



## THEME OF THE MONTH

# Meekness

## *The Inner Strength to Control My Emotions (Meekness vs. Rage)*

1. A calm temper of mind
2. Not easily provoked to anger or outburst
3. Gentle, courteous or kind
4. Submissive or forbearing

### Why is Meekness Important?

*“Follow after righteousness, kindness, humility, meekness and patience...”*

**Colossians 3:12 NKJV**

*“Shall I come to you with a rod or in love and meekness?”*

**I Corinthians 4:21 NKJ V**

*“Be gentle, showing meekness to all people.”*

**Titus 3:2 NKJV**

*“...with meekness and patience, forbearing one another...”*

**Ephesians 4:2 NKJV**

## How Do We Practice Meekness?

1. We choose our words carefully, as words have power over others.
2. We are conscious of what we are saying and how it impacts others.
3. We are conscious of how the tone we use when speaking to others.
4. We look for healthy ways to relieve stress and not lash out at others.
5. We accept criticism and coaching and choose to learn from it.



## MAT CHAT TALKING POINTS

1. What is the difference between meekness and weakness?
2. How does losing your temper impact your relationships with others?
3. How can words exert power over other people?
4. Why should we consider the impact of the words we choose to speak?
5. How can the tone of your speech “color” what is actually being said?
6. Why is important to demonstrate gentleness in our interactions with others?
7. How does anger “stress us out”? Is this healthy? Explain.
8. How do you react so stressful situations at home, school or work?
9. Is criticism important? Is criticism a positive, a negative, or neutral?
10. What can we learn from the criticism of others? How should we respond?

### Talking Points:

Meekness is Fundamental: Without meekness, our ability to control our emotions and cooperatively interact with others is severely limited.

Meekness requires Dedication: Meekness must be cultivated in our lives. It is a process by which we learn to control our desires to “lash out” or “strike back” with emotion-charged words and understand that revenge is not a good thing.

Meekness required Constructive Listening: We must listen not only to what is being said, but how it is being said, and take the time to think things through before responding. We should give others our full attention when they are speaking, and consider their words (and their meaning) carefully before we reply.

Meekness understands People are Human: People often take their frustrations and anger with others out on those closest to them. Meekness understands that people are not always angry for the reason we think they are, and is willing to be patient and forbear their outburst...without responding in like manner.