

The Fruit of the Spirit Includes Meekness  
(Galatians 5:22-23)

Introduction:

1. The fruit of the Spirit consists of 9 characteristics listed in Galatians 5:22-23.
2. In our lesson we are concentrating on the 8<sup>th</sup> characteristic: "meekness."
3. Let us begin our study by showing that . . .

Discussion:

I. THE SCRIPTURES TEACH CHRISTIANS TO BE MEEK

- A. Ephesians 4:1-3
- B. Colossians 3:12-13
- C. Titus 3:1-2

II. LET US DEFINE "MEEKNESS"

- A. Meekness: a gentle, mild, and patient spirit.
  1. Meekness does not imply "weakness."
  2. Meekness has been described as "strength under control."
  3. A person who is meek does not assert himself or his own selfish interests.
  4. Opposite characteristics are vengeance, malice, and wrath that are works of the flesh (Galatians 5:19-21).
- B. We can learn much about meekness by examining meek Bible characters.
  1. Moses
    - a. Moses was meek (Numbers 12:3).
    - b. Later, a lack of meekness got him into trouble (Numbers 20:1-12).
    - c. We learn from Moses that meekness must be demonstrated at all times, especially during stressful situations.
  2. Jesus
    - a. Jesus was meek (Matthew 11:29; 21:4-5).
    - b. Later, Jesus cleansed the temple (Matthew 21:12-13).
    - c. We learn from Jesus that meekness does not forbid opposing error.
    - d. Also, meekness does not mean that the truth must be compromised.

III. OCCASIONS WHEN CHRISTIANS ARE TO DEMONSTRATE MEEKNESS

- A. In general, a Christian is to demonstrate meekness in his "*conversation*" [manner of life] (James 3:13).
- B. To be more specific, we are to demonstrate meekness when:
  1. we receive God's Word (James 1:21)
  2. we answer questions (1 Peter 3:15)
  3. we instruct those who oppose themselves (2 Timothy 2:23-26)
  4. we restore those overtaken in a fault (Galatians 6:1).

IV. MANY BLESSINGS ARE PROMISED TO THE MEEK

- A. Psalm 22:26; 25:9; 37:11; 147:6; 149:4
- B. Matthew 5:5

Conclusion:

1. The world may consider meekness to be a sign of weakness.
2. However, in reality, meekness is a godly characteristic of those who:
  - a. walk and live in the Spirit (Galatians 5:25)
  - b. imitate the example set by Christ.