

## FRUITS OF THE SPIRIT 9-WEEK STUDY

May 13: Meekness

TEXT: Galatians 5:22-23

INTRO: Get used to the fact that the Bible is radically out-of-step with the world. The biblical qualities of meekness and gentleness are misunderstood and undervalued in today's society of extremes where all too often people tend to angrily overreact or passively under-react. Many associate the word *meek* with the word *weak*. To some, the word meek brings to mind a person who is unable to stand firm on a position, is easy to persuade, and is generally a weak-minded and weak-willed individual. But true strength is shown by a secure individual who stays cool, thinks first, and then responds in the way that will best demonstrate the Holy Spirit. Today's study helps us understand how to be meek.

### THE EIGHTH FRUIT OF THE SPIRIT IS MEEKNESS

TEXT: Numbers 12:3; Matthew 11:29; Matthew 21:5; Psalm 22:26; 25:9; 37:11; 147:6; 2 Corinthians 10:1; 1 Peter 3:4; Ephesians 4:2; Colossians 3:12; 1 Timothy 6:11; James 1:21; James 3:13

DEFINITIONS: (Listen to the video to help you fill in the blanks.)

- Scholars call the Greek word for meekness one of the Bible's most "untranslatable" words! :)
- Gentleness refers mostly to \_\_\_\_\_, but meekness refers to \_\_\_\_\_.
- Meekness \_\_\_\_\_ gentleness.
- Most popular definition: Meekness is not \_\_\_\_\_ but is strength under \_\_\_\_\_.
- Authority \_\_\_\_\_ with tenderness; \_\_\_\_\_ combined with gentleness.
- Humility and \_\_\_\_\_.

DISCUSSION: (Look up the verses given and answer the questions/discuss)

- Who are some examples of meek people in the Bible? Examples from your life? (Num. 12:3; Matt. 11:29; 21:5)
- In Psalms 22:26; 25:9; 37:11; and 147:6, what blessings or benefits happen to meek people?
- What do you think it means that only meek people will "inherit the earth"?
- Does being meek mean that we can't stand up and be bold and truthful? (2 Cor. 10:1)
- Does God place priority on how we look on the outside or how we act on the inside? (1 Pet. 3:4) What kind of spirit does He most admire?
- How should meekness enhance our relationships with others? (Eph. 4:2; Col. 3:12; 1 Tim. 6:11)
- What role does meekness play in our response to God's Word? (James 1:21) What happens when we receive God's Word with meekness?

DECISION:

- Remember that God is in control, then *act* like God is in control by being meek.
- If you are Spirit-filled, your passions and emotions will stay in the right balance. You will rule over your own spirit well when you have the help of the Holy Spirit.
- Be willing to yield your will this week, but don't be spineless.
- Learn to disagree agreeably. Give soft answers to rough questions.

Take some time to pray over the Wednesday prayer sheet attached to the Realm post.