

THE FORGOTTEN JESUS PODCAST

DISCUSSION GUIDE

Season 7, Episode 10

Strength Under Control

Matthew 5:5, Psalm 37

Opening Thought

In a world that celebrates power, control, and self-assertion, Jesus calls His followers to something radically different—*meekness*. This isn't weakness or passivity, but power surrendered to God. In Matthew 5:5, Jesus promises that the humble will “inherit the earth,” echoing Psalm 37's call to trust, wait, and be still before the Lord.

Discussion Questions:

1. How does Jesus' teaching in Matthew 5:5 expand on Psalm 37:11?
2. What is the biblical meaning of the word *meekness* (anav)? How is it different from weakness?
3. Why do you think our culture often misunderstands humility as weakness?

4. How does Psalm 37 connect trust, waiting, and being still with meekness?
 5. What examples from Jesus' life show "strength under control"?
 6. How does meekness relate to our relationship with God (first four Beatitudes) and with others (last four)?
 7. What does it mean that the meek will "inherit the earth"?
 8. How does Psalm 37 warn against anger, rage, and agitation? Why are these so destructive?
 9. In what ways do people often try to "step in" instead of letting God work?
 10. How does Jesus' response on the cross ("Father, forgive them...") embody true meekness?
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Application Questions (*Living It Out*):

1. Where in your life are you tempted to take control instead of trusting God?
2. How can you practice "strength under control" in your workplace or school this week?
3. What would it look like for you to "wait" instead of rushing into action?
4. How do you typically respond when wronged—do you lean toward anger or meekness?
5. Where do you need to be still and silent before the Lord today?
6. How can you model meekness in your relationships—spouse, children, friends, coworkers?
7. What practical steps could you take to memorize Scripture (like Psalm 37:3-7) so it shapes your responses?
8. What's one situation in your life where you need to step back and let God step in?
9. Who in your life demonstrates meekness well? What can you learn from them?

10. How can your group encourage one another to pursue humility and trust in God instead of agitation and anger?
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Prayer Prompt

Spend time praying Psalm 37:3-7 together. Ask God to give you a heart that trusts Him, waits on Him, and is still before Him. Pray that He would shape you into people who model Jesus' meekness—*strength under control*—and trust His promises to bless and provide.

Additional Resources for Going Deeper:

- **Scripture Memorization Tools**

- *Verses* or *Dwell* apps (for Scripture memory and meditation)

- **Books & Commentaries**

- *The Forgotten Jesus* by Robby Gallaty
- *The Cost of Discipleship* by Dietrich Bonhoeffer (chapter on the Beatitudes)
- *The Sermon on the Mount* by D.A. Carson
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- *The Power of Humility: Living Like Jesus* by R. T. Kendall

- **Podcast**

BEMA Discipleship, "Blessed," Season 3, Episode 93

- **Passages for Further Study**

- Matthew 11:29 – "I am gentle and lowly in heart..."

- Philippians 2:5-11 – Jesus' humility and obedience
- James 1:19-21 – Receiving the word with meekness
- 1 Peter 2:21-23 – Christ's example of suffering with meekness