

YEAR OF GROWTH

MEEKNESS

WEEK 1

EXPLANATION

Definitions:

The Hebrew word for ‘meek’ is defined as, “Poor, needy, afflicted, humble, or lowly.” The root word means, “To look down or to depress; thus, to abase, chasten, exercise, humble, or submit oneself.” In his *Old Testament Word Studies*, William Wilson explains: “Oppressed, afflicted, wretched, but everywhere with the accessory idea of humility, meekness, *i.e.*, the humble, the meek, who prefer to suffer wrong rather than do wrong, and who therefore enjoy God’s favor.” He adds that this word refers to “those who willingly endure with submission what they might escape.”

The Greek word translated “meek” is usually defined as “mildness of disposition, gentleness of spirit, or humility.” Yet, an important characteristic of meekness is often excluded – forbearance. Dr. Spiros Zodhiates writes: “Primarily it does not denote outward expression of feeling, but an inward grace of the soul, calmness toward God in particular. It is the acceptance of God’s dealings with us considering them as good in that they enhance the closeness of our relationship with Him. ...It is not the result of weakness, and ...expresses ...the activity of the blessedness that exists in one’s heart from being actively angry at evil.” He adds that according to Aristotle, this Greek word was the middle between two extremes – “uncontrolled and unjustified anger” and “not becoming angry at all no matter what takes place around you.” Finally, he states that this word is difficult to express in English, “but it is a condition of mind and heart which demonstrates gentleness, not in weakness, but in power. It is a balance born in strength of character.” (*The Complete Word Study Dictionary: New Testament*)

A wild horse is powerful, strong, and fast. When tamed, the same horse is still just as powerful, strong, and fast. However, that power has been placed under control – it is governed by his training. Meekness is not weakness. Rather, it is strength under control - governed by God through His Word.

Day One _____ – Sunday

Reflect on the previous lessons concerning faith, virtue, knowledge, temperance, patience, godliness, brotherly kindness, love, joy, and hope. Among all these characteristics we must add meekness. The Bible has much to teach about being meek. This characteristic is often misunderstood, so think upon the definitions of the words that God used to describe it. Pray for wisdom in understanding this characteristic. Pray for strength as you prepare for this study.

Day Two _____ – Monday

Psalm 22:25-28

In this passage, meekness is joined with satisfaction. The meek person is content with a godly life and its blessings, especially those that are spiritual. He recognized that God rules the world and is satisfied to submit to His authority.

Day Three – Tuesday**Psalm 25:6-11**

A meek person will allow himself to be taught and guided by God. He does not randomly nor rebelliously seek to run his own life. Rather, he submits to the wisdom of God. This is especially true concerning his sins. He acknowledges his faults and seeks forgiveness by pleading for the mercy of God.

Day Four – Wednesday**Psalm 147:1-6**

In this passage, the meek are contrasted with the wicked. The meek person may be wounded and heartbroken, but it is not because he has done evil. In his meekness, he suffers wrongfully in a wicked and corrupt world. But he does not abandon the righteous rule of God. Instead, he trusts in God's healing and sings God's praises.

Day Five – Thursday**Psalm 149**

The meek are joyful! Though they face tests and trials, problems and persecutions, still they rejoice in God and sing praise to Him. They know that God adorns them with salvation, resulting in their beauty and glory! They stand for Truth and fight against evil, knowing that their righteousness and authority come from God. They fear no king but Jehovah! Thus, they praise Him in every aspect of life.

Day Six – Friday**Isaiah 29:17-21**

The joy of the meek only increases as they see the Lord working in His world. Those who turn "things upside down" in order to oppress the righteous (vs. 16) will be judged and defeated by God. The meek – who have stood firm upon the Truth of Jehovah – will rejoice even as they (and God) are vindicated.

Day Seven – Saturday**Zephaniah 2:1-3**

The meek are those who seek the Lord and do His will. They will continue to seek righteousness and meekness, even when the world is against them. Thus, they will be hidden and protected in the day of God's wrath. The meek are the saved! And they will live forever in Heaven.