

## **The Fruit of the Holy Spirit pt.7**

Welcome to Harvest Community Church

Series: The Holy Spirit

**Text: Galatians 5:22-23, 1 Timothy 6:11**

### **Meekness / Gentleness**

This attribute of the Fruit of the Spirit is given as a description of the character of **Jesus**.

**Matthew 11:29** Many modern translations render this attribute as gentleness but in reality, the idea of meekness is more than that.

Meekness comes from the Greek word – *Praotes* – A **disposition** that is even tempered, tranquil, balanced in spirit, unpretentious, and that has the passions under control. The word is best translated as meekness, not as an indication of weakness, but of power under control. The person who possesses this quality pardons injuries, corrects faults, and rules their own spirit well.

As Christians, it is important to remember that we live from a position of **strength** and not of weakness. The Bible says that when we are weak then we are strong. In reality, there really is never a time when we are weak because we are empowered by the Holy Spirit. God wants us to do well spiritually but we are also empowered to do well and live well in this world.

### **Matthew 5:5 (NKJV & AMP)**

The modern understanding of meekness equates this virtue with the idea of weakness. People assume if you are meek then you are a wimp, cream of wheat, limp wristed, un-decisive, passive type. Central to its theme is **gentleness** of spirit; this is not timid, shy or introverted.

There are three types of people in the world.

These are simply a generalization - there are levels and shades of this in everyone.

1. *There are the **A** types* - confident, controlling, prideful and boastful bent on leading and being the loudest and the ones out front.
2. *There are **passive**, compliant followers*; not absent of ambition but not really go getters; they are content to follow and would rather be walked on than be embarrassed because they tried and failed.
3. *There are the meek* - these are people of powerful, purposeful intent who **humbly**, confidently and, with wisdom, are able to navigate life, work with people, handle difficult situations, working through them with grace and peace.

Meekness is strength and power under **control**. Meekness affects the actions, thinking and demeanor of a person. A meek person recognizes that they have grown in strength, maturity, power and wisdom and has been empowered by the Holy Spirit. They have both learned and trained themselves to be self-controlled, good decision makers, calm, bold risk takers and are confident that they desire to please God and are walking in the Spirit of God more than the flesh.

### **Proverbs 16:32**

Meekness is not even possible until power is at risk. Meek was used to describe a wild animal which had been **tamed**. The philosopher Aristotle used the word to describe the middle between two extremes. A meek person avoids the extremes of anger or indifference. The meek know how to handle money; they are neither big spenders nor penny pinchers. They know when to hold on and when to let go.

The word meek also means- gentle, affable, tender, **friendly**. The self-disciplined person is easy to get along with. A person who is meek knows when and how to use power **effectively** and when not to use it. They are a person who can get to the point without unnecessary harshness. They possess the tact to tell you what needs done, why it needs done and how it needs done and make you look forward to the journey. They are able to be gentle with people without compromising the communication of truth and they are not slow to use **necessary** force.

### **James 1:19-21**

True meekness is **authoritative** but humble. When meekness and weakness are confused, it always puts the most defenseless among us at risk. Why? Because we won't reach out to help them because it makes us look weak or, those who are weaker than you, will take advantage of those who are weaker than them until it translates all the way down into someone that has absolutely no hope of helping themselves. When meekness is confused as weakness it hurts **everyone**.

Meekness is not the absence of knowledge, wisdom or power, in fact, meekness is demonstrated by those who possess those things in abundance and doesn't parade themselves around. The meek person will lay down all "airs" of authority to make themselves more **approachable** without giving up their ability to lead. When most people think of walking in authority, they do not see confidence as much as they think of arrogance. Meekness is confidence and capableness that walks in humility. To be humble, one must also be kind and gentle; it involves the idea of a **mild** temperament. The meek can be passionate but refuse to be driven. They are patient and longsuffering with people.

A true indicator of meekness is how **vulnerable** and open a person is willing to be. A meek person may have personal insecurities, but they are secure enough in Christ that they refuse to hide behind masks. **1 Corinthians 4:9 (NLT)** A meek person allows others to, not only see their mistakes, but to learn from them. They are able to laugh at their own mistakes and takes both praise and criticism with a grain of salt.

### **Four Basic ideas that have to do with Meekness**

- 1) **Submission** to the will of God. **John 6:37-40**
- 2) **Teachableness**. This is a willingness to learn. Many Christians only desire an experience that they can feel. There is nothing wrong with feeling results from our walk with God but at some point, God expects His saints to **mature** in their faith.  
**1 Corinthians 3:1-3**
- 3) Being **considerate**. This has to do with bearing with others because of love. Gentleness is the opposite of harshness. There is nothing cowardly about this. It is the inner courage to treat people with kindness, dignity and respect. Meekness is truly caring about people.
- 4) Those who are meek are calm and level-headed in times of **crisis**.  
**Proverbs 24:10 (NKJV & NLT)** The meek are able to control their emotions. While everyone around them are losing their mind they remain calm, cool and collected. Someone said that these people do not get the "**come apart**". They are steady get the facts they need strengthen themselves in the Lord and do what needs to be done.

The Bible promises that those who are meek will be **blessed**. "Blessed are the meek for they shall **inherit** the earth." To be blessed is to be happy, joyous and spiritually and naturally prosperous. **Psalm 37:11, Psalm 22:26 (KJV)**

The key to doing well with God is a life of righteousness, the key of doing well while here on earth is meekness. Those who walk with meekness will find that the life they are living will be one filled with great joy.