

YEAR OF GROWTH

MEEKNESS

WEEK 4

EXERCISE

How To Grow in Meekness:

It is important to understand the meaning of meekness and to see examples of this characteristic in Scripture. Yet, it is also important to do the work necessary to have and to develop meekness. Our focus will be on passages that teach what one must do to have and to grow in meekness.

Day One – Sunday

Reflect on the definitions of the words that God used to describe meekness. Think back over the previous lessons. Read again the passages that you have written. Recall the verses you have memorized. Focus on the meaning of being meek and prepare to exercise in developing this characteristic.

Day Two – Monday

Matthew 5:1-12

As Jesus began the Sermon on the Mount, He described what we call “Beatitudes.” These are attitudes that are necessary to be one of God’s “blessed” people. The “poor in spirit” humbly recognize their need of God and His salvation. Those who “mourn” are sorrowful for their sins. The “meek” have the strength of their convictions. They will hear the Word of God and then obey it. This attitude must be developed and then practiced faithfully.

Day Three – Tuesday

2 Corinthians 10:1-4

The best way to develop meekness is to look to the example of Jesus. Paul described Him as meek and gentle – characteristics demonstrated in His life, teaching, and death. Paul had learned from this example to be meek and gentle toward others – even the Corinthians. Notice that he beseeched (begged) them to do right. He did not want to have to be bold when he visited them; rather, he desired kindness and affection. Following the example of Jesus will cause one to practice meekness.

Day Four – Wednesday**Galatians 5:22-23**

Meekness is a part of the “fruit of the Spirit.” This means that meekness is a spiritual attribute. It is developed by being led by the Spirit (vs. 18) and by living and walking in the Spirit (vs. 25). The Holy Spirit leads today through the written Word of God (which was inspired by Him). Following the teaching of Scripture will help one to develop meekness.

Day Five – Thursday**Colossians 3:9-14**

When one becomes a Christian, he puts off the old man – the sinful person that he was. In Christ, he puts on the new man – begins living a new life with new attitudes and actions. Thus, meekness is something that must be put on. This requires deliberate action and focused attention. There are three things involved in this process: (1) knowledge of God’s Word, (2) the example [image] of Jesus, and (3) the action of putting on this characteristic.

Day Six – Friday**I Timothy 6:10-12**

Meekness is something that must be pursued. First, one stops chasing sinful things and, instead, flees from them. Next, one begins to pursue righteous things, including meekness. Finally, one fights the good fight by holding onto, practicing, and improving in these virtues. Again, it requires diligent effort to practice meekness.

Day Seven – Saturday**Titus 3:1-3**

Meekness can be developed by remembering the life we lived before we were saved from our sins. When we reflect upon our own ignorance, arrogance, and sinfulness we will be moved to show meekness toward others. This means that we will have the strength of our convictions so that we will continue to do right and to be right with God. Yet, it also means that we will exercise them with kindness and patience toward others who have not learned as we have. Thus, meekness is tied to wisdom that comes from God and the experiences of our lives (cf. James 3:13-18).