

Strong Enough to be Gentle

October 25-31, 2026

When you think of the word "meekness," what comes to mind?
What people, past or present, exemplify what it means to be meek?

The virtue of meekness has fallen on hard times. Not only is it widely misunderstood, but even when rightly defined our culture doesn't see meekness as something worth practicing. We prefer flamboyant displays of power and bravado to humility and quiet strength.

But, in the Beatitudes, Jesus shows us how our logic is upside-down, the inverse of his kingdom. In this session, Matt will explore how meekness is an essential quality for Christians and at the heart of what it means to be a faithful disciple of Jesus.

WATCH THIS WEEK'S VIDEO

READ MATTHEW 5:5.

Matthew 5:5 is an iconic passage, but the word "meek" can be a source of confusion for us. Moses and Jesus are both described as being meek, but neither was weak or passive. They were powerful leaders who were serious about justice and righteousness. In some moments, they were even "fierce," as Matt suggested.

READ PSALM 37:1–11.
In this session, Matt made a connection between Matthew 5:5 and Psalm 37 and suggested that Jesus may have been referencing David's Psalm in this Beatitude. When we read through Psalm 37, we get a clear picture of what it looks like to practice meekness.

In verse 3, David commands us to trust in the Lord do what is right and maintain our integrity. In what areas of your life do you need help trusting God?
When can it be difficult to maintain your integrity?

In verse 7, we are encouraged to be patient—silent before the Lord, waiting expectantly for him. In what situations do you find it most difficult to be quiet before God? To what extent do you practice the discipline of silence?

In verse 8, David instructs us to refrain from anger. Is there any anger in you that God is calling you to refrain from? Any rage that he's calling you to give up?

In verse 11, David tells us what results from our meekness—we "inherit the land."
How could you turn this verse into a prayer of hope?

GOING FORWARD

What could it look like to pray Psalm 37 throughout your week?
Where in your life could you more intentionally practice meekness?