

The Meek Are Not Weak

*Blessed are the meek,
for they will inherit the earth*

The meek embrace the gift of physical powerlessness. They have the courage to act without the false security of weapons. They are careful to unleash their anger at proper times and in proper ways. They allow God to control their emotions rather than allowing their emotions to control themselves. They do not seek to get their way by overpowering others. They are patient. They do not jump to quick solutions to problems; rather, they will take time to understand before speaking and acting.

Unfortunately meekness is often equated with weakness. Nothing could be further from the truth. Real strength is found in relying on the unlimited power of God rather than relying on the very limited power of human weapons. For example, we would not consider David, God's chosen king of Israel in the Old Testament, to be weak as he presents himself for battle with Goliath. Only Goliath made the mistake of seeing David's meekness as weakness. David, a boy untrained in the ways of military power, refused the military armor and sword of Saul as he went into battle with Goliath. He took with him the tools of a lowly shepherd, and he proclaimed that God alone was his strength and that the Lord does not save people with military weapons. David's meekness became his strength on that day.

Jesus unleashed the full power of meekness when he handed his life over to evil and physically powerful men who believed that they had defeated the apparently weak craftsman from Nazareth. Jesus' triumph over sin and death, symbolized by the cross, reveals the unlimited strength of meekness. Death, the perceived limit of human life, is powerless in the face of meek faith.

1. Color in the letters on *The Meek are not Weak* Handout.
2. Cut out the cut-out boxes on the Handout.
3. Decorate the cross by gluing beads, sequins, or glitter on it.
4. Put your *The Meek are not Weak* Handout on the refrigerator.

Explore a daily newspaper with your family. Identify stories that show how people tend to rely on physical power and violence rather than God for their strength. Cut out these stories. Discuss how the gift of meekness could have helped to resolve situations in the story without the violence that is described in the story. Use a red marker to write "The Meek are not Weak" over the story and tape it to your *The Meek are not Weak* Handout.

The Meek

Cut Out

Cutting Tip: Begin cutting by poking a hole in the center of each cut-out box, then work your way out toward the dashed lines with your scissors.

Cut Out

The Lord is my
strength
-Psalm 28:7

Cut Out

Cut Out

Are Not Weak!