



LIFEgroup Homework

Week of October 4, 2009

Be Low

Matthew 5:5

The Beatitudes are the only path to happiness. Being "poor in spirit" is the first step as we come to the point of realizing our need for God. Then we see our sin and it causes us to mourn over the cost to Jesus as he died on the cross for that sin. When we realize how awesome it is that our loving Heavenly Father would forgive us of our sin, it produces meekness in us as we begin to comprehend how low we are and how great and mighty is our God.

If meekness is a required step on the path to happiness then we need to understand what it is and how to become meek. Pastor Stan made it clear that meekness is not "lack of courage" as defined in the dictionary, but "strength under control." The term in the Greek for "meek" can best be translated "gentle" in our culture today.

Sharing Questions:

Who is the most humble, gentle person you know?

Why do you think meekness is required for experiencing true happiness?

Getting Started (questions):

What was one principle, illustration or action point from the sermon that stuck out to you?

List a couple of obstacles/reasons that people naturally resist the idea of becoming meek.

Homework:

Read Ephesians 4:1-2

Rewrite the meaning of this verse in your own words.

What does it mean to be "completely humble and gentle?"

On a scale of 1 to 100, how would you rate yourself as being "completely humble and gentle?"

Where is it most challenging for you to be completely humble and gentle? Why? (Work, home, sports, church, neighbors, landlord, in-laws, parents school)

Read Titus 3:2

Can we choose to be meek to certain people and not to others?

Read Colossians 3:12

Describe what you think it means to clothe yourself with these qualities?

God has made promises to the meek and humble. What do the following verses promise to those who seek to be meek?

Psalm 25:9

Psalm 147:6

Isaiah 29:19

Read 1 Peter 3:4

How does God describe the quality of a gentle and quiet spirit in wives?

Read 1 Peter 3:15

Why do you think Peter instructs us to give an answer for our faith with gentleness?

What happens when we lack gentleness in this area?

Read Genesis 12:1-3

How did God bless Abraham?

In Genesis 12, God gave Abraham this fantastic covenant of blessings like no other covenant in history. His nephew, Lot was tagging along with his own entourage and there was a conflict between the herdsmen as they were too bunched together. Abraham could have said, "Look Lot, I'm the one that got God's blessing, so you and your friends need to take a hike because this is MY land." **Read Genesis 13:8-9.** How is Abraham modeling the godly quality of meekness in the choice of land?

Joseph's brothers sold him into slavery, but later, famine drove these same brothers to travel to Egypt for food. By the kindness of God, Joseph was now the prime minister in Egypt, second to Pharaoh. Joseph was meek; he could have used his power and position to get even with his brothers. **Read Genesis 50:15-21** and describe how meekness is displayed in Joseph's life.

Ask God to show you where you are most in need of humility, meekness and gentleness. Then write a prayer asking God to lead you down the only path to happiness as you seek to humble yourself before the Lord, knowing that "he will lift you up." (James 4:10)

Memory Verse:

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



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