



#restraint

July 13 & 14, 2013

[Matthew 5:5](#)

⁵ *Blessed are the meek, for they will inherit the earth.* (Matthew 5:5 NIV)

Consider & Discuss

1. How would you define meekness? Do you think of it as positive or negative? Why?
2. Why do you think many people would prefer not to be called “meek”?
3. Would you rather be meek or successful? Why?
4. Do you think someone can be both meek and successful? Why or why not?
5. What do you think “inherit the earth” means?
6. How would you explain the relationship between being “meek” and “inherit the earth”?
7. What suggestions do you have for how someone can become more “meek”?

Live It

1. Memorize [Matthew 5:5](#).
2. Take some time to prayerfully consider Chris’s suggestions for growing in meekness. How well do you do these things?
 - Pause before you respond. Then ask God to help you respond properly.
 - Be quick to forgive and to ask for forgiveness.
 - Empower others.
 - Serve others.
 - Celebrate and encourage others.