

# Blessed Are the Meek

(Matthew 5:5)

## Pre-Session Warm Up

Do you ever get angry when you don't get your way? Do you ever want to be first or get the best for yourself? How about when there's a great big gooey chocolate cake? Do you ever want the biggest piece? How about when you're taking turns playing a fun game, do you ever want to be first?

How about if you were punched in the nose, would you want to hit back? What do you think God would want you to do?

## Opening Prayer

Lord, we want to learn how to be happy and how to get along well with our friends and our family. Teach us this morning how to honor others more than ourselves. We want to be well-pleasing in Your eyes. In Jesus' name, I pray. Amen.

## Memory Verse

*Blessed are the meek, for they shall inherit the earth. (Matthew 5:5)*

## Lesson

God wants us to be happy and to get along well with our friends and family. So, He sent Jesus to teach us how to live a peaceful and happy life.

One day Jesus was up on a hill teaching a great crowd of people including His disciples. He was explaining what kinds of attitudes we ought to have. We have His teaching written down for us in the Bible, God's Word, in the book of Matthew. Open your Bibles to Matthew 5. This section is called *The Beatitudes* and it's in Jesus' Sermon on the Mount.

## Review

Who can remember what a *beatitude* is? A beatitude is the blessing you get from God when you have the kind of attitudes that please Him. I call them "*Be-Attitudes*" because they are attitudes that ought to be in our hearts. God gives us blessings when we allow Him to control our thoughts and feelings.

*The Beatitudes* tell us about the kinds of attitudes we should have to receive blessings from God. Who knows what an *attitude* is? It's a way we show how we think or feel about something. Jesus was telling the crowd that when we allow God to shape our thinking or feelings, we will be blessed.

[Teacher, as you review these verses, have the children observe the text in their own Bibles. Lead them to understand the meaning of the words by asking questions and getting responses from them.]

What does "*blessed*" mean? (*Happy*) The beatitudes give us 9 ways that we can be truly blessed by God or made happy.

The **first** beatitude is found in Matthew 5:3,

*Blessed are the poor in spirit, for theirs is the kingdom of heaven*

We learned that God is really pleased with us when we know that we are "*poor in spirit*" (that is, we know that we are lost without Jesus). He promises that once we turn to Him to ask Him to forgive us of our sins, we receive the right to go to Heaven when we die. It says, "*for theirs is the kingdom of heaven.*"

The **second** beatitude is found in Matthew 5:4,

*Blessed are those who mourn, for they shall be comforted.*

We learned that this means that we will be truly happy if we are sincerely sorry about our sins. What is the promise in this beatitude? God comforts us! God promises to forgive everyone who confesses their sins and to restore them to right standing before Him.

And now today we'll be looking at the **third** beatitude,

*Blessed are the meek, for they shall inherit the earth. (Matthew 5:5)*

Does anyone know what the word "*meek*" means? Meek means to have a modest opinion of yourself; not thinking you are more important than other people.

Being meek is far different from being weak. To be meek is to be gentle and humble. You have to choose to be meek, and this takes great strength of character. To be meek means to stop putting ourselves before others; to stop demanding our way. And it means that we accept bad situations and make the best of them.

Have you ever met a humble person? What was he like? Have you ever been around someone who is a "know-it-all?" They seem cocky, don't they? I don't like to be around someone who is always thinking of themselves and trying to impress people, do you?

What is the promised blessing in this beatitude? God promises us "*the earth*." This is total appreciation for your life here on earth: your health, friends, family, fresh air and sunshine, etc. You see, when we begin to take our eyes off of ourselves, we start enjoying the beauty and the bounty of the earth around us. That's when we get the most out of life. And, we look forward to being with Jesus in the life to come.

So, we could read this verse like this, "*Happy are the humble for they shall appreciate the world around them.*"

## Closing Prayer

Lord, we don't want to be self-centered and cocky because we want others to like us *and* we want others to come to know You because of our good attitudes in life. Help us to always be humble so that we won't miss out all the beautiful things You have for us in this world. In Jesus' name, I pray. Amen.

## Learning Centers

### Craft Corner

### Game Center

*Concentration.* Make 14 "Bee" cards using the pattern from the last lesson. Print the beatitude on the back. Make 2 cards for each beatitude (poor in spirit, mourn, meek, hunger and thirst, merciful, pure in heart, peacemakers.) For a correct answer, a student may turn over two cards. If the messages match, remove them. If they don't match put them back in the same places. The child or team with the most matches wins.

Or use the following questions in another game of your choice:

1. What is an attitude? (It's a way we show how we think or feel about something.)
2. What are the beatitudes? (A beatitude is the blessing you get from God when you have the kind of attitudes that please Him.)
3. What will happen to us if we allow God to shape our thinking or feelings? (We'll be blessed or made happy.)
4. What does the first beatitude mean, "*Blessed are the poor in spirit, for theirs is the kingdom of heaven?*" (Happy are those who know they are spiritually dead without Jesus because once they realize that, and accept Him, they become children of God and get to go to Heaven when they die.)
5. What does the second beatitude mean, "*Blessed are those who mourn, for they shall be comforted?*" (Happy are those who are truly sorry about their sins because God promises to forgive everyone who confesses their sins and to restore them to right standing before Him.)

6. What is the third beatitude? (*Blessed are the meek, for they shall inherit the earth.*)
7. What does the word "meek" mean? (To be gentle or humble.)
8. If you are meek does that mean you are weak or strong? (Strong! It takes great strength of character to be gentle and humble.)
9. Are you naturally a meek person, or do you have to choose to be meek? (You have to choose to be meek.)
10. Can you describe a way you can be meek? (Stop putting ourselves first, stop demanding our way, accepting bad situations and make the best of them, enduring an injury with patience and without resentment.)
11. Can you remember a time when you've found it hard to be meek?
12. What can you do this week to be meek?

# Bee Pattern

