

Meekness: “I Am Gentle and Humble in Heart”

NUMBERS 12:1-15; MATTHEW 11:28-30

Robert Ringer wrote a book called *Looking Out for No. 1*, which became a best seller. This was a surprise to me because most people I have met could probably have written it and hardly needed to read it. Against our culture’s emphasis on being aggressive, standing up for your rights, and speaking out, Jesus’ teaching that “the meek shall inherit the earth” looks impractical and naive.

The word *meekness* suffers because it rhymes with *weakness*, and the two have become synonymous in people’s minds. We’ll see from Moses’ and Jesus’ lives that being meek is not being weak, and it doesn’t usually come naturally. Like every other aspect of Spirit life, meekness—also called gentleness—is possible through obedience to and dependence upon the Spirit of Christ, who himself was gentle and humble in heart.

1. What’s the difference between meekness and weakness?

READ NUMBERS 12:1-15.

2. Why were Miriam and Aaron upset with their brother Moses?

What was implied by their questions?

3. With God's opinion of Moses stated in verses 6-9, how *could* Moses have responded to his siblings' criticism?

Have you ever been in a situation like Moses where you had the upper hand? How did you respond?

4. What aspects of gentleness and meekness do we see in Moses' reactions in this passage?

READ MATTHEW 11:28-30.

5. What does Jesus invite us to do? What does he promise?
6. What attitudes of the head and heart are involved in coming to Jesus in this way?
7. Note how Jesus described himself. What's the difference between being gentle and humble in heart and being spinelessly submissive?
8. How can we learn meekness from Jesus' example?

9. Read the following verses and discuss the areas mentioned in which we are called to live with gentleness and humility.

Galatians 6:1

2 Timothy 2:24-25

James 1:21

1 Peter 3:3-4

1 Peter 3:15

10. How do our different temperaments and personalities affect how we express this fruit of the Spirit? (In other words: Does being meek and gentle always mean being quiet and soft-spoken?)
11. Define *meekness* in your own words.
12. Is there a circumstance in your life right now in which you need to show the true strength of meekness? If you are doing this study in a group, share this if you wish and pray for one another.