



# BLESSED ARE \_\_\_\_\_

## DISCUSSION GUIDE

### THE MEEK

SPEAKER: Bo Stern Brady

DATE: March 8, 2026

TEXT(S): Matthew 5:5, with Luke 4:31-32, 10:19; Lev 26:4-6; Ps. 37:1-11, 29:11, & 67:6; Is. 14:3, 32:18, & 54:13-14; Jer. 24:7; Ez. 34:27-28, and 37:26-27

***HOW TO USE THIS GUIDE:** This resource is designed to help you, and your group, step through a progression of engagement with the Bible passage(s) and the speaker's message.*

*Our goal is to help you better understand and apply B4's teaching.*

### MESSAGE SUMMARY + DISCUSSION PROMPTS

Jesus declares, "Blessed are the meek, for they will inherit the earth." Meekness is not weakness or passivity but restrained power rooted in trust. Jesus Himself models this strength. He possesses authority yet refuses to grasp power or dominate others. Psalm 37, which Jesus quotes, says that meek people live with open hands, trusting God rather than forcing outcomes. Instead of grasping for control, security, or influence, they surrender to God's goodness. Those who refuse to seize power will ultimately receive it, participating in God's upside-down kingdom and restored creation, while living securely within His promises.

**LEAN IN:** *These are icebreakers and warm-ups, mostly to get the group talking and start the flow of conversation. Choose one and talk it over for 5 minutes.*

1. Why do you think meekness is often misunderstood in our culture?
2. Describe an actor or a character in a story who demonstrates quiet strength.
3. When do you most feel the urge to control outcomes?
4. What makes surrendering control difficult for most people?
5. Where do people today usually try to grasp for power or security?

**LOOK DOWN:** *These are questions about the Bible passage(s) above. Spend about 10 minutes discussing your choice of two or three questions:*

1. In Matthew 5:5, what does Jesus promise to the meek, and why might that have surprised His listeners?
2. How does Psalm 37 describe the lifestyle and attitude of the meek?
3. What repeated commands appear in Psalm 37 (trust, commit, delight, etc.), and how do they relate to meekness?
4. How does Luke 4:31–32 describe the authority of Jesus' words?
5. What do the Old Testament promises about "inheriting the land" reveal about God's intention for His people?

**LOOK OUT:** *These questions help connect the world of the Bible to today. Spend about 10 minutes discussing your choice of two or three questions:*

1. How does your culture typically define power and success?
2. Why might meekness seem unattractive or impractical today?
3. How does consumer culture shape the way we pursue security and influence?
4. In what ways might Christians misunderstand authority and power?
5. How does the promise of an inheritance reshape how most people think about their future?

**LOOK IN:** *These questions help you consider how to engage the teaching for yourself. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. Where in your life do you most struggle to release control?
2. What situation right now requires you to trust God rather than try to force an outcome?
3. How might meekness change the way you handle conflict or disagreement?
4. What would it look like to exercise authority in your life without domination?
5. How might trusting God's promises reduce anxiety about your future?

**LIVE IT OUT:** *These practical action steps help you apply this message to day-to-day life. Choose one prompt and talk it over for 5 minutes:*

1. Open Hands Prayer: Each morning this week, hold your hands open and pray: *“God, I release my need to control outcomes today. Teach me to trust Your authority and timing.”* Finish by naming one situation you are surrendering to Him. It can be the same one each day or you can mix it up.
2. Psalm 37 Devotional: Read a portion Psalms 37 each evening. After reading, ask: *“Where did I grasp for control today? Where did I trust God instead?”* End by thanking God for the inheritance He promises to those who trust Him.

You can find B4's [Series Resources here](#).

