

## SERIES – STEPS TO THE SPIRIT-FILLED LIFE

Steps Two & Three – Mourning & Meekness, 3/12/23

Matthew 5:4-5 & Luke 6:21, 25

### I. Jesus' Approach

- It's very different than the way the secular world thinks
  - Mourning is not desirable
  - Meekness is seen as weakness
- Jesus intentionally challenged our way of thinking because he knew our perspective is sometimes incorrect
- The counter-intuitiveness of the Beatitudes is what makes them so powerful as guides to the Spirit-filled life

### II. Step Two – Mourning and Weeping

- What did Jesus mean?
  - The Greek word for mourning can be interpreted in three ways:
    - Grief when enduring life's sorrows
    - Feeling sorrow for the suffering of others in the world
    - Feeling bad when we realize our own failings and sins
- The proper response to mourning
  - Respond to personal loss by turning to others and to God for support
  - Respond to the suffering of others by helping them
  - Respond to your own failings with repentance (changing your mind so God can change your attitude and behavior)

### III. Step Three – Meekness

- What did Jesus mean?
  - The Greek word for meekness can be interpreted in three ways:

- Being angry when others are wronged but not when we are
- Submitting to the control of the Lord
- Being humble

### • The proper way to be meek

- Controlling our anger
- Letting ourselves be guided and controlled by the Spirit of the Lord
- Not thinking we are better than someone else, accepting rather than judging others, and being teachable.

### IV. Taking Steps Two & Three during Lent

- Reflect on what mourning means for your life
- Pray for meekness
- Above all, allow Jesus' words to shape how you live

#### SCRIPTURE PASSAGES

Matthew 5:4-5 - Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth.

Luke 6:21, 25 - Blessed are you who weep now, for you will laugh.... Woe to you who laugh now, for you will mourn and weep.

Genesis 37:34-35 - Then Jacob tore his clothes, put on sackcloth and mourned for his son many days. <sup>35</sup>All his sons and daughters came to comfort him, but he refused to be comforted. "No," he said, "I will continue to mourn until I join my son in the grave." So his father wept for him.

Romans 12:2 - Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Matthew 11:29 – Take my yoke upon you, and learn from me, for I am gentle [or meek – same Greek word] and humble in heart, and you will find rest for your souls.