

# MEEKNESS vs. ANGER

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*YIELDING OUR RIGHTS TO GOD SO HE CAN DEMONSTRATE HIS PEACE AND POWER THROUGH US.*

*“Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls.”  
Matthew 11:29*

## DEFINITION OF MEEKNESS

The Hebrew word for *meekness* is *anavah*. It comes from a word that means “to abase oneself, to chasten and humble oneself, to look down.”

The Greek word for *meek* is *praus*, which simply means “humble”. The Bible writers often use the word *meekness* in combination with other words such as *lowliness* (see Eph. 4:2), *righteousness* (see Ps. 45:4), *gentleness* (see II Cor. 10:1), and *fear* (see I Pet. 3:15).

## SIGNIFICANCE OF MEEKNESS

The Lord Jesus demonstrated the importance of meekness by using it to describe Himself: “Learn of Me; for I am meek and lowly in heart” (Matt. 11:29). Thus, the more we understand and develop meekness, the more we take on the nature of the Lord Jesus Christ. Thus, Jesus began His discourse on discipleship by praising the qualities of meekness: “Blessed are the poor in spirit...Blessed are they that mourn...Blessed are the meek...” (Matt. 5:3-5).

## REWARDS OF MEEKNESS

### 1. Knowing Jesus Christ

The Apostle Paul stated as his goal “to know Jesus Christ and to the power of His resurrection.” (See Phil. 3:10). The sacrifices Paul made to achieve his goal show the importance he placed on it. “Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ” (Phil. 3:8).

### 2. Comprehending the Gospel

God makes the good news of salvation available to everyone. However, only the meek will understand it and respond to it. Jesus explained this when He opened the scroll of Isaiah and read, “The spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the **meek**” (Isa. 61:1). David wrote, “The LORD taketh pleasure in his people: he will beautify the **meek** with salvation” (Ps. 149:4). He will “save all the **meek** of the earth” (Ps. 76:9).

### 3. Transforming our souls

Through meekness one can make God’s Word a vital part of his mind, will, and emotions and thereby conquer the destructive habits of life. “Therefore putting aside all filthiness and all that remains of wickedness, in humility [meekness] receive the word implanted, which is able to save your souls” (James 1:21, NASV). Since Jesus is the Living Word of God, the more we know about Him, the more we will understand God’s Word. (See John 1:1).

### 4. Receiving God’s guidance

Every Christian faces the challenge of making wise decisions. Experience shows us that we often make choices, confident in their wisdom, that turn out as terrible mistakes. How, then, do we gain the judgment to make wise decisions? “The meek will he guide in judgment: and the meek will he teach his way” (Ps. 25:9).

## 5. Developing true character

Scripture explains the importance of a person adorning the “hidden man of the Heart” over dressing up the outward appearance. This adornment is to be meekness. “Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel: But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price” (I Pet. 3:3-4).

## 6. Enjoying life to the fullest

Many people own possessions but do not enjoy them. They eat food, but it does not satisfy their appetites. However, “The meek shall eat and be satisfied: they shall praise the LORD that seek him: your heart shall live for ever” (Ps. 22:26).

## 7. Getting a lasting inheritance

Jesus promises: “Blessed are the meek: for they shall inherit the earth” (Matt. 5:5). Psalm 39:9-11 gives an expanded explanation of this promise: “For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth. For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be. But the meek shall inherit the earth; and shall delight themselves in the abundance of peace.”

## BASIC FUNCTIONS OF MEEKNESS

Since meekness describes the nature of Jesus Christ, then the basic functions in the life of one of His followers would require meekness.

**Producing spiritual fruit** - The Christian begins to bear the fruit of the Spirit only after he gives up his “rights” to live in the works of the flesh. “But the fruit of the Spirit is...meekness” (Gal. 5:22-23).

**Restoring a fellow believer** - Restoring an erring brother will be effective only if one yields his right to feel superior or to think that he cannot fall like his brother did. “Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted” (Gal. 6:1). “With gentleness (meekness) correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth”(II Tim. 2:25, NASV).

**Walking worthy of Christ** - The ability to walk worthy of our profession requires that we yield our rights to hold grudges against fellow believers. “I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, with all lowliness and meekness, with longsuffering, forbearing one another in love” (Eph. 4:1-2). “Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye” (Col. 3:12-13).

**Respecting authorities** - The proper respect for God-given authorities means that we yield our rights to give bad reports about them. “Put them in mind to be subject to principalities and powers, to obey magistrates, to be ready to every good work, To speak evil of no man, to be no brawlers, but gentle, shewing all meekness unto all men” (Titus 3:1-2).

**Doing good works** - In doing good works, one must yield his right to get the credit for them and defer the honor to others. “Who is a wise man and endued with knowledge among you? Let him shew out of a good conversation his works with meekness of wisdom” (James 3:13).

**Explaining our hope** - When people see our lives, they should marvel at the hope that we have about the future, but they will not notice this unless we yield our right to have a life without trials and sorrows. “But and if ye suffer for righteousness’ sake, happy are ye: and be not afraid of their terror, neither be troubled; But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear” (I Pet. 3:14-15).

## **HOW DO WE LEARN MEEKNESS?**

We learn meekness by coming to Christ with the recognition of our own weaknesses and being united with Him by belief in His finished work on the cross. Then we must grow in the experiential knowledge of Christ, Who humbled Himself for us, that we might be conformed to His image.

## **HOW MEEK ARE YOU?**

- Have you dedicated yourself to God and yielded all your rights to Him?
- Do you have full confidence that God controls all that happens to you?
- Is it your goal to become more like the Lord Jesus Christ?
- Have you received and responded to the good tiding of the Gospel?
- Do others praise you for a meek and quiet spirit, or do they react to an angry spirit?
- Do people resist your advice or counsel when you try to help them?
- Do you speak evil of those in positions of leadership?
- Do people ask you why you are so peaceful when serious adversities come into your life?
- Have you exchanged your burdens for the yoke of Christ?
- When you do good works and are praised for them, do you deflect the honor to others who helped you?