

ACTNow! (Applying Christ's Teaching NOW) follows the weekly sermon series of TPMC, and challenges us to apply and put into practice the biblical truths we hear each week. It is the recommended Bible discussion material for TPMC's Cell Groups, and leader's notes are available to all Cell Group Leaders and at the Information Counter.

Blessed are the Meek

Matthew 5:5

Ps Eddie Ho

SERMON SYNOPSIS

- In this third beatitude, Jesus teaches His disciples that one of the secrets to happiness or blessings in life is to be meek. Yet the English word "meek" does not adequately describe the Christian character that Jesus was referring to. The term "meek" tends to conjure a picture of a lamb that is passive or timid. However, in Greek, the word used is *praus*; a more accurate imagery is that of a large, muscular and powerful wild stallion that has been tamed into a well-disciplined horse that is tuned to instructions from its rider. *Praus* is a balance of gentleness and strength, humble yet formidable.
- There are no shortcuts to being meek like Jesus Christ. Like the process of training wild horses, we need to be tamed and attain self-control in our lives. Self-control enables us to exercise restraint in dealing with explosive situations and yet show forth courage in the face of attacks; to turn away from temptation or not give in to fleshly behaviour like greed or lust and submit to Christ. Self-control is a necessary quality as we submit to God who is our rider and learn to wait on Him daily and obey His commands.
- Genesis 1:26 says that we are made in the image of God. This means we possess His qualities – intellect, to create, protect, cultivate etc. However, man's knowledge and creativity can be used to invent helpful instruments or weapons of destruction. When we do not know how to bridle the power that is entrusted to us, it can make the world around us a dark and terrible place. Meekness is power under control. In the midst of sin, shame and suffering, God amazed us by choosing to send Jesus, the meek Saviour in answer to the sin and evil around us. The Jews were expecting a king with power and might from high to save them. Yet God sent His Son riding on a donkey in a lowly manner to redeem sinners (Matthew 21:5).
- The greatest example of meekness is Jesus who calls Himself meek and humble in heart (Matthew 11:29). While He can be a rider on the horse, He chose to dismount from that commanding position to walk side by side with us, offering to hold us and bear the burden of the yoke or load for us because He is stronger. Jesus guides us as well as helps us as we overcome the temptations and sufferings on the narrow road that leads to the Kingdom of Heaven.

DISCUSSION QUESTIONS

1. The idea of being meek is often linked to weakness. In Singapore, the competitive spirit and demands of life encourage aggressiveness and assertiveness. Those who go all out to achieve are often highly regarded. Share with each other your struggles and challenges as being meek runs counter to the world's values.

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2. In the face of injustice, betrayal, and back-stabbing schemes whether at the workplace or in various communities we are in, how can we prepare ourselves to be meek to daily encounter to love?
[Verses to help us go deeper: Psalm 37:9-11; 1 Peter 3:8-9, 15-17; 1 Peter 5:5-7]

3. Jesus promised to come alongside us as we bear His yoke that is gentle and light. As we walk with Jesus, how should we order our lives to grow in meekness and keep in step with Him?
[Verses to help us go deeper: Colossians 3:5,8-10; 1 Corinthians 9:25-27; Ephesians 4:1-2; 1 Corinthians 10:13]

PRAYER POINTERS

- Thank Jesus for setting the example on meekness and showing us that He understands our struggles and burdens as we strive to live out our Christian life in this fallen world.
- Seek the Holy Spirit's help to grow the fruit of the Spirit in our lives so that we may be able to remain meek in challenging and trying situations.
- Ask the Lord for regular refreshment and encouragement with the promise that we will inherit the Kingdom of Heaven while we deal with the present struggles to discipline ourselves to attain meekness.

MEMORY VERSE

And being found in human form, He humbled Himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted Him and bestowed on Him the name that is above every name. [Philippians 2:8-9, ESV]

PRACTICAL HANDLE

During our LOC programme, think of specific actions that we can take to show forth humility, gentleness and meekness to be a witness for Jesus Christ. For example, volunteer to help in seemingly "lowly" service areas like Manpower and Logistics or Environment Ambassadors.