

# Meekness

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and burden is light”

-Matthew 11:28-30

## Discovery questions

1. What is the burden he is speaking about?
2. What kind of rest Jesus is promising to people that come to him?
3. What are the conditions apply to receive the promised rest from Jesus?
4. What is the burden and yoke of Jesus? Would you describe it?

### Set-1 God indwells the meek

#### Supportive verses and Discovery questions

Ps 51:17; 138:6  
Luke 9:48 14:11

Isaiah 11:4; 57:15  
2Cor 7:10

Matt 5:5  
James 4:6

Zech 12:10  
1Pet 5:5

Joel 2:13

- a) What are the sacrifices that God is expecting from people?
- b) Why God choose to live with him who is contrite and lowly in spirit?
- c) Why God wants to pour out the spirit of grace and supplication on the house of David and inhabitants of Jerusalem?
- d) Do you think ‘grace’ and ‘supplication’ are the fruit of the Spirit of God?
- e) Why God is commanding his people to ‘**rend** your heart not your garments’?
- f) Who is greatest and will be exalted according to Jesus, our Lord?
- g) What is godly sorrow? What does it bring?
- h) What is worldly sorrow? What does it bring?
- i) What are the prescribed ways of humbling before God? If we do that what will happen?

### Set-2 Blessings for the Meek

### **Supportive verses and Discovery questions**

Psalms 25:9; 34:18, 37:11; 147:6; 149:4      Isaiah 29:19; 57:15; 61:1-2

- a) How God responds to contrition and meekness in the people?
- b) What are the set of God's promises meant exclusively for humble people?

### **Set-3 Commandments related to Meekness Supportive verses and Discovery questions**

Zeph 2:3;                      I Cor 4:21;                      IICor10:1;                      Gal 6:1;                      Eph 4:2-3;  
2Tim 2:25;                      Tit: 3:2;                      James 1:21; 3:13

- a) What does it mean “*seek the LORD*”, “*seek righteousness*”, “*seek humility*” explain?
- b) How do you explain the meekness and gentleness of Christ?
- c) If someone is caught in a sin and in the trap of the Devil, then how should a spiritual one restore him back to God?
- d) What does the scripture say about the process of becoming completely humble and gentle?
- e) How to show true humility toward all men? What are the ways shown in the Scriptures?
- f) “Humbly accept the word that can save you” Would you please explain the statement?

### **Set-4 Outstanding Examples of Meekness Supportive verses and Discovery questions**

Genesis 13:8; 26:20-22;      Ex 2:13; 14:13-14; 15:24; 16:7-8; 17:2;      Numbers 12:3; 16:4-11;  
Jud 8:2-3                      I Sam 1:13-16; 17:29;                      Ps 38:13-14; 120:5-7;  
2sam 16:9-14                      Matthew 11:29; 21:5                      Acts 21:20-22; I  
Thes2:7;                      II Tim 4:16                      1Thes 1:4

- a) Who are the persons that were mentioned as humble ones in the above scripture passages?
- b) What was the testimony given by God about Moses, the prophet?
- c) What was the testimony given by Prophets about Jesus, the King?
- d) What was the testimony given by Jesus about himself?

## Application Journal

Apply to your personal life through your obedience to what God has spoken to you while you finish this lesson for God intended transformation to take place in you.

Use the space below to record your SHARPening activity

**Simple** -a short activity that can easily be completed this week

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**Hands-on** -an action that goes beyond personal reading and reflection

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**Additional** - a new undertaking, one you are not already doing

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**Realistic** - a commitment that fits into your other priorities

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**Purposeful** -A response of loving obedience to God that reflects His concerns for people and that points them toward His goodness

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