



Meekness Matthew 5:5

Small Group Questions

1. Read Ephesians 5:1-12. What does meekness mean to you?



2. We all have at least one struggle. What is one of your struggles? What is hard for you to give to God?



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3. If meekness is strength under control, why does meekness have negative connotations in our society?

“Bad habits are often caused by pain. You can’t stop the bad habit without dealing with the pain first”

4. Read 1 Peter 2:21-23. How is Jesus an example of meekness for us? Does this make meekness easier or harder to accomplish?
5. Often our tongue prohibits us from acting in meekness. Why is it so hard to control the tongue? What are some practical steps to accomplish this better?



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“Meekness is evidence that you are controlled by the Spirit”

6. What are some disciplines that can help you remain in the Spirit and not respond in the flesh?

***Change your: What would Jesus do
to
What's the Spirit doing?***



Meekness

“ I have to give God EVERYTHING ”

7. Giving God everything is difficult. What stops you from trusting Him with everything?
How can you get over those hinderances?

8. God’s control of you indicates His care for you. How does this statement free you to trust the Holy Spirit’s work?

Take-Aways

- 1. Meekness is strength under control***
- 2. Meekness is evidence that the Spirit is at work in your life***
- 3. Commitment is a choice***
- 4. With the Holy Spirit we have nothing to worry about***