

GOD
CALLS
Adventure

week 2

meeekness

Discover
Spirituality



Meekness

What is meekness?

Meekness is to be Gentle; to have self-control.

Why is it good for me to be meek?

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

(Matthew 11:28-30)

To be a Christian, means to be like Christ. That means we need to read the bible and learn who Jesus was, so that we can learn to live, and act like him. To be meek, or gentle, is something that is quite counter-cultural for our western world today, but Christians are set-apart to be like Christ, and not to conform ourselves to this world:

“Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.”

(Romans 12:2)

Meekness also makes us obedient; this obedience is mostly meant in relation to God, just as Jesus was obedient to the Father’s will for him. However, for us to practice meekness we need to learn how to understand what God’s will is for us. God’s will for us can be revealed to us in many ways, and it takes most of us some time to learn how to understand how to do this... we need help. We get this help from our prayer, from reading the bible, from listening to people experienced in the Christian journey; like the saints, or a priest or spiritual director, or a friend we trust. One of the important things to remember is that we cannot come to God alone, because as a Christian we belong to Christ, we belong to his body-which is the Church. The root of the word, Obedience, is to listen.

- So, what are some ways that we can practice being meek in our day?
- This week we will reflect on some bible passages and see how we can put them into practice.

Monday

- Read from your bible, St Paul’s Letter to the Romans, chapter 12.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus who was gentle, and humble of heart?

Tuesday

- Read from your bible, Matthew chapter 5 verses 1-16.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus who was gentle, and humble of heart?

Wednesday

- Read from your bible, Philippians chapter 2, verses 1-16.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus who was gentle, and humble of heart?

Thursday

- Read from your bible, Ephesians chapter 4.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus who was gentle, and humble of heart?

Friday

- Read from your bible, Psalm 10.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus who was gentle, and humble of heart?



Saturday

- Read from your bible, Matthew chapter 11, verses 25 to 29.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus who was gentle, and humble of heart?

Sunday

- Read from your bible, Colossians chapter 3, verses 12 to 17.
- Ask yourself, what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically, today, to begin to change your life and be conformed to Jesus who was gentle, and humble of heart?

Conclusion of the week:

- In your examination of consciousness today, reflect on what you have learned this week.
- What have you found difficult or challenging?
- What has given you joy or peace this week?
- What do changes will you make to your life going forward?

