



1.

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

**Blessed are those who hunger and
thirst for righteousness,
for they will be filled.**

~ Jesus (Matthew 5:5-6)

“Meek” = Praus (adj), prautes (n)...

**Gentleness;
Mildness of spirit;
Power under control;
Submitted strength.**

**Meekness is not weakness,
but power under control.**

You know that the rulers of the Gentiles lord it over them, and their high officials exercise authority over them. ²⁶Not so with you. Instead, whoever wants to become great among you must be your servant, ²⁷and whoever wants to be first must be your slave— ²⁸just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.

~ Jesus (Matthew 20:25-28)

Be Gentle!

Be completely humble and gentle. (Ephesians 4:2)

Let your gentleness be evident to all. (Philippians 4:5)

As God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. (Colossians 3:12)

Pursue righteousness, godliness, faith, love, endurance and gentleness. (1 Timothy 6:11)

But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect. (1 Peter 3:15)

Three Greek Words...

Thumos = rage; unrestrained fury; the emotion of Satan (Revelation 12:12); always wrong.

Aganakteo = “much” + “grief”; to be so opposed to the point of pain (not wanting to cause someone else pain); “indignation” (2 Corinthians 7:11).

Orge = anger; wrath; the emotion of judgment or punishment; God’s domain, not ours.

**God's anger is righteous, because
he is the Judge.**

**John 3:36; Romans 1:18; 2:5;
Ephesians 5:6; Colossians 3:6**

**Our anger is unrighteous, because
we are not the Judge.**

**Matthew 5:22; Ephesians 4:31;
Colossians 3:8; 1 Timothy 2:8**

1. Be slow to get angry – it isn't helping the way you think it is.

Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.

~ James (James 1:19-20)

2. Be quick to get rid of anger – it is harming more than you realize.

“In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.

~ Paul (Ephesians 4:26-27)

Perhaps anger functions like lust?

“Anyone who LOOKS (blepo: to physically or mentally stare, focus on, examine, contemplate) at a woman lustfully has already committed adultery with her in his heart.”

~ Jesus (Matthew 5:28)

**3. Let love, not anger, be your
motivation for action.**

**Ephesians 5:2;
Matthew 7:1-5;
John 3:16**

**4. Transmute unrighteous anger into
godly sorrow, grief, mourning.**

**Romans 12:15;
1 Corinthians 12:26;
2 Corinthians 6:11**

**5. Be filled with the Spirit, and
thereby his fruit.**

**Ephesians 5:18;
Galatians 5:22-23**

Do you want to be like Jesus? Really?

Do you want to suffer well?

**Do you want to love people who hate you and
do good to people who mistreat you?**

Do you want to serve rather than be served?

**Do you want to shun the power of popularity
and embrace a life of scorn and being
misunderstood.**

**Do you want to pray FOR (not against) your
persecutors?**

Do you at least want to want to be like Jesus? That's a good start...

I planted the seed, Apollos watered it, but God has been making it grow.

(1 Corinthians 3:6)

Work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.

(Philippians 2:12-13)

A Closing Prayer

Dear Jesus,

I want to be like you.

Or at least, I want to want to be like you.

I am hungry, and I am thirsty, for what is right.

**Please soften my heart and fill me with your
Spirit.**

Amen