

Unit 2: Be-Attitudes

Lesson 2.3: Blessed Are the Meek

Teacher Preparation and Materials Needed:

Scriptural Reference:

Matthew 5:5

Activities:

**Choose based on time available. Instructions and supplies listed below.*

Activity 1. Meekness Scenario Role-Play (Keep this one, it's great!)

Activity 2. "Strong and Gentle" Bracelet or Bookmark (Alternative to the poster)

Activity 3. "This Week I Will..." Meekness Challenge Card (Enhanced journal idea)

Activity 4. "Meekness Detectives" Discussion

Activity 5. Meekness "Power Pause" Game

Words of the week:

հեզութիւն - hez-oo-tyoon - meekness

զօրութիւն - zor-oo-tyoon - strength

քնքուշութիւն - kuhn-koosh-oo-tyoon - gentleness

Objective:

Students will understand that meekness is not weakness, it is strength under control, guided by trust in God. They will learn how the meek respond to challenges with peace, humility, and courage, not by fighting back or seeking revenge.

Moral Character Focus:

Knowledge: Children will learn that meekness means being humble and peaceful even when you are strong enough to fight back.

Understanding: Children will understand that meekness is about trusting God to defend you rather than trying to always prove yourself right or get even.

Application: Children will identify real-life situations where they can respond with quiet strength instead of anger when someone is rude or unfair.

Values: Children will desire to follow Christ's example of meekness—choosing peace over pride, love over loudness, and humility over revenge.

Memory Verse:

"Blessed are the meek, for they shall inherit the earth."

— Matthew 5:5

Lesson

Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տո՛ւր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՝ յամենայն ժամ. ի չար խորհրոց, ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն:

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos, paneets yev kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

**Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Lesson Body: Blessed Are the Meek

Have you ever been treated unfairly? How did that make you feel? Maybe someone blamed you for something you didn't do, or a classmate said something mean, and you just wanted to shout back or get even.

That strong feeling inside, wanting to stand up for yourself, isn't wrong. But Jesus teaches us something different: that real strength comes when we control our power and respond with peace. That's what it means to be meek.

Meekness doesn't mean being weak or letting people walk all over you. It means you are strong enough to fight, but choose not to. You trust God to take care of it. You stay calm. You don't have to be loud or proud to be brave. Meekness is the quiet courage to be like Christ, even when it's hard.

New Story: St. Gregory of Narek and the Jealous Monk

In the monastery of Narek, on the shores of Lake Van, there lived a kind monk named Gregory. He spent his days praying, teaching young students, and writing prayers to God.

Gregory's prayers were so beautiful that people began traveling from distant villages just to hear them. They said his words brought them closer to God and helped them feel peaceful. But not everyone was happy about this.

An older monk named Vahan felt jealous. One day, in front of all the other monks, he pointed at Gregory and said, "He thinks he's better than us! He writes those fancy prayers just to show off!"

Gregory could have argued back. He could have said, "That's not true! I never wanted attention!" But instead, he bowed his head quietly and said, "Forgive me, brothers, if I upset you. I make many mistakes. I need God's help more than anyone."

Then he quietly returned to his cell and kept praying.

Vahan expected Gregory to get angry or defend himself. But Gregory stayed peaceful and humble. This made Vahan curious. A few days later, he began reading the prayers Gregory had written. In them, Gregory wrote things like: "God, I am so small. Without You, I can do nothing good. We are strengthened by You. We are given life and light by You."

Vahan realized something important. Gregory truly believed he was nothing special. And that's what made his prayers so powerful. They came from a humble heart.

Vahan went to Gregory and said, "Why don't you ever brag? Everyone says you're an amazing writer."

Gregory smiled gently. "Because I know the truth. Everything good comes from God, not from me. I'm just trying to do what He wants."

From that day on, Vahan and Gregory became close friends.

That's the power of meekness. It doesn't need to win arguments. It doesn't show off. It knows that God sees everything, and it lets love do the talking.

Words of the Week:

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քնքուշութիւն - kuhn-koosh-oo-tyoon - gentleness

Memory Verse:

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What the Church Teaches About Meekness

In the Armenian Church, we see Christ’s meekness during His suffering. He was silent before His accusers. He didn’t call angels to fight for Him, though He could. He forgave those who crucified Him. The meek may not be famous or loud, but Jesus says they will inherit the earth, because they are the ones who build peace, heal wounds, and teach others to trust in God.

Remember! Meekness = strength under control, not weakness or fear.



Activity Bundle

1. Meekness Scenario Role-Play (Keep this one, it's great!)

This is excellent. To make it even better, you could:

- Use scenarios directly from students' lives: "Your brother breaks your favorite toy," "Someone cuts in front of you in line," "A friend blames you for something they did"
- After acting it out, ask: "Which response was harder? Which one took more strength?"
- Let them vote on which response showed real courage

2. "Strong and Gentle" Bracelet or Bookmark (Alternative to the poster)

Instead of the poster, consider:

- Making simple bracelets with two colors of beads: one color for "strong" and one for "gentle" to represent meekness
- Or create bookmarks they decorate with the words "Meekness = Strength + Gentleness" and the image of St. Gregory
- This gives them something they can use daily as a reminder

3. "This Week I Will..." Meekness Challenge Card (Enhanced journal idea)

Instead of just reflecting on the past, give them:

- A small card where they write ONE specific situation where they'll practice meekness this week
- Example: "When my sister annoys me, I will take a deep breath instead of yelling"
- They can share it with a parent or keep it private
- Next week, let volunteers share how it went (no pressure)

4. "Meekness Detectives" Discussion

Show them 3-4 short scenarios on paper or read them aloud:

- Someone pushes past you to get to the playground first
- Your friend gets picked for the team and you don't
- A classmate says your drawing is ugly
- Your little sibling messes up your homework

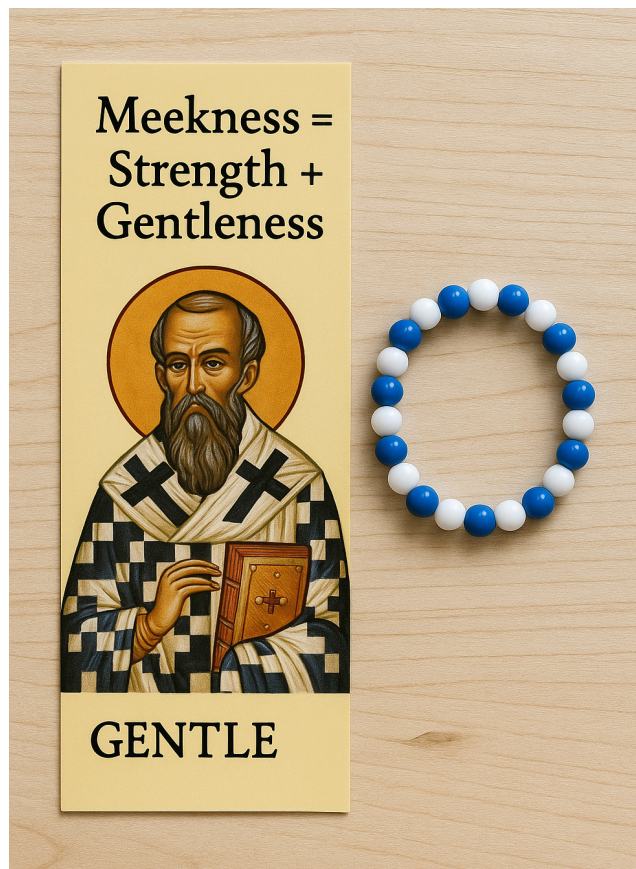
Ask: "Circle the feeling you'd have" (angry, sad, frustrated, embarrassed)

Then: "Star the meek response" from a list of options

This helps them see meekness is a choice even when feelings are strong

5. Meekness "Power Pause" Game

- Explain that meek people have a superpower: they PAUSE before reacting.
- Play a quick game: You call out a frustrating situation
- Students freeze and count to 3 before responding
- Then they share a meek response
- This teaches the practical skill of pausing before reacting



Review

Memory Verse Review:

“Blessed are the meek, for they shall inherit the earth.” (Matthew 5:5)

Words of the Week Review:

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զօրութիւն - zor-oo-tyoon - strength

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Lesson Review Questions:

1. How does it feel when someone treats you unfairly or says something mean to you? (*It can make us feel angry, hurt, or want to fight back.*)
2. Why does Jesus say that meekness is a good thing, even when it feels hard? (*Because meekness helps us stay peaceful and trust God instead of letting anger control us.*)
3. What makes meekness different from being weak? (*Meekness means you are strong but choose to be gentle and calm.*)
4. What choice did St. Gregory of Narek make when he was accused by the other monk? (*He chose to stay humble and peaceful instead of arguing or defending himself.*)
5. How did Gregory’s meekness change the heart of the jealous monk? (*It helped the monk realize the truth and led to forgiveness and friendship.*)
6. Can you think of a time at school or at home when you could show meekness instead of anger? (By walking away, speaking kindly, asking for help, or staying calm.)
7. Why does God promise that the meek will inherit the earth? (Because they build peace, heal others, and trust God to take care of things.)

Life Application

What are we going to do with what we have learned today?

Meekness is something we can practice every day. When someone is unkind, blames us unfairly, or tries to make us angry, we can pause and remember that real strength is staying calm and choosing peace. Being meek does not mean doing nothing. It means trusting God, controlling our words and actions, and responding with kindness instead of anger. When we live this way, we become more like Christ and help bring peace into our homes, schools, and friendships.

* *Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesheree, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sasanetsayts yev vog-hormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.