

## The Fruit of the Spirit: Meekness

### Part 1 of 2 - The Strength of Meekness

Meekness is often misunderstood and thought of as weakness, but in the Bible, it is described as strength under control. In Matthew 5:5 Jesus Christ says, "Blessed are the meek: for they shall inherit the earth." Meekness is a spirit of humility and gentleness that reflects the character of Christ.

In 1 Peter 3:4, meekness is described as "the ornament of a meek and quiet spirit, which is in the sight of God of great price." Meekness is valuable in the eyes of God's because it shows a heart that is surrendered unto Him, willing to submit to His will and to serve others.

As we seek to grow in meekness, let us remember that it is not about diminishing ourselves but is about exalting Jesus Christ in our lives. By embracing meekness, we show the strength of a life that is fully yielded to God.

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### Part 2 of 2 - Meekness in Relationships

Meekness is essential to our relationships with others. In Ephesians 4:2, Paul urges us to walk “with all lowliness and meekness, with longsuffering, forbearing one another in love.” Meekness is what helps us to be patient and forgiving, by putting the needs of others before our own.

Jesus Christ, who is our perfect example, demonstrated his meekness in interactions with others. He washed the disciples' feet, He served the marginalized, and He responded with gentleness for those who would oppose Him. His meekness was not a weakness but was a powerful display of His love and humility.

In our relationships, let us strive to reflect this meekness of Jesus Christ, treating others with a gentleness and respect, and seeking peace and reconciliation in our interactions.

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Blessed are the meek, the Savior did say,  
For they shall inherit the earth's vast expanse.  
A heart that surrenders, His will to obey,  
Displays gentle strength in life's every dance.  
To exalt the Lord and His name proclaim,  
This meekness adorns with a holy flame.

With patience and love, let meekness abide,  
Forbearing with others in humble embrace.  
Through Christ's own example, our hearts are supplied,  
To walk in His footsteps, reflecting His grace.  
In peace and respect, let our lives impart,  
The meekness of Jesus—a servant's heart.