

## "Walk in the Meekness of my Spirit"

Mike Baird

### Walking in the Meekness of His Spirit

One of the ways to receive peace of minds is found in D&C 19:23

"Learn of me, and listen to my words; *walk in the meekness of my Spirit, and you shall have peace in me*"

#### See meekness in the Savior's actions

- Luke 22:42  
" Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done"
- Isaiah 53:7  
" He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so he openeth not his mouth."
- Moses 4:2  
" But, behold, my Beloved Son, which was my Beloved and Chosen from the beginning, said unto me—Father, thy will be done, and the glory be thine forever."
- 1 Peter 2  
20) For what glory is it, if, when ye be buffeted for your faults, ye shall take it patiently? but if, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God.  
21) For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps:  
22) Who did no sin, neither was guile found in his mouth:  
23) *Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously:*

#### Emulate the Savior's actions in meekness (walk in His meekness)

- Mike Baird:  
"My conclusion and personal testimony is if we learn from the Savior's actions to have meekness in the exercise of our agency when we go through life's experiences we can find peace, even when we are "tasting the bitter that we may know to prize the good" (Moses 6:55). We are able to cast our burdens at His feet (Psalm 55:22 and he exchanges the ashes in our life for beauty

(Isaiah 61:3). It is when we have pride, anger, "revile when reviled, threaten when we suffer, etc. in the exercise of our agency that peace is elusive and we are left clutching the ashes of our experiences" ("Personal correspondence regarding D&C 19:23" Feb 2008)