



# Blessed

## Week 3: Are the Meek

### CCV Groups Discussion Guide

#### **OPENING QUESTION:**

Who is the strongest person you know? What makes them strong?

#### **GROUPS VIDEO GUIDE**

#### **READ:**

[Matthew 11:20-30](#)

#### **DISCUSS:**

- If meekness is strength under control, who do you know that best fits that description and why?
- How should meekness influence how we interact with others, especially in conflict situations?
- Why do you think Jesus promises the meek will “inherit the earth”? What might that inheritance look like?
- What practical steps can we take this week to cultivate a meek heart and mind?

#### **GROUP CHALLENGE:**

Share with the group a situation coming up this week where you might naturally want to assert your own way, defend yourself, or react with frustration. Then, share how you could infuse meekness into the potential encounter.

#### **TAKE HOME QUESTIONS:**

**Table Talk** (a question to ask your family or friends over a meal): How can we show meekness and humility in our family/relationship, especially when we have disagreements?

**Water Cooler** (a question to ask at work): In your opinion, what’s the difference between being humble and being weak?

## **PRAYER: (Read this over the group)**

St. Ephrem the Syrian (c. 306–373 AD), a revered theologian and poet of the early church, was known for his profound writings on humility, repentance, and divine mercy. Often called the "Harp of the Holy Spirit," his hymns and prayers encouraged believers to embrace meekness, purity, and love. Ephrem's reflections reveal a heart deeply devoted to God, emphasizing the beauty of a life marked by humility and the strength found in gentle submission to God's will.

### **Lenten Prayer of St. Ephrem the Syrian**

*O Lord and Master of our lives!*

*Take from us the spirit of laziness,  
faint-heartedness, desire for power, and idle talk.*

*But give instead the spirit of purity,  
humility, patience, and love to Your servant.*

*Yes, Lord and King! Grant us the power to see our own faults  
and not to judge our brothers,*

*for You are blessed forever and ever.*

*Amen.*

## **SCRIPTURES:**

- **Matthew 11:29**, "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."
- **Matthew 21:5**, "Say to Daughter Zion, 'See, your king comes to you, gentle and riding on a donkey, and on a colt, the foal of a donkey.'"
- **Philippians 2:5–8**, "In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!"
- **Isaiah 61:1**, "The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners,"
- **Psalms 37:11**, "But the meek will inherit the land and enjoy peace and prosperity."