

LIFE GROUP DISCUSSION

WEEK: FEBRUARY 14-20, 2026

SERIES INFO

Upside Down

Most of us already know what the good life looks like in our culture... success, comfort, confidence, control. We don't have to be taught what to chase; we're already running. In the opening lines of the Sermon on the Mount, Jesus disrupts all of it. He blesses weakness, grief, humility, mercy, purity, peacemaking, and faithfulness under pressure... qualities we usually avoid, ignore, or see as setbacks. This series slows us down long enough to notice the gap between what we chase and what Jesus calls blessed. Not to pressure people. Not to shame people. But to help people see clearly. Each week, we'll unpack one of Jesus' statements and let it confront our assumptions about the good life... one attitude at a time.

PERSONAL FUN FACTS

- When you want something done, which is your go to instinct?
 - You push harder
 - You speak louder
 - You withdraw and hope someone reads your mind
 - You manipulate the details quietly behind the scenes
 - You pray and wait
- Which one has worked best for you long term?

TAKEAWAYS

What were the greatest “takeaways” you had from the message this week on “the meek inheriting the earth?”

DISCUSSION

1. What Is Meekness?

Scripture: Matthew 5:5; Numbers 12:3

Meekness is not passivity. It is not people-pleasing nor a lack of confidence. The best way to describe meekness is “controlled strength.” It is having humility with a backbone, courage without domination. Moses is a great example of meekness. His strength did not come by grabbing for control, but it came from constantly surrendering himself to God.

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DISCUSSION CONTINUED

- 1) When have you seen gentleness accomplish more than force? Where did you see it in Moses' life?

- 2) What kinds of situations make you more likely to grab control instead of initially trusting in God?

2. Jesus: The Absolute Perfect Example of Meekness

Scripture: Matthew 11:29; John 13:1-16

Jesus had all the authority and power and yet chose restraint. That's meekness. Jesus was about to change the trajectory of the entire world in the next two hours while He met with His disciples in the Upper Room for Passover. All authority in heaven and on earth belonged to Him. What did He do? He knelt with a towel and a basin of water to wash His disciples' feet. That's meekness. He was willing to do the work of a slave, setting aside His power and strength, stepping down to serve. This is what the meek look like. Meek people are not quiet people sheltered in the corner of the room, but strong people kneeling with a towel. No one was stronger than Jesus and no one was gentler.

- 1) Where might God be inviting you to "pick up a towel" this week?

- 2) Where else in the biblical story do you see Jesus practicing strength without force?

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DISCUSSION CONTINUED

3. What Does it Mean to “Inherit the Earth?”

Scripture: Psalm 37:1-11

Why do wrong people seem to always win? The psalmist David looks around and witnesses evil people prospering, corrupt leaders thriving, and the arrogant getting rich. All the while, the faithful are struggling. It doesn't seem fair. Psalm 37 is a gut-wrenching and very authentic identification that wicked people grab for control and power, but in the end, they fade; but the faithful who trust in God will inherit the land. Repeatedly, Scripture teaches us that evildoers will be cut off from God, and their day is coming—they will vanish like smoke in the wind. Those who put their trust in God will dwell in His presence and will inherit the whole earth.

- 1) What emotions does David wrestle with in this psalm?

- 2) Where have you seen aggressive people gain short-term success and power but ended up in long-term loss?

- 3) How would you contextualize what it means to “inherit the earth” in your own life? What does that mean to you?

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PERSONAL REFLECTION

- What are you holding on to that gives you a sense of needed control? Where might you be being pushy and aggressive, and needing your own way to exert a measure of authority and power?
- What would happen if you would open your hands, trust in God, and release it?
- With whom might you need to ask forgiveness for not practicing the beatitude of meekness? (Family, work, neighborhood)

PRAYER

Dear Lord, teach me the kind of strength that isn't loud, argumentative, and based on my need for control. Teach me to have courage that doesn't crush other people. Remind me daily that true power is serving. Form in me the gentle heart of Christ, so that I might inherit only what you desire to give. In Your name, I pray. Amen.