



week 3

## get started

1. When you hear someone defined as “meek,” what pictures come to you mind?

## reflect

What is the difference between the way the world looks at meekness and what God says about meekness?

## dig

1. Read Matthew 11:29. Does Jesus’ description of Himself surprise you? What was He saying?
2. Paul encourages Christ-followers in Colossians 3:12 to put on “meekness” among other characteristics. What was He calling them to do?
3. What is meekness? Can you think of any biblical characters who exemplified meekness? What is the opposite of meekness? Can you think of any biblical characters who exhibited that quality?
4. Which of those qualities do you exhibit the most?
5. What does Jesus mean when He says that the meek will “inherit the earth?”

## breakout

1. What are some things you need to do in your life in order to be “meek?”
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