

STUDY GUIDE  
for  
*The Beatitudes*  
A VIDEO LECTURE SERIES

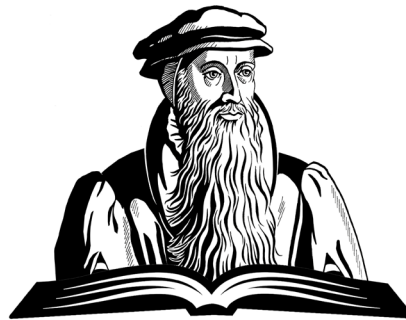
*by Rev. A. T. Vergunst*

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Lecture #5

*Blessed Are the Meek*

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**The John Knox Institute**  
of Higher Education

*Entrusting our Reformed Inheritance to the Church Worldwide*

**John Knox Institute of Higher Education**

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Unless otherwise indicated, all Scripture quotations are from the Authorized King James Version.

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Rev. A. T. Vergunst is minister of the Gospel at the Reformed Congregation of Carterton, New Zealand, a congregation of the Reformed Congregations of New Zealand.

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STUDY GUIDE FOR

# *The Beatitudes*

10 Lectures

*by Rev. A. T. Vergunst*

1. A General Introduction to the Sermon on the Mount
2. A General Introduction to the Beatitudes
3. Blessed Are the Poor in Spirit
4. Blessed Are They That Mourn
5. Blessed Are the Meek
6. Blessed Are They Which Do Hunger and Thirst After Righteousness
7. Blessed Are the Merciful
8. Blessed Are the Pure in Heart
9. Blessed Are the Peacemakers
10. Blessed Are They Which Are Persecuted for Righteousness' Sake



STUDY GUIDE FOR  
*The Beatitudes*

by Rev. A. T. Vergunst

Lecture #5

**Blessed Are the Meek**

**Scripture Text**

*“Blessed are the meek: for they shall inherit the earth. —Matthew 5, verse 5*

**Key Points**

1. Not all who say they are Christian are real Christians. Not all Christians appear to be important, but in God’s eyes, they are his precious gems.
  - a. This passage shows us one of the gem-like aspects of the born-again soul.
2. Meekness is the fruit of the Holy Spirit, often misunderstood from a human perspective.
  - a. The results of living close to God.
  - b. Biblical meekness is a great strength and not a weakness.
  - c. It accepts consequences with humility.
3. Meekness defined and explained.
  - a. Examples of meekness in the Bible: Abraham, Moses, and David.
  - b. Willing to give up personal gain and privilege to promote peace and harmony.
  - c. An attitude of heart that flows from an awareness of sin before God.
  - d. Willingness to sacrifice self to serve others.
  - e. See the meekness of the Lord Jesus, inviting us to come to him (Matthew 11:28–29).
4. Reasons why the meek are called blessed.
  - a. Meekness is an evidence of the new life in Christ.
  - b. The meek shall inherit the earth.
5. The Lord Jesus Christ will return and make all things new.
  - a. He will create a new heaven and a new earth filled with righteousness.

b. The born-again believer may endure many trials and tribulations in this life, but it is not worth comparing to the glory that awaits us.

6. Born-again Christians need the Holy Spirit to help and guide them in this world.

a. Spend much time reading the Bible. Seek the Holy Spirit and pray for meekness.

b. “The meek will he guide in judgment: and the meek will he teach his way” (Psalm 25, verse 9).

**Review Questions**

1. Rev. Vergunst stated: “A meek man is your best neighbor, though he may challenge you the most.” How do we understand this?

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2. How is meekness the mark of a man who has been mastered by God?

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3. Name some characteristics that are not the meekness mentioned in this Beatitude.

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4. How is biblical meekness a great strength and not a weakness or febleness of mind or spirit?

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5. We heard three examples of meekness in this lecture. Please select one of them and explain how you find meekness in their life.

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6. How is meekness a characteristic of the born-again believer? What is the significance of that as a fruit of the Holy Spirit?

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7. What does the Lord Jesus tell us about his own character? How should that affect us?

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8. How does meekness relate to harmony and peace? Is it related to fighting and destroying?

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9. Rev. Vergunst explains what is meant by the words, “they shall inherit the earth.” Please put that into your own words here.

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10. In 1 Peter 1, verses 3 and 4, how does the Apostle Peter address this promise to God's people?

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**Personal Applications**

1. Has there been a time when you thought that meekness was being weak? How has this lecture helped you to better understand this biblical characteristic of meekness?

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2. Rev. Vergunst advised us to place ourselves in the wind of the Holy Spirit, where he blows, where he is active, reading the Bible, seeking and praying for meekness. Do you have this character of meekness in you? Have you asked God to give you this meekness?

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