus came. Because while we can observe flashes of meekness in Moses, and David, and Joseph, and Paul...and even occasionally in our own lives by God's grace – only Jesus was meek enough to be accepted by God and inherit the earth.

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<sup>16</sup> Romans 12:15  
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And it is His glorious salvation of sinners like you and me that we want to remember today as we conclude our worship.



As our servers come forward now with the elements, I'd like us to take some time to quietly ask ourselves, what makes me most sinfully angry? What causes my heart to fret, and become discontented and forgetful about all that God has granted me in my salvation?

Perhaps you are most angry when you feel trapped, or when you feel disrespected, or when your reputation is attacked, or when you feel out of control? Loved ones, whatever excites your sinful anger reveals what you love and worship more than God Himself. So as we take time to recall Christ's cross, this is an invitation to die to self once again. Repent of your anger. Repent of your impatience, and your justified grumbling.

We must not participate in this glorious feast of remembrance with indifference towards our sin or

towards Christ Himself. That would only bring judgment upon our souls.<sup>17</sup>

If you do not believe in Jesus Christ for the salvation of your sins, we would invite you to just simply observe us as we participate in this symbolic ceremony of all that Christ means to us. There's nothing spiritual about this juice or these crackers. They just remind us of Christ's blood and body. There's no advantage of participating together in the symbol if you aren't first participating together with us in God's amazing grace that saves and rescues us from sin.

We eat bread – symbolizing Christ's broken body – to remind us that Jesus died so that we could live!

I'm going to ask \_\_\_\_\_ to pray for us, and then as you receive the bread ... please wait until we can all partake together after everyone is served. Use this time as the music plays to quietly pray – confessing your sins, thanking Jesus for His salvation, and praising God for His sovereign grace that has drawn you to worship Him.

<<Instrumental Meditation>>

*the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, "This is my body which is for you. Do this in remembrance of me."*

<<eat>>

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<sup>17</sup> 1 Corinthians 11:27-32

The men are now coming forward to serve us the cup, as we remember God's amazing promise to forgive the sins of all who receive His Holy Spirit.

Please sing with us as the juice is served, as we together thank our Lord for His powerful salvation of sinners like you and me!

As we prepare to celebrate Christ's blood which seals our future in His new covenant... I'm going to ask \_\_\_\_\_ to pray for us as we take the cup together.

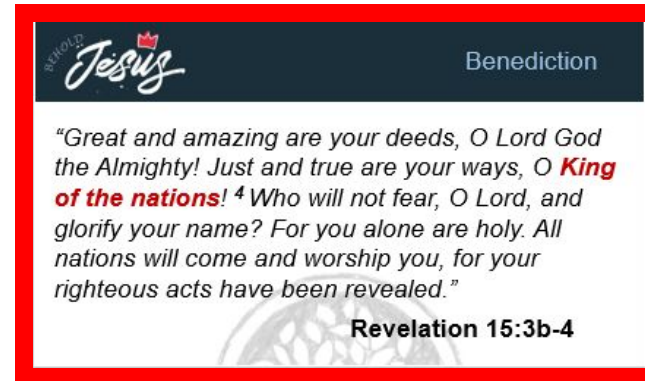
<<The Power of the Cross>>



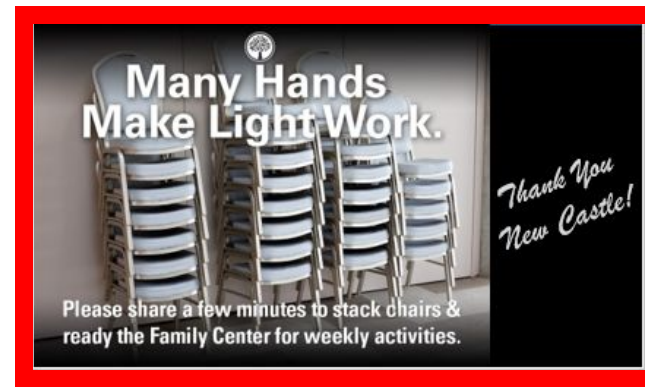
*And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you, for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you I will not drink again of this fruit of the vine until that day when I drink it new with you in my Father's kingdom."*

O Church – if your future is to reign with Christ in His kingdom, let's drink and thank Him together!  
<<drink>>

**Let's pray our benediction together as we dismiss.**



*Great and amazing are your deeds, O Lord God the Almighty! Just and true are your ways, O King of the nations! 4 Who will not fear, O Lord, and glorify your name? For you alone are holy. All nations will come and worship you, for your righteous acts have been revealed."*  
**Revelation 15:3b-4**





## Recommended Resources on Reigning by Resigning:

- Genesis 13:7-9
- Numbers 12:3
- Psalm 37:9, 11, 22, 29, 34
- Proverbs 2:21; 16:32; 25:28
- Isaiah 29:19; 57:15
- Zephaniah 3:11-12
- Matthew 11:29
- 2 Corinthians 10:1
- Galatians 5:22-23
- Ephesians 4:2
- Philippians 2:3
- Colossians 3:12
- 1 Timothy 6:11
- 2 Timothy 2:25
- 1 Peter 2:23; 3:15
- James 1:19-21
  
- <https://unlockingthebible.org/sermon/blessed-are-the-meek/>
- <https://unlockingthebible.org/sermon/cultivating-meekness/>
  
- *Discourse on Meekness & Quietness of Spirit*, Matthew Henry
- *Studies in the Sermon on the Mount*, Martin Lloyd-Jones
- *Heirs of the King*, Warren Wiersbe

## Discussion Questions:

1. Read Matthew 5:1-5. What relationship or progression do you see between the first three beatitudes? Is it possible to mourn over your sin if you are not poor in spirit? Is it possible to be meek without first practicing the first two? In your pursuit of meekness today, do you need to go back to verse 3 or 4 first?
2. Compare Matthew 5:5 with Psalm 37:11. How does Psalm 37 help you understand the spirit of meekness (vv. 1, 3-5, 7-8, 19, 23-24, 27, 34, 39-40) and the blessing of inheriting the land (vv. 9, 11, 18, 22, 29, 34)?
3. Consider the examples of Job (Job 1:21; 2:10), Abraham (Gen 13:7-9), Moses (Num 12:3), Joseph (Gen 50:20), David (1 Sam 24:6-7; 2 Sam 16:11-14), Stephen (Acts 7:54-60), Paul (2 Cor 1:8-11; 10:1), and Jesus (Is 53:7; Mt 11:28-30; 1 Peter 2:23). Share what you learn as you discuss how meekness is illustrated through each of their lives.
4. Read Galatians 5:22-23, remembering that “gentleness” translates the same Greek word for meekness. Is it possible for a natural person to be meek apart from God’s grace? Why or why not?
5. Read 1 Corinthians 3:21-23. How should the truth of your future inheritance with Christ compel you to live here and now?