

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

In this session, Colin helps us understand how meekness fits into our spiritual lives and propels us forward in our spiritual growth.

- What stood out to you about Colin's teaching? Did anything seem unexpected or challenge you in a particular way?
- Colin helped us understand the concept of meekness by explaining its etymological roots, which relate to taming an animal. Colin made the point that meekness is strength brought under control through submission. Submission means you put your mission under (sub means **under**) the management of something or someone else. What has been your greatest challenge in submitting yourself to God's will? (Colin suggested areas such as impulsiveness, human temper, anger, passions of the heart, and harsh words.) When you look back on your life, in what ways have you been tamed by His hand?
- What do you think of when you think of meekness? Do you think it's a desirable quality? How do you imagine meekness could factor into our growth in Christlikeness or our ability to win the race God has called us to run?
- Colin also introduced several practical strategies for cultivating meekness, where he suggests submission to God's word, God's will, and God's people. Which method resonated with you the most, and why? Which ones have you found most helpful? Which ones do you find most challenging?
- How did Jesus display the qualities of meekness? How will following Christ's example of meekness help us deal with issues of injustice and wrongdoing?

Notes: The Greek term for meekness is "Praus." It combines a blend of gentleness (reserve) and strength. It refers to exercising God's strength under His control — i.e., demonstrating power without undue harshness.¹ It is a fruit of the Spirit (Galatians 5:23), i.e., it is never something humanly accomplished.

Jesus displayed meekness in the way he bore wounds, handled injustice, and returned good for evil.

Parallel Bible verse - James 4:6-10

¹ Strong's Concordance, #4239 praus (prah-ooce')