



**elev8**

life on another level

# Student Workbook

**YEAR 1**

**Life and Action**  
**Blessed are the Meek**

**Bible Readings**

Matthew 5:5

Matthew 11:28-30

John 13:1-17

Ephesians 4



### Learning Outcomes

At the end of this week you will be able to:

- Have begun to understand the concept of meekness.
- See the difference between the value the world puts on power versus the value God puts on humility and service.
- Have developed an action plan for displaying humility.

### Notes from Bible Reading

**Scripture** A word or phrase that stood out to me:

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**Observation** What is happening in this Bible reading?

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**Application** Something that I learned about who I am or how I should live:

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**Prayer** What I would like to say to God, ask of God, or what I think God is saying to me:

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**Key Question** Does meek equal weak?

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### Engage

Go around the group and share one thing for each heading that has happened since you last met:

- Plus – What has been good or enjoyable?
- Minus – What has been difficult or painful?
- Interesting – What has been unusual or thought provoking?

#### Discussion starter question:

Do you think our culture encourages serving others? Why/why not?

#### Some interesting facts:

- Someone who is humble, or who shows humility, is not caught up with their own importance. They can honestly admit their mistakes, and see themselves as equal to, or even less than others rather than acting as though they are better than everybody else.

### Explore – Locate

- *What stood out to you in the Bible readings this week?*
- *What did you find meaningful or significant?*
- *Is there anything that you didn't understand or found confusing?*
- *Any questions or comments you may have?*

**Read together:** Matthew 5:5

Matthew 11:28-30

Ephesians 4:1-6

'Meekness' is not a word we use very often these days, and when we do use it, it doesn't have the best connotations. The word 'meek' is usually used to describe a person who is very submissive, who will not stand up for themselves and who can be pushed around. 'Meekness' is often equated with weakness.

But is this what Jesus meant when he said "Blessed are the meek for they will inherit the earth"?

The word 'meek' when used in the Bible does not really relate to weakness at all. Rather, meekness is "an attitude of humility toward God and gentleness toward people... Although weakness and meekness may look similar, they are not the same. Weakness is due to lack of strength or courage. But meekness is due to a person's conscious choice. It is strength and courage coupled with kindness." (Youngblood, Bruce & Harrison, 1995)

In actual fact, it takes strength to be meek - to be gentle and kind towards people, to serve them lovingly and with respect. It is easy to put others

down, to strive to be powerful and to put ourselves first, as is so often encouraged in our culture. Jesus calls us to be meek, to be willing to serve others, which is "not exactly a popular concept in our modern world of self love, self assertiveness and self seeking" (Warnock, 2003) and it certainly takes strength and courage to go against this flow.

"The man who is secure in his love for God does not need to intimidate but can be kind and humble" (Sproul, 2000, pg 416). To be meek requires great strength and courage. To seek to serve others, rather than have all the power yourself and lord it over people, takes strength and courage. May God give you that strength and courage.

#### Resources:

'Meekness not Weakness' by Adrian Warnock, 2003. [www.jubileechurch.org](http://www.jubileechurch.org).

Accessed Nov. 2009

'Before the face of God' Book 4 by R. Sproul. Grand Rapids: Baker Book house, 2000.

'Nelson's new illustrated Bible' Rev. ed. By R. F. Youngblood, F.F. Bruce, R.K. Harrison. Thomas Nelson Publishers, 1995.

### Explore – Express

A part of being meek is having a willingness to serve others. Below is a list of suggested ways to serve and encourage other people. Choose three things (or more!) from the list that you will do this week and write yourself a list/plan. If possible, begin them now.

#### The Humility Hit list:

- Leave someone an encouraging note
- Write someone a deep and meaningful letter
- Give someone a hug
- Offer to help with/do chores
- Tell someone you appreciate them
- Smile at someone
- Be friendly to someone you don't know/aren't sure of
- Help someone out with something they need
- Let another in front of you in a queue
- Give a shoulder or foot massage - or wash someone's feet!
- Draw a picture/make an artwork for someone
- Write a song for someone
- Sing a song to someone
- Share your lollies/goodies with another human
- Buy lunch for/cook dinner for/serve at a meal
- Say sorry when you've done the wrong thing by someone
- Make something for someone
- Try to go a day without using the words 'I' or 'me'
- Tell someone 'You did a good job!'
- Ask the other person "What is your opinion?"
- Let others know you are thankful for who they are and what they do
- Consider if your opinion is helpful before you explain it
- Before you get mad or judge someone because of what they do, remember the last time you did something similar
- Hang out with someone for their sake and not yours (i.e. so that this lonely person feels friendship, and not so that you will have a good time or feel loved back)
- Make sure you don't get so absorbed and exhausted in daily life that you run out of time and fall asleep unaware of God. Romans 13
- Recognise that you are not the creator: everything comes from God: family, food, friends, air, wealth... everything.
- Give God the things in your schedule - say 'his plans for my life are more important than my own'
- Remember, if you humble yourself under the mighty hand of God, he will lift you up in due time (1 Peter 5:6)

### Explore – Integrate

- What do you think of the phrase 'Gentle Jesus, meek and mild'?
- What is your understanding of meekness?
- In what areas of your life can you show more meekness/humility/gentleness?

### Extend

Discuss with your group the challenges you are tackling. Use the time to ask for any help you might need, or to work together on any shared projects that you have.

#### Questions that may be helpful include:

- What challenges are you working on at the moment?
- Do you need any support or assistance?
- Are there any challenges that you have completed that we need to recognise and celebrate?
- Are there any new challenges that you want to work on?

### Encourage

Tell another student in your group something you value or appreciate about them.

Share one thing you would like to pray for and pray for one another.

Pray together.

*Lord,  
Help us to love you with all of our heart, soul,  
mind and strength,  
Help us to love our neighbour as we love ourselves,  
For love is the greatest commandment,  
And love is meek, gentle and humble.  
Fill us with love,  
As all other good things  
Come from love.*

*Amen.*