



## Life's Healing choices The Commitment Choice Matthew 5:5

***"Blessed are the meek, for they will inherit the earth." Matthew 5:5 (NIV)***

When Jesus spoke the words we read in Matthew 5:5, above, his audience was shocked. They expected their Messiah to be a super hero, a "Braveheart," a mighty warrior. Instead, here was Jesus telling them to be meek. There's something about that word that just feels "mousy." It rubs us the wrong way. But Jesus was not telling us to be mouse-like. Rather, by his example, he shows us the picture of a tamed stallion, of power and strength in willful submission.

**1. Meekness is strength under control.**

The Greek word for meekness used in the Bible is *praus* and was used to describe as a wild animal whose manner has been tamed by a master. Do we see meekness today, either as defined or through Christ's example, as a strength? Why or why not?

In Numbers 12:3 Moses is described as a model of "meekness." When you think of Moses, is this the adjective you would use to describe him? How does its use here redefine our contemporary understanding of the word? When you think of the word, meek, what images come to mind?

**2. Meekness means I give up the reigns of my life to God.**

Why is it so difficult for people to "let go and let God"?

Share a time you gave a hurt, hang-up, or habit to God. How long did it take to "break" (tame) that stronghold in your life? Did it take or have you had relapses? How much better has your life been since you allowed God to tame that part of your life?

- 3.** Did you have a coach, teacher, friend you admire who functioned for you as a "horse whisperer," they trained you in a sport, skill, or aptitude. What did you admire about the person? What are qualities of a good coach, teacher, or personal trainer?
- 4.** How is God's Word invasive? Share ways God has been invasive in your life? What benefits did you experience as a result of God operating on your life or an area of your life?
- 5.** The Pastor talked about the message of the cross offering a better approach to tacking our hurts, hang-ups, and unhealthy habits. What did you get out of it? Do you have any questions about what he said?

### **PERSONAL APPLICATION**

When we're hurting, we tend to cover up our pain with bad or harmful behavior. We develop bad habits that shout, "I'm hurting!" – but all too often it's the habit that gets all the attention. The truth is, that habit won't stop screaming until we get at the root of the hurt. It becomes a vicious cycle. Jesus wants to hand us the keys to his kingdom. Why do we insist on playing in the dirt?

We can break free from the cycle of pain by making godly choices, healthy choices that lead to peace, joy, and wisdom. It happens when we choose God's path over our own. The next five lessons in this *Life's Healing Choices* series all hinge on this one. It's the choice that will win over your hurts, habits, and hang-ups and set you on the road to recovery.

Take time now to journal ways in which you might have been hiding your hurts. What are you running from or holding onto that you need to place in Christ's hands? Give everyone enough time to write it down. If you feel comfortable enough with your group share what you'd like the Lord to help you overcome through this series. If not that's okay. Some things are best shared with one person!

End the night praying this prayer out loud together:

***Lord Jesus, thank you for showing us a better path, for giving us a way out of this cycle of pain. Thank you for helping us to admit we are not God, and for your promise of hope. Right now we commit our lives and our wills fully to your care and control. Help us to be meek as you are meek, and let the world see that we embody power under Christ's control. We surrender to you now, by faith in your name—the name that is above all names. Amen!***