

Meekness

I. Introduction.

A. Define meekness:

B. Who is the meekest person you know? Why? Who is the meekest person in our class? Why? Who is the meekest person in your family? Why?

II. Meaning and Misconceptions.

A. Meek or Weak? Place an “X” in the appropriate column if it is meek or weak.

| # | Description | Meek | Weak |
|----|---|------|------|
| 1 | Humble | | |
| 2 | Waits and suffers long | | |
| 3 | Says thank you to compliments | | |
| 4 | Low Self-Esteem | | |
| 5 | Submissive to the will of others (if not bad) | | |
| 6 | Discounting their good abilities or emphasizing their bad | | |
| 7 | Recognizing their complete dependence on God | | |
| 8 | Contrite Heart | | |
| 9 | Gentleness | | |
| 10 | Turns the other cheek | | |

B. Meek Word Combos.

1. Meek and M _____.
2. Meek and L _____ (*Mat. 11:29*).
3. Meek and G _____.
4. Meek and Q _____ spirit (*1Pe. 3:4*).

III. Meekness Misconceptions.

- A. Will we always recognize someone’s meekness?
- B. Can a person boldly proclaim the truth and still be meek (cf. *John 8*)?
- C. Can a person be completely meek and acknowledge their meekness (cf. *Mat. 11:29*)?
- D. Can a person be angry, yell, and turn over furniture and still be completely meek (cf. *Mark 11:15-17*)?
- E. Can a person call people bad names and still be completely meek (*Mat. 23:27*)?

IV. Meat – Scripture Words and Definitions.

- A. Dictionary Word Study (American Heritage says, “1. Humble and patient. 2. Submissive”).
- B. Biblical Word Study (30 times “meek” or “meekness,” 19 times same words translated 5 other words).

1. **Meek**: 16 times (**Num. 12:3; Psa. 22:26; 25:9; 37:11; 76:9; 147:6; 149:4; Isa. 11:4; 29:19; 61:1; Amos 2:7; Zep. 2:3; Mat. 5:5; Mat. 11:29; 21:5; 1Pe. 3:4**).
 - a. Hebrew: anav {aw-nawv'} n m (AV - meek 13, humble 5, poor 5, lowly 2, vr meek 1; 26 Total).
 - b. Greek: praus {prah-ooce'} or praos {prah'-os} adj (AV - meek 4; 4 Total).
2. **Meekness**: 14 times (**Psa. 45:4; Zep. 2:3; 1Co. 4:21; 2Co. 10:1; Gal. 5:23; 6:1; Eph. 4:2; Col. 3:12; 1Ti. 6:11; 2Ti. 2:25; Tit. 3:2; James 1:21; 3:13; 1Pe. 3:15**).
 - a. Hebrew:
 - (1) `anvah {an-vaw'} n f (AV - gentleness 1, **meekness** 1; 2 Total).
 - (2) `anavah {an-aw-vaw'} n f (AV - humility 3, gentleness 1, **meekness** 1; 5 Total).
 - b. Greek:
 - (1) praotes {prah-ot'-ace} n f (AV - **meekness** 9; 9 Total).
 - (2) prautes {prah-oo'-tace} n f (AV - **meekness** 3; 3 Total).
- C. Strong's Commentary: gentle, mild, meek, mildness of disposition, gentleness of spirit, meekness. Meekness toward God is that disposition of spirit in which we accept His dealings with us as good, and therefore without disputing or resisting. In the OT, the meek are those wholly relying on God rather than their own strength to defend them against injustice. Thus, meekness toward evil people means knowing God is permitting the injuries they inflict, that He is using them to purify His elect, and that He will deliver His elect in His time (**Isa. 41:17; Luk. 18:1-8**). Gentleness or meekness is the opposite of self-assertiveness and self-interest. It stems from trust in God's goodness and control over the situation. The gentle person is not occupied with self at all. This is a work of the Holy Spirit, not of the human will (cf. **Gal. 5:23**).
- D. Scripture Verse Observations.
 1. Which great men or women of Scripture were said to be meek?
 - a. **1Pe. 3:4-6**—_____.
 - b. **Num. 12:3**—_____.
 - c. **Mat. 11:29**; cf. **Isa. 42:2-3; Mat. 12:20; 21:5; 2Co. 10:1**—_____.
 2. **Gal. 5:22-23**—“**But the fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, faith, _____, self-control, against such there is no law.**”
 3. **Mat. 5:5**—“**Blessed are the Meek: for they shall _____** _____ _____.”
 4. **Psa. 37:11**—“**shall delight themselves in the _____** _____ _____.”
 5. **Psa. 22:26**—“**The meek shall eat and be _____.**”
 6. **Psa. 25:9**—“**The meek will He _____ in judgment: and the meek will He _____ His way.**”
 7. **Psa. 147:6**—“**The Lord _____ the meek.**”
 8. **Psa. 149:4**—“**He will _____ the meek.**”
 9. **Psa. 76:9**—God arose to judge the wicked “**to _____ all the meek.**”
 10. **Isa. 11:4**—God will judge righteously and fairly the wicked “**for the _____ of the earth.**”

11. **Zep. 2:3; 1Ti. 6:11**—“ _____ meekness.”
12. **Isa. 29:19**—“*The meek also shall _____ in the Lord.*”
13. **1Co. 4:21; Gal. 6:1**—“ _____.”
14. **2Ti. 2:25**—“*In meekness _____*.”
15. **Tit. 3:2**—“*Gentle, showing _____ meekness _____.*”
16. **Col. 3:12**—“ _____ ...meekness...”
17. **1Pe. 3:4**—“*A meek and quiet spirit, which is in the sight of God of _____ price*” or value.

V. Application.

- A. Provide an example of someone being meek?

- B. How to increase your Meekness?
 1. Start with the heart and mind—The meekest of all is Jesus (**Phil. 2:5f**) “*Let this mind be in you...*”
 2. Next, meekness is a choice (will you be meek?).
 - a. Voluntarily love and serve God and others.
 - b. Submit to others (especially when undeserving).
 - c. Encourage and praise others.
 - d. Confess your faults to others.
 - e. Pray for meekness.
 - f. Be filled with the Spirit (and you will be meek).
 3. End with action – character is developed or demonstrated by your actions.
- C. List some specific practical ways of demonstrating meekness?

- D. What are some barriers to meekness and how do you overcome them?
 1. Pride – Recognize the truth that all is from God and belongs to Him and He deserves all the glory.
 2. Sin – Confess and forsake.
 3. Insecurity – Recognize you are made in God’s image for a purpose and your position in Christ.
 4. Unmet needs – Get them met appropriately through the completeness in Christ.
 5. Criticism by others? – Endure, count it joy, make sure it isn’t true, wait on God.

VI. Conclusion.

- A. Protect each other’s meekness. Don’t allow others to attack brothers or sisters in Christ (requiring someone to have to defend him or herself (Apostle Paul). We should defend each other to the end and encourage them during these times.
- B. Further Study—**2 Sa. 16:5-13**—David’s meek response regarding Shemei.