



Jesus says

“Blessed are the Meek”

Matthew 5:5

Blessed are the meek, for they shall inherit the earth.

— Jesus



The Anger Commandment in Scripture



“Be angry and do not sin”

OT — Psalm 4:4

NT — Ephesians 4:26



What is Meekness?

- power under control
- angry with the right person, for the right reason, for the right amount of time
- a right opinion of yourself before God that expresses itself in horizontal relationships with people

Matthew 5:39–42

*But I say to you, Do not resist the one who is evil. But if anyone **slaps** you on the right cheek, turn to him the other also. And if anyone would **sue** you and take your tunic, let him have your cloak as well. And if anyone **forces** you to go one mile, go with him two miles. Give to the one who begs from you, and do not refuse the one who would **borrow** from you.*



Jesus' Response to Violated Rights

1. **Dignity Rights** — take the insult without retaliation
2. **Legal Rights** — give them more than is legally theirs
3. **Personal Rights** — offer to do more than asked
4. **Property Rights** — give and lend



How do we pull this off?



Matthew 11:28–30

*Come to Me, all who labour and are heavy laden, and I will give you rest. Take My yoke upon you, and learn from Me, for **I am gentle** and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.*



Why Bother Trying to Be Meek?



1. Negative Reason:
→ the influence of our adversary

Ephesians 4:26,27

*Be angry and do not sin; ... and **give no opportunity** to the devil.*



Why Bother Trying to Be Meek?



1. Negative Reason:
 - ➔ the influence of our adversary
2. Positive Reason:
 - ➔ the experience of our freedom

Matthew 11:29

... you will find rest for your souls.





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