

LIGHTHOUSE GROUP HANDOUT

Survival of the Meekest

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

Big Idea

True strength isn't domination—it's surrender. Meekness is not weakness but power under control—a heart tamed by God, surrendered to His will, and gentle toward others. The world says only the strong survive, but Jesus says only the surrendered thrive.

Discussion Questions

1. Redefining Strength – What makes meekness seem weak in today's culture? How does Jesus redefine real strength?
2. Power Under Control – Where do you need to practice strength under control this week—at home, work, or online?
3. Surrender and Submission – What's one area of your life you've said “I surrender” but haven't yet obeyed in action?
4. Meekness in Relationships – How do you usually respond when you're criticized or misunderstood? What would meekness look like in that moment?
5. The Example of Christ – How does Jesus' gentleness at the cross challenge how you handle power, pride, or conflict?
6. The Promise of Meekness – What peace or freedom comes from trusting God to fight your battles instead of defending yourself?

Reflection – What's one truth or conviction from tonight you want to carry into this week?

Prayer Focus

- Thank Jesus for His perfect meekness—power surrendered in love.
- Confess areas where pride, control, or defensiveness rule your heart.
- Ask the Spirit to produce gentleness and humility in your relationships.
- Pray for peace to rest in God's sovereignty rather than striving for control.