

STRENGTH IN MEEKNESS

AMANDA BEGGS | BLESSED WEEK 4

Matthew 5:1-5

Where might God be trying to cultivate meekness in me?

- What makes me feel superior to other people?
- Where do I tend to be harsh instead of gentle?
- When am I most likely to insist on my own way?
- When do I enjoy seeing someone else fail or being put in their place?
- When am I quick to be defensive?
- Where do I have power? Do I use that power for my advantage or for the advancement of others?
- Who is difficult for me to forgive?

To be meek is to be:

- **Strong:** Meekness is not weakness but controlled strength.
- **Gentle:** Controlled anger and controlled temper. Fruit of the Spirit.
- **Wise:** Knows when to speak up and knows when to be quiet.
- **Peaceable and open to reason:** Does not pick a fight or harbor anger or bitterness; quick to forgive.
- **Humble:** Not self-absorbed or boastful. A meek person does not resist God's way but submits to God's way.

4 BARRIERS THAT REINFORCE OUR RESISTANCE TO MEEKNESS BEING WORKED OUT IN US.

01 Confusion Barrier: I don't understand the meaning.

Meekness: a controlled strength that puts everything in the hands of God.

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Meekness is the way of the Kingdom. It's a new kind of strength that comes from putting everything in God's hands.

02 **Personality Barrier:** I'm not naturally wired this way.

When we use our personality as an excuse to resist submitting to the ways of Jesus...that's a barrier.

Consider Moses:

Exodus 33:11

Numbers 12:3

Consider Jesus:

- Jesus approached sinners and sufferers with gentleness and respect.
- Jesus responded to false accusation with peace. *1 Peter 2:23*
- Jesus embodies meekness. Jesus himself is controlled strength who put everything in the hands of God. *John 18:6*

Meekness is not a personality thing. It's a follower of Jesus thing.

03 **Pride Barrier:** I've got this one down.

The Kingdom is inside out. Jesus first cares about the hearts.

In the Beatitudes we see how Jesus shapes and paints the heart of a disciple...because there's a natural progression happening:

1. **Poor in Spirit:** We are at the end of our rope and the end of ourselves. We are blessed because we know we are nothing without Jesus. When we realize how empty we are, we can be filled with everything he is.
2. **Mourn:** When we are filled with Jesus we see the brokenness of world and the sin inside of ourselves and we mourn. We long for the day when everything sad will come untrue and we know our only hope is Jesus.
3. **Meek:** As we are poor in spirit and as we mourn, our pride has been cut down, we're not defensive or fighting for our rights or our glory ... we're humbling submitting and trusting God's way.

Meekness always flows from a humble heart.

04 **Skepticism Barrier:** I don't see how this can be true.

According to Jesus it's not survival of the fittest but survival of the meekest.

The meek will inherit the earth.

Future Promise: One day, we will reign with Christ in the New Heavens and the New Earth. Nothing to earn, nothing to prove.. Because we are in Christ we get to share in His inheritance...everything that's His is ours.

Current Reality: When we are certain we will inherit the earth, we can stop striving. We receive the gift of contentment. In Jesus we have everything.

PSALM 37

Psalm 37:1-11

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When trust drives:

- **Fear Takes a Backseat:** Most things we do out of fear are things we regret. Even when it seems like the world is falling apart or the bad guys are winning, we know God is in control.
- **Root Out Jealousy:** Even when it seems like the people who don't follow Jesus have more than the people who do we remember that's temporary.
- **Faithfulness is our friend:** We submit to Jesus because we delight in Him and trust His plan for our flourishing.
- **Keep short accounts:** When trust drives, we don't hold onto offenses. We don't plot our revenge. We know that God will bring justice in the end.
- **Play the Long Game:** God will act on our behalf, so we don't have to build our own platforms or push ourselves ahead.
- **Peace over performance:** When we remember the inheritance that is ours in Jesus we experience abundant peace.

COME AND LEARN

Jesus' heart: *Matthew 11:28-30*

Meek. Humble. Gentle. Jesus is not trigger-happy. Not harsh, reactionary, easily exasperated. He is the most understanding person in the universe. The posture most natural to him is not a pointed finger but open arms.

Dane Ortland, *Gentle and Lowly: The Heart of Christ for Sinners and Sufferers*

Come: *Abide (John 15:4-5)*

Learn: Yoke yourself to Jesus

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Matthew 11:28-30, *The Message*