

Session 3 | January 20, 2026

*Once Upon a Mountaintop:
The Blessedness of Living as Kingdom Citizens*



WOMEN'S BIBLE STUDY *with* **PATTY STUMP**

The following pages contain information provided
by our speaker for your study and enrichment.

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Week 3: Session Guide

This week we will be exploring the third and fourth Beatitudes.

The third Beatitude, found in **Matthew 5:5**, states: *“Blessed are the meek, for they will inherit the earth”* (NIV).

To be referred to as “meek” can stir conflicted feelings in our culture. Biblically, to be meek means:

This is best portrayed in the life of Jesus. He describes Himself in **Matthew 11:28-30**: *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am **gentle** and **humble** (Greek: *praus* – meek) in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*

This Spirit-produced quality is cultivated through surrender to God, a yielded heart in prayer, a desire to build up others, and to serve.

Key Takeaways:

For the meek, Jesus extends an invitation for them to: Come / Take / Learn / Rest

The fourth Beatitude is found in **Matthew 5:6** — *“Blessed are those who hunger and thirst for righteousness, for they will be satisfied”* (NASB).

Hunger and thirst are essential physical needs that must be satisfied. Likewise, the spiritual hunger and thirst of a disciple that intimately follows Jesus will be satisfied by Jesus Himself. Christ-followers must be aware of their “appetites” and deceptive distractions that can subdue one’s spiritual hunger and thirst for righteousness.

Key Takeaways:

<i>“He must become greater; I must become less.”</i> – John 3:30, NIV

Week 3: Growth Opportunity

Day 1: This week we are looking at the third and fourth Beatitudes. The third Beatitude is found in **Matthew 5:5** — *“Blessed are the meek, for they will inherit the earth.”* What comes to your mind when you consider someone who is “meek?”

Is it perceived as a strength or a weakness? _____

“Praus” is the Greek word in the New Testament that means “meek, gentle, humble,” and is likened to a horse that has been broken-in; tremendous strength under control. In the Old Testament Hebrew, it is translated as “gentle” also, but expands to include “afflicted, humble, poor, lowly.”

Today, we’ll look at three passages that contain the same root word for meek. The first is **Matthew 21:5**, as well as **Zechariah 9:9**; note words that are used to describe our King in these passages:

The last passage is **Matthew 11:28-30**. Who is speaking in this passage? _____

How does He describe Himself? _____

What is His invitation and to whom? _____

Have you ever felt weary and burdened? _____

In such times, have you ever longed for a place to simply rest? We all have! Jesus promises rest for our souls (mind, heart, actions). But, He provides a threefold instruction regarding how to position ourselves for this “rest.”

The first is to _____. **This is a choice.** What is your natural inclination when you are weary and burdened; to come to Him or to go in a different direction?

What is the second instruction/invitation? _____

To be “yoked” to someone/something is an intimate place to be; a place that requires being “yielded” in order to work as a team.

What is the third instruction from our meek King? _____

This is a good place to pause and ponder Jesus' invitation/instructions. **Psalm 46:10** states: *"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth"* (NIV).

What was the promise contained with this Beatitude?

And who will be exalted in the earth according to Psalm 46:10? _____

Close today in prayer seeking to "simply" rest in His presence; to experience the peace that comes as you fix your focus on Him and _____ Him.

"You will keep in perfect peace those whose minds are steadfast, because they trust in you."

— Isaiah 26:3, NIV

Day 2: We are continuing our look at the blessedness of those who are meek. The meek are those who desire not their own will, but God's will. What does **John 3:30** state?

What are things that can prohibit Jesus from becoming more or increased in your life?

You may have identified active sin, pride, self-will, busyness, distrust, and resistance to being taught. *"Blessed are the meek..."*: those who desire God's will above their own free will. Consider Jesus' invitation from **Matthew 11:28-30**, to be "yoked" to Him. Can you picture two oxen yoked together? They cannot be in a compatible partnership if one is demanding their own way. They must be a team.

Remember our theme verse, **Proverbs 4:23** — *"Watch over your heart with all diligence..."* (NASB). Ask the Holy Spirit to reveal to you any way(s) in which you are possibly resisting Christ's Lordship in your life. Is there any area in your heart/thoughts/actions that need to be yielded to Him? Often, we discover these when we look closely at what we feel is "off limits" to God, or our "right" to hang onto.

Reflections:

God desires our surrender, but He will not demand it. Any area we “withhold from Him” will have an impact on our lives and spiritual well-being.

On another note, is there an area in your life where you have made the deliberate decision, even though it might have been difficult or costly, to yield your will to Him?

What have been some of the outcomes or results of this decision?

Have you seen spiritual fruit come forth since yielding this area to Him, and if so, what fruit (See **Galatians 5:22-25**)?

This is a good place to pause as we consider the blessedness of being meek and humble before Him. I hope that you will spend time with Him in prayer and praise, and take an undeniable step towards Him in surrendering all to Him as King.

Day 3: Let’s return for a few moments to **Matthew 11:28-30**. How does Jesus describe Himself?

Now look at **Numbers 12:3**. What does it state?

Two of Scripture’s most noted “leaders” bore similar qualities. How do you think this quality of meekness impacted their leadership amongst humanity?

Our culture often values and praises strong, dominant leaders. We see in meekness the reality of strength under control. Today spend time reading a familiar passage regarding qualities of our God as penned by David, **Psalm 23**. How are God’s gentle and meek qualities reflected in this passage?

As you reflect upon these realities, and how God loves and desires to shepherd you, what are your thoughts on being “blessed?”

Those who belong to Him will one day inherit the new earth with Jesus as King of the Kingdom. For today, end your time in prayer and acknowledge that you are under the loving lordship of a King that is meek; or gentle, humble, and lowly.

Day 4: The fourth Beatitude is found in **Matthew 5:6** — *“Blessed are those who hunger and thirst for righteousness.”* Let’s begin by looking up two passages and noting what stands out in each:

2 Timothy 2:24-26 _____

1 Timothy 6:11 states, “Pursue _____.”

This Beatitude necessitates that we become aware of our “appetites,” those things we feed upon. To be righteous Biblically is to be right in the eyes of God; upright in character, conduct, attitudes, and words. That may appear to be a lot, but remember **Philippians 4:13** —

A significant component in the manifestation of this Beatitude in our lives is hinged upon **Matthew 6:33** —

As you are tending to your heart before God, is there anything that you are hungering for to satisfy your cravings that overshadows your pursuit of God? It can even be something “good” that is not the best:

To hunger and thirst for “righteousness,” being right with God, begins with being reconciled to God (**2 Corinthians 5:19-21**). This requires taking on the mind of Christ, embracing His truth, and daily seeking Him. It requires that you “feed upon and drink in” His Word as well. Prayerfully read **Psalms 63**. What does it look like to “earnestly” seek God; and to thirst for Him with one’s whole being?

What is the promise associated with this Beatitude? _____

Note once more how Psalm 63 ended; how satisfied?

Earthly satisfaction has who at the center of pursuits? _____

The pursuits of the righteous have Jesus at the center. How does God satisfy our spiritual hunger and thirst for righteousness as we seek Him first?

Remember **Romans 12:2** — “*We are transformed by the renewing of our mind*” (adjusting of our thoughts). How are our cravings changed as we feed upon His Word and drink in His living water?

Close your time thanking the Lord regarding how He satisfies you as nothing else can.

Day 5: Today, spend a few moments reading **John 4:13-14**, Jesus' interaction with the woman at the well. What does He say to her about the living water He has to offer?

Jesus is speaking to her regarding His offer for eternal life and that, just as water, is essential for life. Following Him is the only thing that will satisfy the deepest thirsts we have. He also mentions in verse 34 that which satisfies hunger: _____.

As you reflect upon His desire to satisfy your deepest hunger and thirst with His righteousness, bring before Him both praise for how He satisfies, and petition regarding areas you are longing for His touch; more of Him. Be blessed by Him as you draw near.

If the weather is nice, consider going on a praise walk, breathing in the blessing of being God's beloved.

“‘My food,’ said Jesus, ‘is to do the will of him who sent me and to finish his work.’” – John 4:34, NIV