

The 8 Secrets of a Happy Life

Secret #3: Respect Others

Pastor Rob Carlson • January 25, 2009 • Matthew 5:1-12

Matthew 5:1-12--Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called sons of God. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you."

Secret #3: Respect Others

What it Means to be Meek

1. To be meek is to be _____.

Romans 12:3--Do not think of yourself more highly than you ought...

1. To be humble is to prefer _____ over _____.
See 1 Corinthians 10:24.
2. To be humble is to consider _____ better than _____.
See Philippians 2:1-4.
3. To be humble is to give _____ the _____ seat.
See Luke 14:7ff.

2. To be meek is not to be _____.

Numbers 12:3--Now Moses was a very humble man, more humble than anyone else on the face of the earth.

Proverbs 16:32--Better a patient man than a warrior, a man who controls his temper than one who takes a city.

See **Matthew 21:12**.

Matthew 11:29--Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Matthew 21:5--...see your king comes to you gentle and riding on a donkey...

3. To be meek is to be under _____.

Ephesians 4:1,2--As a prisoner of the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient bearing with one another in love.

4. To be meek is to treat others with _____.

Titus 3:2--...to slander no one, to be peaceable and considerate, and to show true humility toward all men.

5. To be meek means I suffer with _____.

1 Peter 2:19-24--For it is commendable if a man bears up under the pain of unjust suffering because he is conscious of God. But how is it to your credit if you receive a beating for doing wrong and endure it? But if you suffer for doing good and you endure it, this is commendable before God. To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. "He committed no sin, and no deceit was found in his mouth." When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly. He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed. For you were like sheep going astray, but now you have returned to the Shepherd and Overseer of your souls.

See **1 Peter 4:12ff**.

Hebrews 10:32-34--Remember those earlier days after you had received the light, when you stood your ground in a great contest in the face of suffering. Sometimes you were publicly exposed to insult and persecution; at other times you stood side by side with those who were so treated. You sympathized with those in prison and joyfully accepted the confiscation of your property, because you knew that you yourselves had better and lasting possessions.

See also **1 Samuel 26**; **Romans 12:17-21**.

Small Group Discussion Questions:

1. What does it mean to be meek and why is it hard to find?
2. Review the points and verses from this lesson. What personal application can you make from this teaching?
3. What examples of meekness come to mind? In what ways did Jesus demonstrate meekness? How about Paul and Moses?
4. Take some time right now to pray for the needs of those in your small group.