

# The Happiness of Meekness

## Intro

- We do not understand our own happiness.
- The "Beatitudes Paradox."

*"Blessed are the meek, for they shall inherit the earth." (Matt. 5:5)*

- What is meekness?

"Meekness is not being timid, spineless, unassertive, and easily dominated. It is not a natural niceness. In fact, it has nothing to do with one's personality or temperament. It is the work of the Holy Spirit within. Yet it is a character trait that can and should be cultivated in our lives." –**Jerry Bridges**, *The Blessing of Humility: Walk Within Your Calling*, Kindle Loc. 434

- The meekest Person who ever lived...

*"I am meek and lowly in heart" (Matt. 11:29)*

*"Gentle Jesus, meek and mild" (Charles Wesley)*

- Meekness is not the opposite of *boldness*. But it *is* the opposite of taking charge in life.
- When properly understood, meekness is shrewd and tough in challenging ways.

"[Meekness] is certainly not a lack of backbone. Rather, it is the humble strength that belongs to the [woman] who has learned to submit to difficulties (difficult experiences and difficult people), knowing that in everything God is working for her good. The meek person is the one who has stood before God's judgment and abdicated all her supposed 'rights.' She has learned, in gratitude for God's grace, to submit herself to the Lord and to be gentle with sinners." –**Sinclair Ferguson**, *The Sermon on the Mount: Kingdom Life in a Fallen World*, 21

## Psalm 37

Submission to God and service to others is the route to true happiness.

## Meek Toward God (v. 3-7)

### Submission to God's Word

- Befriending *faithfulness* vs. making a companion of my own thoughts...
- "Delight yourself in the Lord..."

*"Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 for the anger of man does not produce the righteousness of God. 21 Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls."  
(James 1:19-21)*

"He is spiritually meek who conforms himself to the mind of God, and does not quarrel with the instructions of the Word, but with the corruptions of his heart."  
-Thomas Watson, *The Beatitudes*

- *The* virtue of wisdom literature: Teachability.

### Trusting God's Plan

- There are dimensions to life that we sometimes just do not understand.
- What David describes here: the humility to recognize that God's wisdom and ways are beyond us.

*"Therefore I have uttered what I did not understand, things too wonderful for me, which I did not know."  
(Job 42:3)*

"The meek-spirited Christian saith thus: Let God do what he will with me, let him carve out what condition he please, I will submit. God sees what is best for me, whether a fertile soil or a barren. Let him chequer his work as he please, it suffices that God has done it."  
-Thomas Watson, *The Beatitudes*

- Are you convinced that God is *good*? Do you have a deep confidence that God is *for you*?  
✚ **Romans 8**

"The Hebrew word for 'commit' means literally to 'roll.' Meek people have discovered that God is trustworthy, and so they roll their 'way' — their business, their problems, their relationships, their health, their fears, their frustrations — they roll all this onto the Lord. They admit that they are insufficient to cope with the complexities and pressures and obstacles of life, and they trust that God is able and willing to sustain them and guide them and protect them." -John Piper, "Blessed Are the Meek" (Feb. 1986)

## Meek Toward Others (v. 7-10)

### Bearing of Injuries

- “Fret not yourself.” This is God’s mercy to us!
- We don’t like to feel vulnerable, to feel exposed to other people’s actions. We want to be in control of their responses, to manage the situation.
- God invites us to live without frenzy and fret—to release people from our attempts to control them and to work our own sense of justice...

*“When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.” (1 Peter 2:23)*

### Eager to Do Good

*“Who is wise and understanding among you? By his good conduct let him show his works in the meekness of wisdom. 14 But if you have bitter jealousy and selfish ambition in your hearts, do not boast and be false to the truth. 15 This is not the wisdom that comes down from above, but is earthly, unspiritual, demonic. 16 For where jealousy and selfish ambition exist, there will be disorder and every vile practice. 17 But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.” (James 3:13-17)*

- Full of mercy and good fruit.
- Praying for people that most agitate you....

“You can see that meekness truly is humility in action. It takes humility to submit ourselves to and be convicted by God’s Word. It takes humility to not murmur or complain about the difficult and painful events in life, but instead to see them as God’s work of growing us more and more into the likeness of Christ. It takes humility to bear with and forgive those who hurt us in some way. And it certainly takes humility to repay evil with good.”

–**Jerry Bridges**, *The Blessing of Humility: Walk Within Your Calling*, Kindle Loc. 567

## The Promise for the Meek (v. 11)

- The very thing we're fighting for—a *place*—is what God promises us when we are meek.
- *Inheritance*. It is yours because you are heirs of the Kingdom—daughters of the King! And no one can take this from you!
- The solution for discontent and rivalry:

*“Let no one deceive himself. If anyone among you thinks that he is wise in this age, let him become a fool that he may become wise. 19 For the wisdom of this world is folly with God. For it is written, ‘He catches the wise in their craftiness,’ 20 and again, ‘The Lord knows the thoughts of the wise, that they are futile.’ 21 So let no one boast in men. For all things are yours, 22 whether Paul or Apollos or Cephas or the world or life or death or the present or the future—all are yours, 23 and you are Christ’s, and Christ is God’s.”*  
**(1 Corinthians 3:18-23)**

## Discussion Guide

- How do the character traits in the Beatitudes build on one another? That is, why is meekness an inevitable outflow from poverty in spirit and mourning over our sin? On the other hand, if we're struggling with meekness, how does that reveal how we view ourselves and our sin?
- In what conditions of life right now is it difficult to be *meek* toward God (to receive His Word and to accept His plan)?
- Where do you tend to “fret yourself” over people? What does that look like for you?
- Toward whom is God calling you to demonstrate meekness? (You don't need to give a name). What is going to help you show mercy and kindness toward them?