

Why Christian Meekness Does Not Equal Weakness

If you want to make healthy choices to be well and whole again, you have to learn to be meek. Matthew 5:5 says, *"Blessed are the meek, for they shall inherit the earth."*

The Bible lists many benefits of meekness: The meek will be satisfied (Ps. 22:26); God will guide them (Ps. 25:9); they will become wise (Prov. 11:2); they will be filled with fresh joy (Is. 29:19).

There are many, many others. The problem is, we misunderstand this term. None of us really know what meekness is. In fact we often confuse it with another term that sounds like it—"meek" sounds like "weak." Nobody wants to be weak, so nobody wants to be meek.

But the truth is meekness and weakness are at the opposite ends of the spectrum. Meekness is in no way weakness. In fact, the Greek word for meekness literally means "strength under control." To be meek is not to be weak. It's used to describe a wild stallion that has been tamed. That stallion still has all the strength it had when it was wild, but now its strength is under control. It is strength bottled up for the master's use. God doesn't want you to be weak, but He does want you to be meek. The Bible teaches that it's one of the keys to stress reduction in your life.

Here's a simple definition of the word *meek*: Let go, and let God. That is the essence of meekness. It is surrendering, submitting and agreeing to what God wants to do in your life. It's letting God be God in your life. *Let go, and let God.*

I don't know a phrase that will do more for your health physically or emotionally than this phrase. If you'll begin to

practice it in your life, it will relieve stress and eliminate worry. If you'll let go and let God, it will defuse anger and end your hurt and resentment.

Talk It Over

- What areas of your life do you especially need to surrender so that God can take control?
 - What might keep you from displaying meekness and submitting your life to God?
 - How does giving God control defuse anger and resentment?
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