

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

Introduction:

1. According to Galatians 6:8, we must sow to the Spirit to reap everlasting life.
2. Those who sow to the Spirit will bear the fruit of the Spirit that consists of the 9 special characteristics listed in Galatians 5:22-23.
3. In our lesson we are concentrating on the 8th characteristic: "*meekness*."

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. Some of the works of the flesh (Galatians 5:19-21) are opposite characteristics, including vengeance, malice, and wrath.
 - B. We can learn more about meekness by examining Bible characters who were meek.
 1. Moses was meek (Numbers 12:3).
 - a. Later, a lack of meekness got him into trouble (Numbers 20:1-12).
 - b. We learn from Moses that meekness must be demonstrated at all times, especially during stressful situations.
 2. Jesus was meek (Matthew 11:29; 21:4-5).
 - a. Later, Jesus cleansed the temple (Matthew 21:12-13).
 - b. We learn from Jesus that meekness does not forbid opposing error.
 - c. Meekness does not mean that the truth may be compromised.
- III. OCCASIONS WHEN CHRISTIANS ARE TO DEMONSTRATE MEEKNESS
 - A. Christian men and women are to demonstrate meekness as we go about our daily activities (James 3:13; 1 Peter 3:3-4).
 - 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 one who:
 - a. is walking and living in the Spirit (Galatians 5:25)
 - b. is imitating the example set by Christ.