

## **Blessed Are the Meek**

n/a

### **Ready:**

Blessed are the gentle, because they will inherit the earth.—Matthew 5:5

### **Set**

A successful gymnast has rhythm, confidence, and a strong body—but most vitally, power and control. With power, a gymnast can whip her body around a bar to gain momentum for a dismount. She can vault herself high enough over an apparatus to flip and twist her body in the air. She can leap off the ground and complete numerous harrowing tumbling passes during a floor routine. Power is important to these young athletes.

As impressive as power alone can be, it does not earn scores in gymnastics. The rules are not concerned with how high an athlete can jump, but how precisely she can stick the routine. She could vault herself at twice the height of her competitors, but falling to the ground can render her irrelevant in competition. She must control her body to complete the task assigned.

Gentleness (meekness) is greatly misunderstood by our culture. Biblically, it means to possess power under control. God does not say the powerful will inherit the earth. Granted, there is nothing wrong with possessing power. God increases the worldly power of Christians every day. But with an increase in power must come an increase in self-control and discipline—to contain power so it does not become wild.

For a gymnast, jumping backward into the air is the easy part. Landing solidly is key. To land solidly, a gymnast must maintain a controlled body position. Through perseverance and discipline—essentially control—she acts as one who is meek.

### **Go**

1. Have you ever known anyone with a large amount of power who abused it?
2. How could that person have channeled their power into something good?
3. How have you let your freedom and power get out of control? What were the consequences?

### **Workout**

Extra Reading: 1 Corinthians 9:27; 2 Corinthians 12:9; Philippians 2:6-8

### **Overtime**

Lord, please teach me to be meek. Help me to be wise with the power You have given me.  
Thank You. Amen.



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