

Lesson 2—The Beatitudes (Part 2)

Introduction

In our last lesson, we began exploring the Beatitudes—Jesus’ bold descriptions of what it means to be blessed in the kingdom of heaven. We saw that true blessing is not found in strength or self-confidence, but in spiritual poverty and mourning over sin. These qualities are not how the world defines greatness, but they are the starting point for the life Jesus calls us to.

This lesson continues that journey by focusing on three more beatitudes:

- **The meek**, who will inherit the earth,
- **Those who hunger and thirst for righteousness**, who will be filled,
- **The merciful**, who will receive mercy.

Each of these traits reveals a heart that has been shaped by God’s values, not the world’s. Meekness is not weakness, but strength under control. Hungering for righteousness is not casual interest, but a consuming desire for God’s will. And mercy is not mere politeness, but a deep compassion that reflects the heart of our Father. These blessings are not just promises of future reward—they are invitations to live differently now.

I. The Meek, 5:5

A. Observation

1. How else has the word “meek” been translated? (look in other translations)
2. Who is described as meek that serves as an example to us (Matthew 11:29, 21:5)?
3. What does it mean to inherit the Earth/land (Remember Jesus is speaking to Jews who are still under the Law of Moses, cf. Matthew 5:17-19)?
 - a. Genesis 17:8, 14
 - b. Exodus 19:5
 - c. Numbers 14:30
 - d. Deuteronomy 4:25-26
 - e. Deuteronomy 7:12-13
 - f. Joshua 23:15-16
4. Others passages about our inheritance in Matthew:

a. Matthew 19:29

b. Matthew 25:34

B. Interpretation

1. Consider what Jesus' life shows us about being meek:
 - a. Would you describe Jesus as weak or powerful?
 - b. Would you describe Jesus as in control or careless?
 - c. Did Jesus use His power to overwhelm and run over people?
2. How would you describe meekness to someone else?
3. Why is it important to be meek?
4. What promises given to us could we compare to the land promise given to the descendants of Abraham?

C. Application

1. How do I sometimes act selfishly and try to get my way?
2. How can I act with gentleness instead?
3. How can I use my skills and knowledge to help others?
4. Suggested Practice: Practice Power Under Control.
 - a. This week, intentionally look for opportunities to respond with meekness—strength channeled through humility and gentleness. Consider these steps:

- 1) Daily pause: Each morning, pray through Matthew 11:29 (“I am gentle and humble in heart”) and ask God to help you reflect Jesus' meekness in your interactions.
- 2) Self-check moments: When you feel irritated, disrespected, or treated unfairly, pause before reacting. Ask yourself: “Am I about to use my strength to serve, or to dominate?” Choose gentleness.
- 3) Encourage someone quietly: Use your knowledge, authority, or resources to lift someone else up—without needing recognition. Write a note, offer help, or serve behind the scenes.
- 4) Read a meekness model: Reread Matthew 21:1–11 (Jesus' triumphal entry) and reflect on how He showed quiet strength. Then ask: How can I walk into my day “riding on a donkey,” not a warhorse?
- 5) Family reflection: Share a story with your children or spouse where gentleness had a greater impact than force. Then, in moments of tension at home, intentionally model a calm, respectful response.
- b. Evening journal prompt: End each day by writing:
 - 1) Where did I choose meekness today?
 - 2) Where did I struggle with pride or control?
 - 3) How did I see God work through gentleness?
- c. Let this practice reshape how you lead, parent, and serve—not through force, but through the quiet strength the King calls blessed.

D. Teach It

1. Who can I teach what it means to what meekness means and how Jesus modeled it? How could I explain it?
2. How can I model meekness in my home, especially when I'm frustrated or treated unfairly?
3. Conversation starter: “Can you think of a time when choosing gentleness had a bigger impact than being forceful?”

II. The Hungry, 5:6

A. Observation

1. What does hungering and thirsting for righteousness look like in these passages:
 - a. Matthew 4:2-4
 - b. Matthew 12:1-3

c. Matthew 25:31-40

2. A Righteous reminder: What do these Scriptures tell us about the importance of righteousness?

a. Matthew 5:20

b. Matthew 6:1

c. Matthew 6:33

3. Filled/satisfied

a. Matthew 14:20

b. Matthew 15:37

B. Interpretation

1. How does someone act when they are hungering and thirsting for food and water? What will a person do to get food and water?

2. What does it look like when we are hungering and thirsting for righteousness?

3. Would you say that "hungering and thirsting for righteousness" is similar to "seeking righteousness"?

4. What are some things people hunger and thirst for other than righteousness?

C. Application

1. In what ways do I personally seek righteousness in my life?
2. What other ways could I seek righteousness?
3. What things in my life are getting in the way of seeking righteousness?
4. Suggested Practice: Train Your Appetite for Righteousness. This week, intentionally shift your focus from temporary cravings to eternal hunger. Feed your soul like your life depends on it—because it does.
 - a. Fast from something shallow to feed something eternal:
 - 1) Pick one comfort or routine you often crave (e.g., sweets, social media, screen time).
 - 2) Replace that time or craving with a spiritual pursuit: reading a psalm, praying for someone in need, or journaling your hunger for God.
 - b. Scripture meal plan:
 - 1) Begin each morning by reading Matthew 6:33 and praying: “Lord, help me seek Your kingdom and righteousness first today.”
 - 2) Before meals, say a short prayer not just for physical nourishment, but for spiritual hunger: “Feed me with what is right, O God.”
 - c. Righteous pursuit list:
 - 1) Write down three specific actions you can take this week that reflect a desire for righteousness—e.g., confessing sin, helping someone without being asked, or reconciling a strained relationship.
 - 2) At the end of the week, reflect: Did I feel filled in a different way than when I chased comfort?
 - d. Family hunger check:
 - 1) Have a dinner conversation about desires: “What are we hungry for in life?”
 - 2) Then ask, “How can we help each other stay hungry for what’s right in God’s eyes?”

D. Teach It

1. Who can I teach what it means to hunger and thirst for righteousness? How could I explain it?
2. How can I show in my home that seeking God's righteousness is more important than worldly success or comfort?
3. Conversation starter: "What are you most hungry for right now—and how can that hunger be redirected toward righteousness?"

III. The Merciful, 5:7

A. Observation: How do the following passages relate to being merciful and receiving mercy?

1. Matthew 6:2-4
2. Matthew 6:12-15
3. Matthew 9:13, 12:7
4. Matthew 9:27, 15:22, 20:30-31
5. Matthew 9:35-38
6. Matthew 18:21-35 (especially 18:33)
7. Matthew 23:23
8. Matthew 25:31-46

B. Interpretation

1. When do we need mercy?

2. What is the connection between mercy and forgiveness? Is mercy limited to forgiveness only?
3. What are some other ways mercy shown in the Gospel of Matthew?
4. How does Jesus feel when we show mercy towards one another?

C. Application

1. Am I a merciful person? Why or Why not?
2. How can I keep myself from becoming self-centered?
3. What are ways I can show kindness to others?
4. Suggested Practice: Mercy Memory Exercise: Share with your spouse, child, or friend a moment in your life when you received mercy you didn't deserve. Let that moment shape how you treat others today.

D. Teach It

1. How would I teach my children to show mercy, especially when someone has hurt them?
2. How can I model mercy when someone frustrates or disappoints me?
3. Conversation starter: "When was a time you received mercy you didn't deserve—and how did that change you?"

Conclusion

Meekness, hunger for righteousness, and mercy are not signs of weakness — they are signs of a heart shaped by the King. Meekness is power under control. Hungering for righteousness is a life that seeks what matters most. Mercy is the outflow of a heart that knows grace. As men of faith, fathers, and leaders, we are called to show strength with gentleness, seek God's will above our own, and treat others with compassion.

These are the men the King calls blessed.

Next, we will examine purity of heart and the peacemakers who reflect their Father.