

SERMON-BASED STUDY: MEEK AND RIGHTEOUS

Matthew 5:1-4, ESV – ⁵“Blessed are the meek, for they shall inherit the earth.

⁶“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Notes:

- 1.
- 2.
- 3.
- 4.
- 5.

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

ENGAGE WITH THE MESSAGE

- 1 This week we learned that we need to choose a weak/strong attitude. How would you describe a weak/strong attitude?
- 2 Share a time when you have correctly chosen the weak or the strong action. What allowed you to choose wisely?
- 3 How can a person hunger and thirst for righteousness on a daily basis? How can we share this desire with others?

DIGGING DEEPER

A **Romans 12:3, ESV** – ³ For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.

Psalms 63:1-4, ESV – ¹ O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. ² So I have looked upon you in the sanctuary, beholding your power and glory. ³ Because your steadfast love is better than life, my lips will praise you. ⁴ So I will bless you as long as I live; in your name I will lift up my hands.

Psalms 107:8-9, ESV – ⁸ Let them thank the LORD for his steadfast love, for his wondrous works to the children of man! ⁹ For he satisfies the longing soul, and the hungry soul he fills with good things.

4 Looking at Romans 12:3, what does Paul mean by ‘sober judgement’? How is humility related to meekness?

5 How would you describe the kind of thirsting and hungering the Psalmist speaks about in Psalm 63?

6 What does it look like to have a satisfied soul and to be filled with good things?

B **Matthew 11:28-30, ESV** – ²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”

1 Peter 2:21-23, ESV – ²¹ For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. ²² He committed no sin, neither was deceit found in his mouth. 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.

7 What does it mean to yoke yourself with Jesus? Why is His yoke easy?

8 What are some practical ways we can draw near to Jesus and learn from His example?

According to 1 Peter 2, Jesus “continued entrusting himself to him who judges justly.” Why is it important to remember that this process of thirsting and hungering for God is ongoing?

TAKING IT HOME

Jesus reminds us of the importance of meekness and striving after righteousness. How are you doing at keeping a weak/strong attitude? How are you doing at continuously thirsting and hungering after righteousness? Share with your group or accountability partner what God has been showing you. Pray for one another as you seek to be people who live with meekness and righteousness.

PRAISES AND PRAYER REQUEST

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FOR FURTHER STUDY

Psalm 37:8-11, 63:1
Matthew 5:38-41
John 4:14, 6:35
Galatians 5:22-24