

SERMON FOLLOW-ALONG GUIDE

MEEKNESS

Growing and Maturing in Christ

The Fruit of the Spirit as a Kingdom Response

BIG IDEA

Meekness is not weakness. It is the deliberate, righteous response of a believer whose strength is under the control of the Holy Spirit.

FOUNDATION SCRIPTURES

- **1 Timothy 6:11** - Pursue righteousness, faith, love, patience, and gentleness.
- **Galatians 5:22-23** - Meekness or gentleness is the fruit of the Spirit.
- **Colossians 3:12** - Clothe yourselves with humility and meekness.
- **Matthew 11:29** - Jesus describes Himself as meek and lowly in heart.
- **Numbers 12:3** - Moses is described as very meek or humble.

TEACHING DISTINCTION

Humility says, "I do not place myself above others."

Meekness says, "I will not treat others harshly to assert myself."

My definition of Kingdom meekness: _____

M.E.E.K. AT A GLANCE

M - Mastering My Emotions

E - Exercising Kingdom Restraint Over My Response

E - Esteeming Others Over My Desire for Revenge

K - Keeping Focused on Christ

M

MASTERING MY EMOTIONS

My emotions take the back seat so the Holy Spirit can take the front seat.

KEY TRUTH

Mastering my emotions is not self-will taking control; it is self surrendered to the Holy Spirit.

SCRIPTURES TO FOLLOW

- **Proverbs 16:32** - The one who rules his spirit is greater than one who conquers a city.
- **Proverbs 25:28** - A person without self-control is like a city with broken-down walls.

FOLLOW ALONG

Most uncontrolled responses begin when I allow _____ to lead me.

Meekness gives the Holy Spirit time to work on _____.

I will not respond according to my feelings; I will respond according to my _____ in God.

PERSONAL REFLECTION

What emotion is most likely to control my response when I feel attacked, misunderstood, or disrespected?

NOTES & WHAT THE HOLY SPIRIT IS SAYING TO ME

PRAYER POINT

Lord, help me not to respond according to how I feel. Help me listen to Your direction and choose the meek response over the “me” reaction.

E

KINGDOM RESTRAINT

Exercising restraint - the Kingdom can gain more through my restraint than through my retaliation.

KEY TRUTH

Meekness is strength under the control of the Holy Spirit - a spiritual weapon the enemy never saw coming.

SCRIPTURES TO FOLLOW

- **2 Corinthians 5:14** - The love of Christ constrains and controls us.
- **2 Corinthians 10:1-6** - We do not wage war as humans do; God's weapons tear down strongholds.
- **Proverbs 15:1** - A soft answer turns away wrath.
- **Numbers 12:1-3** - Moses remains meek when Miriam and Aaron attack him.

MATTHEW HENRY INSIGHT

Moses did not use his access to God to retaliate against the people; he used his access to God to intercede for them.

FOLLOW ALONG

Kingdom restraint is not weakness; it is strength under the control of the _____.

I could fight back, but I trust _____ to fight the battle for me.

My restraint gives the Kingdom room to _____.

NOTES & WHAT THE HOLY SPIRIT IS SAYING TO ME

PRAYER POINT

Lord, help me surrender my desire to fight back and retaliate. Help me exercise self-control and find strength in knowing that You are fighting my battle for me.

E

ESTEEMING OTHERS

Over my desire for revenge - meekness seeks redemption, not simply vindication.

KEY TRUTH

The goal of meekness is for the heart of the offender to be turned toward God through the selfless sacrifice of the offended.

SCRIPTURES TO FOLLOW

- **Galatians 6:1** - Gently and humbly restore the person who has fallen.
- **Ephesians 4:2** - Be humble, gentle, patient, and loving toward one another.
- **2 Kings 6:18-23** - Elisha feeds his enemies instead of killing them.
- **Matthew 5:5** - The meek shall inherit the earth.

ELISHA'S EXAMPLE

Elisha had the power to destroy his enemies, but meekness gave him the power to change their hearts.

FOLLOW ALONG

God may restrain my hand because mercy can change a person's _____.

The purpose of my response is not revenge but _____.

Every meek response helps reclaim another piece of the earth for God's _____.

NOTES & WHAT THE HOLY SPIRIT IS SAYING TO ME

PRAYER POINT

Lord, help me prioritize Your goal of changing hearts over my feelings of revenge, anger, or the need to have the last word. Help me see Your plans above my own.

K

KEEPING FOCUSED ON CHRIST

I cannot follow the Spirit's response while focusing on the enemy's offense.

KEY TRUTH

Meekness keeps my eyes on Christ instead of the chaos around me.

SCRIPTURES TO FOLLOW

- **Hebrews 12:1-4** - Keep your eyes on Jesus and do not become weary or give up.
- **1 Peter 3:15-16** - Defend your hope with gentleness, respect, and a clear conscience.

FOLLOW ALONG

The enemy wants me focused on the _____; the Spirit keeps me focused on Christ.

When my eyes remain on Jesus, I will not become weary or _____.

PRAYER POINT

Lord, keep me focused on You. Do not let me become distracted by what is happening around me. Help me see that You are working in me and with me.

MY MEEKNESS COMMITMENT

This week, when I am tempted to react according to my emotions, I will pause, surrender my feelings to the Holy Spirit, and choose the response that advances God's Kingdom.

The situation in which I most need to practice meekness is:

The Spirit-led response God is calling me to choose is:

FINAL DECLARATION

**MEEKNESS IS A WEAPON IN THE ARSENAL OF THE KINGDOM
AGAINST THE ATTACKS OF THE ENEMY.**