

From Strong to Stronger!

Series: From Broken to Blessed

[A Study of the Beatitudes – Matthew 5:1-12]

Blessed are the meek, for they shall inherit the earth. Matthew 5:5

Introduction

1. Meekness is not **weakness**.
2. Meekness is not timidity but **humility**.
3. Meekness is **strength** under control.
4. Meekness is **gentleness**.
5. Meekness is **trusting** God.
6. Meekness is the **fruit** of the Spirit.
7. Meekness is a key to **blessing**.
8. Meekness is moving from strong to **stronger**.

What do we learn from this beatitude?

‘When you really learn what it means to be **gentle**, the **whole** world is yours.’ - Rick Warren.

How do I live this out? What are the benefits?*

1. Gentleness defuses **conflict**.

A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1, NIV

If your boss is angry with you, don't quit! A quiet, gentle spirit can overcome even great mistakes. Ecclesiastes 10:4, NLT

2. Gentleness disarms **critics**.

We respond gently when evil things are said about us. 1 Corinthians 4:13, NLT

3. Gentleness is **persuasive**.

Gentle speech breaks down rigid defenses. Proverbs 25:15b, MSG

A wise, mature person is known for understanding. The more pleasant words, the more persuasive he is. Proverbs 16:21, TEV

4. Gentleness is **attractive**.

As a man of God . . . pursue what God approves of: godliness, faith, love, endurance, and gentleness. 1 Timothy 6:11, GW

You should be known for the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.

1 Peter 3:4, NLT

5. Gentleness communicates **love**.

Husbands, love your wives and be gentle with them.

Colossians 3:19, NCV

Fathers, do not irritate and provoke your children to anger. Do not exasperate them to resentment, but rear them tenderly in the training and discipline and counsel of the Lord. Ephesians 6:4

6. Gentleness earns **respect**.

A woman of gentle grace will be respected. Proverbs 11:16, MSG

Moses was a very meek and gentle man. In fact, he was more gentle than anyone else on the face of the earth!’ Numbers 12:3, AMP

7. Gentleness witnesses to **unbelievers**.

Believers should never speak evil of anyone, nor be quarrelsome. Instead they should be gentle and show courtesy to everyone. Titus 3:2

Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect. 1 Peter 3:15, NIV

8. Gentleness makes me like **Jesus**.

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:28-29, NIV

‘The fruit of the Spirit is . . . gentleness. Galatians 5:22-23

How do I practice this?

When someone serves me: be understanding, not **demanding**.

When someone disagrees with me: be **tender** without surrender.

When someone disappoints me: be gentle not **judgmental**.

*Rick Warren, The Keys to a Blessed Life
Scripture passages English Standard Version unless otherwise noted