1. Reflecting the meekness and humility of Christ
   a) Matthew 11:29 – Meek. Biblical meekness is not weakness but rather refers to exercising God’s strength under His control (Strong’s Concordance)
      i) Where do you see meekness manifested in the life and ministry of Jesus? Mark 14:65, etc.
      ii) Share some passages of Scripture where we are encouraged to reflect the meekness of Christ. Matthew 5:5, 43-48, 1 Peter 3:15, etc.
      i) Where do you see humility manifested in the life and ministry of Jesus? John 8:28-29, etc.
      ii) Share some passages of Scripture where we are encouraged to reflect the humility of Christ. Philippians 2:1-11, 1 Peter 5:5-6, etc.

2. Moses—an example of meekness and humility
   a) Exodus 32:1-14 Where do you see meekness and humility revealed in this story?
   b) Did Moses change the LORD’s mind or was the LORD simply giving Moses an opportunity to reflect God’s grace and immeasurable, unfailing love?
   c) How can we help people to see a clearer revelation of the character of God even in times of trial?

3. David—an example of meekness and humility
   a) What were some of the times of suffering and trial David experienced in his life?
   b) Psalm 62:1-8 How does this inspired song of David reflect a spirit of meekness and humility?

4. Ezekiel—an example of meekness and humility
   a) Ezekiel was already a prisoner of war in Babylon. What additional trial did the LORD ask him to endure? Ezekiel 24:15-27
   b) How did Ezekiel manifest the meekness and humility of Christ in this time of suffering?

5. Followers of Jesus—examples of meekness and humility
   a) Identify some followers of Jesus who manifested the meekness of Christ in times of intense suffering. Stephen (Acts 7:59-60), Paul and Silas (Acts 16:25), others?
   b) Identify some followers of Jesus who manifested the humility of Christ in times of suffering? John the Baptist (John 3:30), Paul (Galatians 6:14), others?

6. Other characteristics of Christ we might reflect in times of suffering in addition to meekness and humility
   a) What expectations did Jesus have when He said, “Follow Me”?
   b) Share some additional characteristics of Jesus we might reflect in times of suffering and trial.