



PRAY

Read **Matthew 5:5**

- Prior to hearing Sunder explain it, how did you perceive meekness?
- Did you see it as a positive character trait?

Sunder said the each of us has an internal "charter of rights". Do you recall the four categories?

- _____ rights
- _____ rights
- _____ rights
- _____ rights

He stated that these get violated on a regular basis, usually resulting in our anger.

When these are violated in you, do you tend to bury it and stew over it, or do you tend to tear a strip off of the one who did so?

Read **Psalm 4:4** and **Ephesians 4:26**

- Is this hard for you to do this? Why is that?

Sunder connected meekness particularly with how it relates to responding to the issue of anger. He taught us 3 aspects of meekness in the following sentences:

- power under control
- angry with the right person, for the right reason, for the right amount of time
- a right opinion of yourself before God that expresses itself in horizontal relationships with people

Did you learn a new nuance to meekness in the above? Which stood out to you?

Read **Matthew 5:39-42**

When you first read this teaching of Jesus, what is your gut reaction?

JESUS TEACHES HOW WE ARE TO RESPOND TO VIOLATION OF OUR RIGHTS

Sunder drew applications from Matthew 5:39-42, as Jesus shows how we are to apply meekness to violations of each of the four categories of our “internal charts of rights”:

1. **Dignity Rights — *Jesus says, “take the insult without retaliation”***

- “the slap” Jesus refers to is about being humiliated (not about bullying)

2. **Legal Rights — *Jesus says, “give them more than is legally theirs”***

- in the 1st C, they were allowed to sue for their tunic, but not for their cloak

3. **Personal Rights — *Jesus says, “offer to do more than asked”***

- Roman soldiers could sequester a Jewish person to carry their load for 1 mile

4. **Property Rights — *Jesus says, “give and lend”***

Deepen the Discussion: Look over these four categories. Has there been an experience lately where you feel your rights have been violated in one of these four? What occurred? How did you respond?

After hearing Sunder’s message and using it to evaluate your own response(s), is there mis-alignment with how Jesus would have you respond?

Do you respond the same to each of the four categories being violated, or differently depending on which is being violated?

Jesus teaching comes face-to-face with our sinful nature and the values of our world. As Jesus’ disciples, we are to obey everything that Jesus commands (Matt 28:19-20). How difficult is this teaching for you to embrace? Why is that?

Sunder closed with admitting that we need Jesus to continue to transform us and we need the Holy Spirit to empower us, in order to choose to respond in obedience.

PRAY for one another, that Jesus will deepen His transforming influence, and that the Holy Spirit will fill with His power to live this way.