

The Beatitudes

Blessed are the Meek

Ready (*Plant the seed*)

Blessed are the meek, for they will inherit the earth. –Matthew 5:5

Set (*Get the conversation started*)

When Jesus next says, “Blessed are the meek,” He’s calling on us to be quiet, gentle and submissive. Meek is a small word that carries a lot of responsibility. Being meek means holding your tongue; not arguing disrespectfully or shouting in anger. Meekness means being gentle; not fighting with others and always showing kindness. It also means being submissive to others; making them more important than you. All of this takes self-control. It’s not easy but Jesus next says that if you are meek, you “will inherit the earth.” He’s talking about Heaven!

Being meek is a characteristic of a Christian athlete. It doesn’t mean shying away from competition or not playing hard; rather, it has to do with your attitude towards others. Putting your team ahead of yourself, not arguing with the ref or your coach and showing humility to the other team in victory and grace in defeat. All of these things paint a picture of meekness in a Christian athlete, which shows others that you are a follower of Jesus. You can inspire others to be better!

Grow (*Talk it over*)

- How can you exhibit meekness to your teammates?
- How can you exhibit meekness to your opponents?
- What do you find to be the hardest part about being meek?

Pray

Father God, thank you for sending Jesus to teach us righteousness and show us the way to have a blessed life through the beatitudes. It can sometimes be hard for us to be meek, Lord, but we know you want this for us. Meekness brings us peace. Help us to hold our tongue in anger and choose to be gentle. Help us to submit to the needs of others with a grateful heart. We pray all of these things in your son’s name, Amen.

Overtime (*Team Building Game to Support Concept*) Back Together Team Building Game

-Give Directions: Two players sit back to back and interlock arms then try to stand up. Once successful, they add two more people then try to stand again. Continue adding players two at a time until the whole team is in.

-Say: *Great job! That took some patience and communication. You had to all be submissive to each other by standing at the same time. If one of you tried to rush, it didn’t work. It took a bit of finesse—being gentle and having self-control. Remember that meekness doesn’t mean not giving it your best—it means giving your best to others.*