



FAITH & FAMILY CONNECTION



April 11th, 2023

VIRTUE OF THE WEEK MEEKNESS

Disciples in Christ; Education in Virtue curriculum defines meekness as: serenity of spirit while focusing on the needs of others. What exactly does that mean or look like in our everyday life? It starts with having an attitude that always puts others in front of yourself and staying calm when you feel upset. Jesus' Sermon on the Mount is found in Matthew chapters 5-7. He begins this sermon with the Beatitudes, a list of blessings for those who walk with God. This sets the tone for the believer. It gives the foundation of the attitudes or state-of-heart that one should have when we seek to follow Christ. Blessed are the poor in spirit, those who mourn, the meek, the merciful, pure in heart, and the peacemakers (and the list goes on). All of these characteristics help paint the picture of what we, as Christians, should strive to look like everyday. Even as our mood changes, along with our situations, meekness and the Beatitudes should still be the underlying thread of our posture, thinking, and actions. We cannot do this on our own accord, but only with the help of Christ Jesus.

Ideas for Families:

- **Read & Discuss together:**
Matthew 5:1-11 & 7:24 -27
- **Pray:** Dear God, give me a meek heart and attitude so I can show Your love to those around me.

**"BLESSED ARE THE MEEK, FOR
THEY WILL INHERIT THE EARTH."**

MATTHEW 5:5