

The Meek





Blessed Are the Meek

Strength Under Control

Sailors would use the word meek to describe a gentle breeze. Farmers would use the word meek to describe a wild animal, like a horse, that had been trained to submit to and follow the farmer's lead.

Both these definitions describe **strength under control**. The sailor harnesses the power of the wind using his sails, so his boat can move. The farmer trains a wild horse so they can be used for farm work, like plowing fields and riding.

The wind doesn't become weak when the sailor uses it to sail, and neither does the horse become weak when he does farm work or when people ride him.

The power of the wind and the power of the horse are used, not lost. So when Jesus says Christians are meek, he is not saying they are weak. He is saying they submit to God's will and they let God lead their lives. Meek people trust in the Lord because they know that God's ways are best. (On the board, write TRUST GOD.)

Power Point

Be self-controlled and not a “show-off”

MEMORY VERSE

Matthew 5:5,
“Blessed are the meek, for they shall inherit the earth.”

Small Group: Dig Deeper

Let's take a look at part of Psalm 37. Chances are, Jesus may have been thinking about this very passage as he taught today's Beatitude. Follow along as I read Psalm 37:5-11.

⁶Commit your way to the Lord;
trust in him and he will do this:

⁶He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.

⁷Be still before the Lord
and wait patiently for him;
do not fret when people succeed in their ways,
when they carry out their wicked schemes.

⁸Refrain from anger and turn from wrath;
do not fret—it leads only to evil.

⁹For those who are evil will be destroyed,
but those who hope in the Lord will inherit the land.

¹⁰A little while, and the wicked will be no more;
though you look for them, they will not be found.

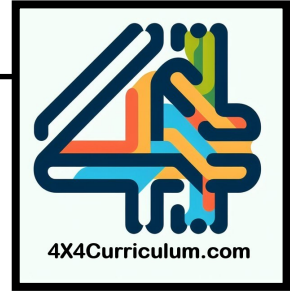
¹¹But the meek will inherit the land
and enjoy peace and prosperity.”

This passage paints a pretty good picture of what it means to be meek. We see in verse 5 that the meek person commits his way to the Lord and trusts in him. Sometimes it can be easy to think that we know best and that we can manage things all by ourselves. But that's a ME attitude, not a BEE attitude!

Meek people trust that God knows best, and they follow him. (Write FOLLOW GOD on the board.) What does verse 7 tell us meek people do? (Allow a student to answer.) Verse 7 tells us to be still before the Lord and wait patiently for him. The patience this passage is talking about refers to patiently waiting for the Lord to deal with people.

Matthew 5:5 says that when we are meek, we will inherit the earth! So what does that mean? Romans 8:17 helps clear it up. It says, “Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.” This is saying that when we are children of the Lord, when we are meek, we get the same things as Jesus.





Game: M&M Move

Gentle movements illustrate our lesson on meekness and are the key to this game. There are several variations to this game. Choose what works best for your group. In every variation, the goal is to move M&M candies from one bowl to another by sucking through a straw and getting the M&M to stick to the end of the straw. When they stop sucking, the candy will fall. If they move too abruptly, the candy will fall. Any candies that fall onto the floor or table are trash and don't count for any points.

First variation: Give everyone their own small pack of M&Ms. The first kid to move all their candies from one bowl (or cup) to another wins.

Stop Watch: You can also see how many M&Ms each kid can transfer in one minute.

Team Relay: The first team to get all their candies from one bowl to another wins.

Roll a Die: Have all children form a circle facing in. The first player gets as many M&Ms out of a big bowl and into their own bowl as they can, while the player to their left rolls a die. Once the player rolling the die rolls a 1, (or even number, or whatever you choose,) the first player stops taking M&Ms and passes the bowl to the player on their left. Play continues until everyone gets some M&Ms. *(This is not a good variation for a mixed age group, as younger kids may become upset when they can't get as many M&Ms as the older kids.)*

If you want to **avoid candy**, make little bees out of cardstock or construction paper. *(Two inches across should be good. If they are too big, the kids won't be able to hold onto them with the straw.)* Put all the paper bees in a stack or in a bowl, and the kids have to try to move the bees from one place to another by sucking on the end of a straw and getting the bee to stick to the other end.

What's the Point? God's not impressed by the loudest or the proudest. Matthew 5:5 says, "Blessed are the meek, for they will inherit the earth." A lot of times, when we're really good at something we want to make sure that everyone knows about it. Being meek doesn't mean that we should be weak, but that we should be self-controlled and not "show-offs."

Family Time Questions:

Parents: We learned about Jesus saying, "Blessed are the meek." Discuss these questions with your child:

- What's the difference between being meek and being weak?
- Can you give an example of Jesus being meek?
- What's something that you're good at?
- How can you show meekness?





Storytime

Title: “Wildrose the Brave Horse”

Once upon a time, in a cozy little farm nestled among rolling hills, there lived a wild horse named Wildrose. Wildrose had a shimmering coat the color of caramel, and her eyes sparkled like the night sky. She loved to gallop freely across the meadows, her hooves kicking up dust and dreams.

Now, nearby in the same village, there was a kind farmer named Carlos. He had a daughter named Amber, who dreamed of riding a horse. But not just any horse—a spirited one! Amber’s eyes would widen as she listened to tales of brave steeds and daring adventures.

One sunny morning, Carlos spotted Wildrose grazing near the creek. Her mane danced in the breeze, and her spirit seemed as untamed as the wind. Carlos knew that this horse could be the answer to Amber’s dreams.

He approached Wildrose slowly, speaking in gentle tones. “Hello, beautiful,” he said. “Would you like to be my daughter’s friend? She longs for a horse to ride.”

Wildrose snorted, unsure of this farmer’s intentions. But something in Carlos’ eyes made her pause. Maybe, just maybe, she could trust him.

Day by day, Carlos spent time with Wildrose. He brushed her coat until it gleamed, whispered secrets into her velvety ears, and shared juicy apples. Wildrose began to see that not all humans were scary.

One evening, after months of making friends with Wildrose, she let Carlos place a saddle on her back. Amber climbed onto Wildrose’s back, her heart racing.

“Go, Wildrose!” Amber urged. And with a leap, they were off—hooves pounding, wind whistling. Wildrose carried Amber across fields and streams, their bond growing stronger with every stride.

From that day on, Wildrose became Amber’s faithful companion. They rode through sunrises and sunsets, their laughter echoing across the hills. Wildstorm had traded her wildness for a new adventure—one filled with love and friendship.

And so, in the little farm among the rolling hills, Amber and Wildrose galloped together, their hearts as free as the wind. For sometimes, the wildest horses become the bravest friends. The end.



Ideas for using this coloring page: Have small pictures of bees cut out for the children to glue to the globe. Or, let them put fingerprints all over the globe using a stamp pad, and then draw wings on each thumbprint to make bees. (Have wipes ready for finger cleanup)



Blessed are the meek,
For they will
Inherit the earth.