**Study Series: The Blessing of Humility**

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**Lesson Title: “Meek” (pp. 122-131)**

May 9, 2021 Session 10

The main point of this lesson is: Humility means responding to hurts and adversity with meekness.

Focus on this goal: To help adults cultivate a meek or gentle perspective in facing difficulties of life.

Key Bible Passage: Matthew 5:5

Before the Session

Write the following statements on separate index cards:

1) Your morning commute is delayed an hour by a wreck.

2) A home power surge ruins your refrigerator and computer.

3) Your car needs a transmission at a cost of $1,500.

4) You get at least eight telemarketing phone calls a day.

5) Your property taxes will increase 35% next year. (Step 1)

During the Session[[1]](#footnote-1)

**Step 1. Create Interest / Jumpstart Discussion**

**Enlist** five volunteers who promise to be honest in their responses.

**Give each volunteer** one of the index cards prepared before class.

**As they consider** how they would respond to the situation, **say**: In the past two sessions, we’ve been looking at humility. First, we learned we must be poor in spirit. Then, we saw it means mourning for our sins.

**Invite volunteers to read** their cards and share how they would respond emotionally, mentally, and physically.

**After** all volunteers have shared **rhetorically ask**: Would you honestly say you would respond with meekness to these situations?

**State:** That’s the element of humility we’re studying today.

**Step 2. Day One – Meekness Toward God, Part 1**

**Invite a volunteer to read** Matthew 5:3-5.

**As a group, briefly recall** what it means to be poor in spirit and to mourn.

**Use** the first three Day One paragraphs (pp. 122-123) to **define** meek as presented by Jesus, **pointing out** that it has nothing to do with being timid but everything to do with being responsive to the Holy Spirit.

**Ask:** How well do we respond to God’s Word with a change in our lives?

**Explain** that this is the first aspect of being meek.

**Read** the last Day One paragraph (p. 124).

**Urge learners** to draw an arrow in their Bibles from verse 4 to verse 5 since mourning over sin leads to responding meekly to God and others.

**Step 3. Day Two – Meekness Toward God, Part 2**

**Invite a volunteer to read** Isaiah 14:27 and 46:9-10.

**Say:** These verses give us a glimpse of God’s sovereign rule, or His providence.

**Read** the second Day Two paragraph (p. 124).

**Share** a time in your life you would have bypassed if you could. (Examples might include a time of suffering, a family hardship, etc.)

**Explain** how, though you did not enjoy the season, you see how God used that situation to conform you into the image of Jesus.

**Invite volunteers to share** similar experiences.

**Share** the prayer the author prays to submit to God’s providence (pp. 125-126).

**Step 4. Day Three – Meekness Toward Others, Part 1**

**Say:** Meekness toward God is responding to His Word and submitting to His providence. But there is another element to meekness that involves other people.

**Point out** the three elements of meekness toward others, as identified by Thomas Watson (pp. 126; bearing of injuries, forgiving of injuries, and returning of good for evil.)

**Use** the content from Day Three **to lead a discussion** of the first two elements of meekness toward others.

**Read** Ephesians 4:32 and Colossians 3:13.

**Ask:** Is there any indication in these verses that obeying them is optional?

**As a group, consider** how our forgiveness by God leads us to bear the injuries of others.

**Step 5. Day Four – Meekness Toward Others, Part 2**

**Briefly describe** the background for the Book of Philemon **using** the first two paragraphs of Day Four (p. 128).

**Read** Philemon 8-10 and **engage learners** in discussing Paul’s plea: he wanted Philemon to forgive, not because Paul commanded it, but out of love.

**Say:** This is the essence of meekness toward others: we desire to forgive not because God commands it, but because we have been renewed by His love.

**Enlist a volunteer to read** verses 18-19.

**Point out** that, just as Philemon owed Paul his life because Paul led him to Christ, we owe our very existence to the Lord.

**Stress** that, like Jesus forgave us, we, too, can and should forgive.

**Step 6. Day Five – Meekness Toward Others, Part 3**

**Invite learners** to consider the phrase, “returning good for evil.”

**Acknowledge** to the group:

1. We might manage not to return evil for evil, but how often do we actually return good for evil?
2. What does that even mean?

**Help learners** understand that we can pray for those who wrong us, hold our tongues, and choose to speak truth and love even when harmed.

**Read** the paragraph from Day Five (p. 131) that begins, “Meekness truly is humility in action.”

**Ask:** If we truly lived meekly toward God and mankind, what kind of impact would we have on the unbelieving—and even the believing—world around us?

**Step 7. Practical Application - Live Out the Lesson**

**Close** with the John Blanchard quote found at the end of Day Five (p. 131).

**Read it aloud** as learners silently follow along in their copies of MasterWork.

**Challenge** **each learner** to underline what they believe to be the five key words or phrases.

**Spend a few minutes discussing** what different learners chose and what impact those words have on their understanding of meekness.

**Encourage learners** to continue to reflect on this quote by reading it aloud each day this week.

**Additional Questions for Discussion**

1. Have you desired the character quality of meekness? Why or why not?
2. Explain how the character traits of the first three Beatitudes build on one another. Why is meekness an inevitable outflow from poverty in spirt and mourning over our sin?
3. Look at Romans 8:28 in the context of Romans 8:29. What is the definition of good? Why is understanding this a key to developing biblical meekness?
4. What basis does God’s Word provide for forgiving those who appear to be unforgiveable?
1. Additional questions for discussion are included on pages 5-6. [↑](#footnote-ref-1)