

## Meekness

### Empty Nest FHE 1-14-2013

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### **Doctrine: The need for Meekness (Why?)**

#### ***Find peace & rest***

- 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."
- Matt 11:28  
"Come unto me, all ye that labour and are heavy laden, and I will give you rest....learn of me; *for I am meek and lowly in heart*: and ye shall find rest unto your souls"

#### ***Without Meekness cannot have faith and hope***

- Moroni 7:43  
"...behold I say unto you that he cannot have faith and hope, save he shall be meek, and lowly of heart."

### ***None are acceptable before God save the meek***

- Moroni 7:43-44

"...behold I say unto you that he cannot have faith and hope, save he shall be meek, and lowly of heart.

If so, his faith and hope is vain, for *none is acceptable* before God, *save the meek and lowly in heart*;"

- 1 Peter 3:4

" But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of *a meek and quiet spirit*, which is *in the sight of God of great price*."

- Matt 5:5

"Blessed are the meek: for they shall inherit the earth."

### ***God is a "Shepherd not a Shepherder"***

- God desired to have us become like Him
- He needed to make us free to learn and to experience to do so
- Hence agency is essential in becoming like Him
- Meekness is essential to the wise use of Agency
- Meekness is essential to our recovery when we have misused our agency
- Since God does not force us to become like Him our humility and teachability - our meekness are crucial!

## What is Meekness?

### ***Fruit of the spirit***

- Galatians 5:22-23

" But the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith,

**Meekness**, temperance; against such there is no law."

### ***Neal A Maxwell – Meekness is:***

(From "Meekness—A Dimension of True Discipleship" Ensign, Mar. 1983, 70)

"Meekness, however, is more than self-restraint; it is the presentation of self in a posture of kindness and gentleness, reflecting certitude, strength, serenity, and a healthy self-esteem and self-control."

### ***Examples of Meekness***

- Moses
  - Numbers 12:3
    - " (Now the man Moses was very meek, above all the men which were upon the face of the earth.)"
- Savior
  - "Here am I send me"
  - "nevertheless not my will, but thine, be done"
- Prophets we have known

## How do we become Meek?

### ***Repent***

- Moroni 8:25-26  
"... And the **remission of sins bringeth meekness**, and lowliness of heart; and because of meekness and lowliness of heart cometh the visitation of the Holy Ghost..."

### ***Become as a little child***

- Mosiah 3:19  
"... becometh as a child, submissive, **meek**, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him..."

### ***Fruit of the Spirit – gift of grace***

- Galatians 5:22-23  
" But the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith,  
**Meekness**, temperance; against such there is no law."

### ***Acquired through Experience***

- Neal A. Maxwell  
"So, in matters little or large, if our emulation of the Lord is to be serious, we must do more than note and passively admire Jesus' meekness. We must simulate his meekness, remembering that he passed through "all these things," which gave Him, too, needed experiences. (See D&C 122:7.)  
**Meekness is one of those attributes acquired only by experience**, some of it painful, for it is developed "according to the flesh." (Alma 7:11-12.)"  
"I do not say that the development of meekness is easy. There are strivings and struggles and setbacks, and we inch forward when we would prefer to run. Even when we make some progress, there is the sober realization that our very best meekness is but a pale copy of Jesus' meekness. But it is "a type and a shadow of things which are to come." (Mosiah 13:10.) "  
(Meekness—A Dimension of True Discipleship," Ensign, Mar. 1983, 70, <http://www.lds.org/ensign/1983/03/meekness-a-dimension-of-true-discipleship?lang=eng> )

## Neal A Maxwell – Attributes of Meekness:

(From "Meekness—A Dimension of True Discipleship" Ensign, Mar. 1983,  
70, <http://www.lds.org/ensign/1983/03/meekness-a-dimension-of-true-discipleship?lang=eng> )

"The meek are filled with awe and wonder with regard to God and His purposes in the universe. At the same time, the meek are not awestruck by the many frustrations of life; they are more easily mobilized for eternal causes and less easily immobilized by the disappointments of the day."

"When we are truly meek, we are not concerned with being pushed around, but are grateful to be pushed along."

"When we are truly meek, we do not engage in shoulder-shrugging acceptance but in shoulder-squaring, in order that we might better bear the burdens of life and of our fellow beings."

"...not only are the meek less easily offended, but they are less likely to give offense to others. In contrast, there are some in life who seem, perpetually, to be waiting to be offended. Their pride covers them like boils which will inevitably be bumped."

"Meekness also cultivates in us a generosity in viewing the mistakes and imperfections of others "

"the meek go on fewer ego trips, but they have far greater adventures. Ego trips, those "travel now and pay later" indulgences, are always detours."

"Meekness means less concern over being taken for granted, and more concern over being taken by the hand."

" Meekness means less concern ... over revising our own plans for us and more concern about adopting His plans for us is another sure sign of meekness."

"Meekness does not mean tentativeness. But thoughtfulness."

"Meekness makes room for others"

"Among the meek there is usually more listening and less talking."

"The meek think of more clever things to say than are said."

"the meek are able with regularity to peel off the encrustations of ego that form on one's soul so relentlessly and persistently, like barnacles on a ship."

"The meek use power and authority properly, no doubt because their gentleness and meekness reflect a love unfeigned, a genuine caring. The influence they exercise flows from a deep concern (D&C 121:41.)"

"Meekness rests on trust and courage. It is reflected in Nephi's meek acceptance of an assignment, saying, "I will go and do ..." (1 Ne. 3:7) without knowing beforehand all the implications of what he was undertaking."

"Meekness permits us to be confident, as was Nephi, of that which we do know—even when we do not know the meaning of all other things. (See 1 Ne. 11:17.) "

"Meekness constitutes a continuing invitation to continuing education."

"Meekness will permit us to endure more graciously the cruel caricaturing and misrepresentation that accompanies discipleship—especially in the rugged last days of this dispensation."

"Meekness permits us to be prompted as to whether to speak out or, as Jesus once did, be silent. But even when the meek speak up, they do so without speaking down."

"Meekness can make another very significant contribution, as it aids us in bearing up under our personal afflictions."