

CANYON HILLS COMMUNITY CHURCH

# LIFE GROUPS



## Putting On Meekness – Colossians 3:12-13

April 19th, 2026 / Pastor Koby Orr

### **START TALKING | *Get your group thinking.***

1. When you hear the word meekness, what's the first image or example that comes to mind?

### **START SHARING | *Get your group engaging with the message.***

2. In Colossians 3:12-13, meekness is listed alongside things like compassion, kindness, humility, and patience. What does that suggest about how meekness shows up in everyday relationships?
3. "Meekness is strength under God's control – trusting Him fully and therefore treating others gently." Based on this definition, what makes meekness different from weakness? How would you explain that distinction in your own words?
4. Think about how Jesus modeled meekness (like in moments of conflict or suffering). What do you notice about how He handled power and authority?
5. Meekness doesn't avoid conflict but changes how we engage in it. Based on that idea, what would characterize a "meek" approach to conflict when compared with a typical one?

### **START LIVING | *Get your group applying God's Word to daily life.***

6. Where in your life do you feel most tempted to use your strength for your own control instead of submitting it to God?
7. Is there a relationship or situation right now where God may be calling you to respond with more gentleness? What might that look like this week?