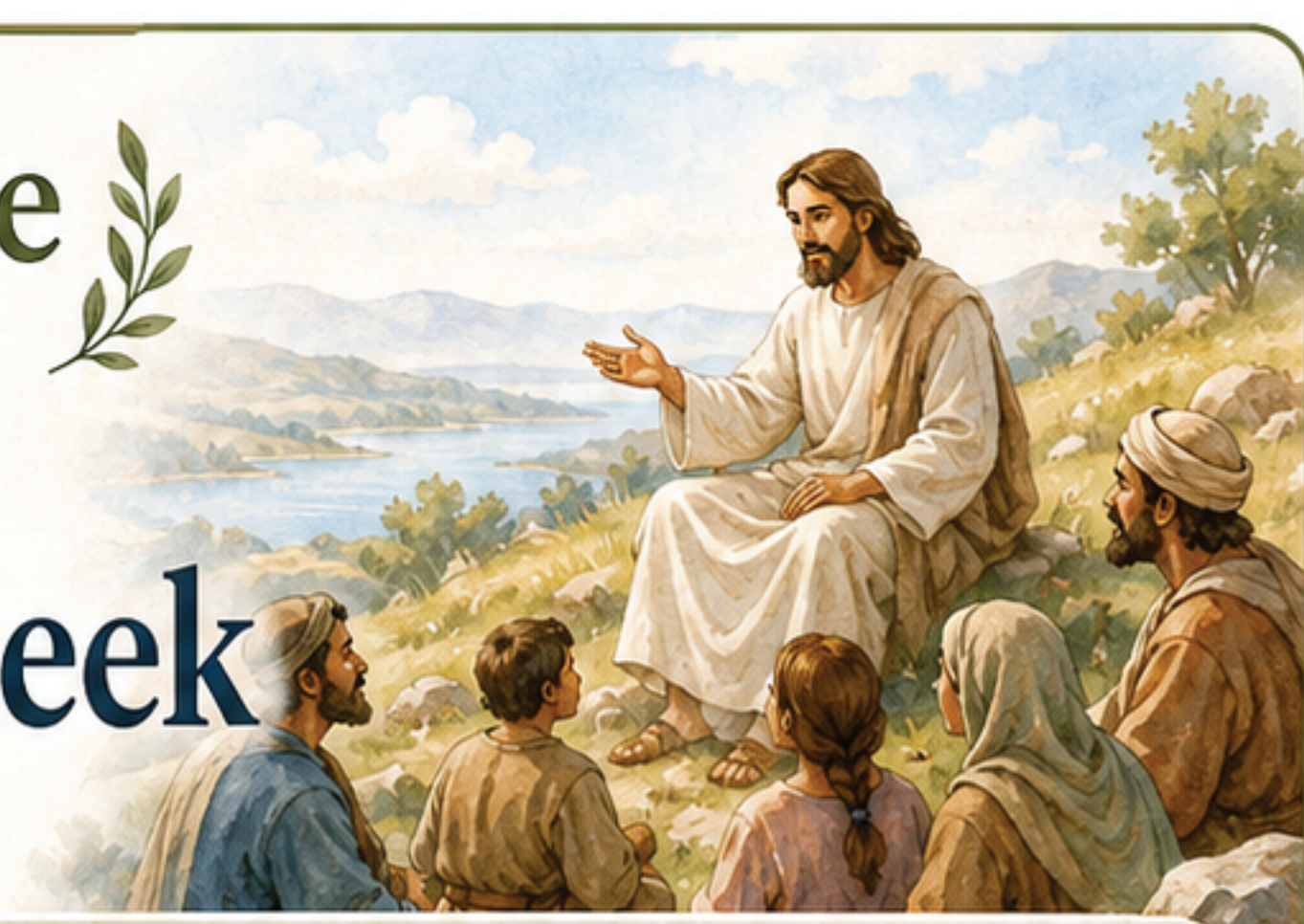


Family Faith Guide

The Beatitudes – Week 3

Blessed Are the Meek

Matthew 5:5



*Blessed are the meek,
for they shall inherit the earth.*

— Matthew 5:5



Big Idea

Meekness is not weakness. It is strength surrendered to God. The meek trust God's rule, treat others with gentleness, and leave their future in His hands.



Kingdom Path

1. **Poor in spirit** — I recognize my need for God.
2. **Those who mourn** — I grieve over my sin.
3. **The meek** — I surrender my life to God's rule.



What Does 'Meek' Mean?

- Meekness is courage under control.
- It is having strength, but letting the Holy Spirit lead.
- Meek people do not have to win every argument, defend every criticism, or get even.
- Meekness is humility toward God that produces gentleness toward people.



Bible Examples

Jesus — strong, fearless, and fully surrendered to His Father

Moses — called meek, yet bold before Pharaoh

David — trusted God instead of taking revenge on Saul

Abraham — let Lot choose first and trusted God to provide



Talk About It

1. Why is meekness different from weakness?
2. When are you tempted to demand your own way?
3. How can trusting God help you respond gently?
4. What is one situation where our family needs to leave the results in God's hands?



Family Challenge

This week, practice the "meek pause." When you feel upset, stop, pray, and ask:

"Lord, help me respond with strength under Your control." Then choose one gentle, truthful response.



Prayer

Lord Jesus, You are gentle and lowly in heart. Teach our family to be meek—not weak, but strong under Your control. Help us trust You with our words, reactions, and future. Make us humble before You and gentle with others. Amen.



Family Faith Guide

★ The Beatitudes – Week 3 ★

Blessed Are the Meek

Matthew 5:5



Blessed are the meek,
for they shall inherit the earth.

— Matthew 5:5



Big Truth

Meek does not mean weak.
Meek means I am strong on
the inside, gentle with others,
and willing to let God lead me.



Kingdom Steps

1. Poor in spirit — I need God.
2. Those who mourn — I am sorry for sin.
3. The meek — I let God lead me.



What Does Meek Mean?

- Meekness is strength under control.
- I can stay calm when I feel upset.
- I do not have to win every argument.
- I can trust God and choose gentle words.



Bible Examples

Jesus — strong and gentle

Moses — humble and brave

David — trusted God instead of hurting Saul

Abraham — let Lot choose first and trusted God



Talk About It

1. What does meekness look like at home?
2. When is it hard to stay gentle?
3. How can you let God help you today?
4. Who can you treat kindly this week?



Kids Challenge

Try the “Meek Pause” this week:

- 1 Stop.
- 2 Pray.
- 3 Choose a gentle answer.

Ask: “Jesus, help me respond Your way.”



Prayer

Jesus, help me be strong, gentle, and kind.
Teach me to trust You and let You lead my words and actions. Amen.

