I. WELCOME, 15 mins.
Prepare a couple simple, fun and delightful icebreakers to help your group warm up. Help your cell group members to put aside their busy and tiresome life to prepare their hearts to come before God.

II. WORSHIP, 20 mins.
Prayerfully choose a few songs to lead the cell group members to worship God. The worship leader would encourage members to come before the throne of God to seek God’s face, and lead them into God’s presence. During this time, the cell group leader will also lead the group to pray aloud for the following prayer items:

A. MISSION ORGANIZATION: ____________, and their needs are: ________________
(Please contact the church if you don’t know the needs of the mission organization.)

B. CHURCH MINISTRY:
- 12/15 Baptism
- 12/21 Christmas Party Outreach
- 12/24 Christmas Eve Service.
- 12/31 New Year’s Eve Prayer Meeting
- 1/12 & 1/19 Healing Ministry Team Training

C. New comer: ________________ Confirm new comers’ name before the meeting.
For sick members, friends or relatives: ________________ Please discuss how you may show your care to them.

III. WORD, 45 mins. By sharing God’s word, the group may discuss how to apply it to their daily life.

A. Sharing message from last Sunday’s sermon: (It would be helpful if you could listen on-line once again)
1. What is the key message from last Sunday sermon? How did God speak to you through the message?
2. How would you respond to the message? What action will you take after listening to the message?

B. Topic of the week: Blessed are the Meek

Verses: Matthew 5: 5 – Please read God’s words and memorize it.
Memorizing Verses: “Blessed are the meek, for they will inherit the earth.” (Matthew 5: 5)

1. Ice Breaker (for reference only)
Please form a circle. Throw the ball to one member and pick one of the following topics – heaven, earth, water and fire – and speak it out loud.
- Heaven – the catcher needs to reply with a name of a bird
- Earth - the catcher needs to reply with an animal name
- Water - the catcher needs to reply with a name of a sea animal
- Fire - the catcher needs to reply that Holy Spirit’s fire fills me
Do not repeat. If one does not answer in 5 seconds, s/he will have to imitate an animal’s outlook and voice.

2. Personal Evaluation:
What is your attitude when interact with others (multiple choices):
- Insist on your right   - Others cannot take advantage of me
- Okay to be taken advantage of  - Prideful and boastful
- Mr. Nice guy  - Straight-forward and righteous
- I’m always right   - Fret against evil-doer   - Meek and humble
• Please use example to share what you think is the quality of “meek”?

3. True Story:
Those who start to play chess tend to be aggressive, but most of time they might win in one move but lose the entire game. The seasoned players are not like that. They make concession at critical moment. It may seem that they are not alert, but this step may just be the breaking point. This is a philosophy that true wisdom is to step back.
• What is the difference between meek and weak in your opinion?
  Can true meekness work in a competitive society nowadays?
  Why?
4. Definition of meek:
   Meek is not to fret against unfairness and evil-doers.
5. Examples from Bible:
   Numbers 12:1-3
   Miriam and Aaron began to talk against Moses because of his Cushite wife, for he had married a Cushite. 2 “Has the Lord spoken only through Moses?” they asked. “Hasn’t he also spoken through us?” And the Lord heard this. 3 (Now Moses was a very humble man, more humble than anyone else on the face of the earth.)
   Numbers 12: 7-9
   7 But this is not true of my servant Moses; he is faithful in all my house.
   8 With him I speak face to face, clearly and not in riddles; he sees the form of the Lord.
   Why then were you not afraid to speak against my servant Moses?”
   9 The anger of the Lord burned against them, and he left them.

Moses didn’t defend himself when facing his brothers and sister’s jealousy and attack them. God initiated to punish Miriam and Aaron and praised Moses as the most humble man in the world (humble here can also be translated as meek).

- What damage can jealousy and pride do to relationships? What negative impact will it bring to our life?
- Have you had a hard time showing meekness in a particular thing in your life? Or are you fretting about someone or something right now? How can you show your meekness?
- What benefits can meekness bring to your personal life or career (the seven mountains)?

Prayer:

Dear Jesus, we praise you and thank you! You descended from heaven to earth to live in front of us. You are a living word of God. You set an example of humbleness and meekness; we are willing to learn from your gentleness. May God help us to change our self-righteousness, judgmental attitude and like pick on others. May we learn not to retaliate when being taken advantage of, and do not fret because of the evil-doer and sin against God. Thank you Jesus for your grace; let us be humble to inherit the land. We pray in Jesus’ precious name. Amen!

IV. WORK (Pray for each other), 10 mins.

Please break into group of 2 or 3 to pray for each other’s needs.

Next week: Matthews 5: 6 Blessed are those who hunger and thirst for righteousness