**CIBC Sermon-Based Discussion Guide**

*This guide is designed to help guide life group discussions of this week’s sermon at Cayman Islands Baptist Church. For more information on life groups and other discipleship opportunities at CIBC, please visit* [*www.cibaptist.ky*](http://www.cibaptist.ky/)*.*

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**Get the Picture**

**-Title:** *“Blessed are the meek”*

**-Series/Text:** The Flourishing– Matt. 5:1-12

**-Date:** Oct. 17, 2020

**-Speaker:** Pastor Steve

**-Main Idea:** The flourishing person in the kingdom of God is the one who is under divine control.

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**Group Discussion**

1. **Connect**
2. **Commit:** Before you begin, agree as a group that you will commit to having an honest discussion about this text without casting any judgment or sharing any unsolicited advice.
3. **Read:** Read **Psalm 139:23-24** out loud before you pray to begin the discussion.
4. **Pray:** Pray over the group and ask the Lord to *“Search your heart”* and reveal idols that are keeping you from receiving truth.
5. **Engage**
6. **Read:** Read Matthew 5:1-12 and look for repeating words and major themes that stand out. How do these observations help you understand the section as a whole?
7. **Discuss:** Have you ever mentioned meekness as an attribute on your resume? What comes to most people’s mind when they think of meekness?
8. **Discuss:** We defined meekness as the disciplined display of power for the purposes of others. When has someone showed you meekness? What’s a time when you showed someone meekness? When was a time you wish you would acted with more meekness?
9. **Discuss:** What might meekness look like for the following roles: husband, wife, father, mother, brother, sister, friend, co-worker?
10. **Discuss:** Read the temptation story of Jesus in Matthew 4:1-11. Where do you see Jesus’ meekness? Meekness is the ability to control yourself when you want to show others how much you can control. What areas of your life do you want to “prove” your power or exert your control? Why is it so difficult to show meekness?
11. **Discuss:** Jesus says the meek will inherit the earth. What does he mean and how does that apply to us today?
12. **Apply**
13. **Consider:** Would you ever list meekness, now that you’ve studied it, on your resume as a good attribute?
14. **Respond:**

Find your peace verse. In other words, learn one of the many Scripture verses that bring you peace (the Psalms are a great place to look) and recite it to yourself when you are faced with a situation that could lead you to anger. This short prayerful reminder can work wonders in keeping you calm.

Be quick to forgive. Practice resisting the urge to hold grudges by being quick to forgive those who hurt you. Learning how to quickly forgive those in your own home can be a great way to grow in meekness, since sometimes it is hardest to forgive those closest to us.

Keep short accounts with God. Spend time in confession before the Lord during your prayer time. Confession is good for the soul if it leads to repentance and faith in Christ and his finished work on the cross.

1. **Pray**
2. **Silent Prayer:** Enter into a time of silence to allow God to speak to you in response to everything you discussed today. Listen for areas where He may be telling you He wants you to step out in obedience.
3. **Group Prayer:** After a time of silence, close out the study with a group prayer for God’s grace to grow in meekness.

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**Going Deeper**

1. **Do you agree or disagree with the below quotes? What truth do you find in them?**
	1. “Nothing is more powerful than meekness. For as fire is extinguished by water, so a mind inflated by anger is subdued by meekness.” –St. John Chrysostom
	2. “When we have to reply to anyone who has insulted us, we should be careful to do it always with meekness. A soft answer extinguishes the fire of wrath. If we feel ourselves angry, it is better for us to be silent, because we should speak amiss; when we become tranquil, we shall see that all our words were culpable.” –Saint Alphonsus Liguori