

THE FRUIT OF THE SPIRIT

LESSON 07 - MEEKNESS

Text: Galatians 5:22-23

Introduction:

1. The great battle of our lives here upon Earth is between the flesh and the Spirit.
2. Ultimately, this is a conflict over who will reign and rule in our lives – man (the flesh) or God (the Spirit).
3. When we choose to walk after the Spirit, we will bear His fruit in our lives.
4. “The fruit of the Spirit is love.”

I. The Definition of Meekness

- A. The Greek word for meek or meekness is defined as, “gentleness, humility, mildness.”
- B. However, meekness is often misunderstood to refer to weakness.
- C. The Greeks had several useful ways of describing what it means to be meek.
 1. Meekness was often used in a sense of having a soothing quality – to be able to calm a tense situation or even to soothe a wound.
 2. It was used of a person with great authority, power or strength who carried himself with an air of gentleness (cf. one who tames a wild horse).
 3. It was used of a horse that had been broken or a dog that had been trained.
 4. It was used of a dog who was loyal and gentle to his master, but fierce and hostile toward a stranger.
 5. Aristotle said that meekness was being angry at the right time and never angry at the wrong time.

II. The Demonstration of Meekness

- A. There are many examples of meekness to be found in the Scriptures; however, two men stand out above all others – Moses and Jesus.
- B. The example of meekness in Moses...
 1. Numbers 12:3 – *meekest of all men*
 2. Numbers 16:1-11 – *the rebellion of Korah, Dathan and Abiram*
 3. Numbers 20:1-12; Psalm 106:32-33 – *water from the rock*
- C. The example of meekness in Jesus...
 1. Matthew 11:29; Isaiah 42:1-4 – *Jesus is meek and lowly in heart*
 2. John 2:13-17 – *cleansing the Temple*
 3. John 8:1-11 – *forgiving the woman taken in adultery*
 4. Matthew 26:47-54 – *in the Garden of Gethsemane*

III. The Connection to Love

- A. Meekness has been defined as active or unconscious humility.
 1. One who is truly humble doesn't think about showing humility.
 2. One who is truly meek does not plot or scheme ways to show meekness.
- B. Meekness is doing what is right in any situation simply because it is right.
- C. The true motive for meekness is love.
- D. Meekness is love's strength!