

# MEEK & QUIET SPIRIT

ICBC WINTER CAMP

7-9 JULY 2020

## OUTLINE FOR SERMONS:

- I. The Nature of Meekness and Quietness of Spirit
- II. The Excellency of Meekness
- III. Lack/Want of Meekness Lamented
- IV. Encouragements to Meekness – Scripture Precepts
- V. Scripture Patterns
- VI. When Meekness Is Especially Required
- VII. Arguments for Meekness
- VIII. How to Become Meek

*...the ornament of a meek and quiet spirit,  
which is in the sight of God of great price.*

1 Peter 3:4



## I. The Nature of Meekness and Quietness of Spirit

A. We must be of a meek spirit.

- **What is meekness?**

- It is an \_\_\_\_\_ of spirit.
- a willingness to accommodate to every occurrence that God and others bring into my life, easy-going in the sense of not being uptight when things don't go \_\_\_\_\_  
\_\_\_\_\_.

The Latins likened a meek man to a wild animal which has been \_\_\_\_\_.



### 1. There is meekness toward \_\_\_\_\_.

Meekness toward God is the easy and quiet \_\_\_\_\_ of the soul to God's whole will, as He is pleased to make it known, whether it be by His Word or by His providence (His dealings with us through the circumstances and events He places in our lives).

a. *It is the silent submission of the soul to the \_\_\_\_\_ of God.*

-Meekness is like plowing a field, where the soil is soft and \_\_\_\_\_ to \_\_\_\_\_ the seed of the Word.

-Meekness makes my soul like a blank sheet of paper, waiting for the Lord to write on it \_\_\_\_\_ He \_\_\_\_\_.

-Meekness sits us down at the feet of the Lord Jesus like Mary of Bethany, of whom it was said that she *'sat at Jesus' feet, and heard his word.'* To sit at a teacher's feet speaks of putting yourself in the \_\_\_\_\_ place and position.

-To receive the word with meekness is to be delivered into it like into a \_\_\_\_\_.  
(Rom.6:17)

b. *It is the silent submission of the soul to the \_\_\_\_\_ of God (His dealings with us through the circumstances and events He places in our lives).*

i. when the events of Providence are grievous and \_\_\_\_\_

'When God's anger is kindled, ours must be stifled. Such is the law of meekness, that whatsoever \_\_\_\_\_ God must not \_\_\_\_\_ us.' -Matthew Henry

ii. when the methods of Providence are dark and \_\_\_\_\_

2. There is meekness toward our \_\_\_\_\_.

Meekness especially tames the wild emotion of \_\_\_\_\_.

a. *Meekness teaches us prudently to govern our \_\_\_\_\_ anger.*

## The Fourfold Work of Meekness



To **c** \_\_\_\_\_ the circumstances when we are provoked to become angry, so as at no time to express our displeasure without first giving it careful thought.



To **c** \_\_\_\_\_ the spirit, so as that the inward peace may not be disturbed by any outward provocation.



To **c** \_\_\_\_\_ the tongue, and 'keep the mouth as with a bridle' when the heart is hot.



To **c** \_\_\_\_\_ the heat of passion quickly, and not let it continue.

Outraged people tend to use insulting language, to call people ridiculous names, to take the precious Name of God in vain and profane It. It is characteristic of the children of hell to vent their rage at their partner, their child, their dog, their workmate, other

drivers by swearing. Fury causes some to reveal secrets, to make rash vows or resolutions, to slander others – or fail to give a true impression of them. Fierce anger can cause us to bring railing accusations, and so do the \_\_\_\_\_ work for him (Revelation 12:10).

Meekness is to the tongue what a wheel is to a ship, not to silence it, but to guide it, and to \_\_\_\_\_ it wisely (James 3:4), especially when the wind is high.



If at any time we conceive passion and think evil, meekness lays the \_\_\_\_\_ on the mouth, as the wise man's advice is in Proverbs 30:32 *'If thou hast done foolishly in lifting up thyself, or if thou hast thought evil, lay thine hand upon thy mouth.'*

*b. Meekness teaches and enables us patiently to bear the anger of \_\_\_\_\_*

***Our first care is to \_\_\_\_\_ the anger of others:***

- by giving no offense to any (1 Corinthians 10:32 says 'Give none offence...')
- by becoming all things to all men, seeking to make ourselves agreeable and acceptable to others (1 Corinthians 9:22 says 'I am made all things to all men, that I might by all means save some'),
- by obeying Romans 12:18 'as much as lieth in you, live peaceably with all men.'

- And as Romans 15:2 puts it, ‘Let every one of us please his neighbour for his good to edification.’

**But our next care must be to so behave ourselves that when others are angry, we may not make bad \_\_\_\_\_.**

Meekness enables us to either...

- Be \_\_\_\_\_  
 Servants are commanded *‘to please [their masters] well in all things; not answering again’* (Titus 2:9).  
 Better say \_\_\_\_\_ than that which is provoking.

To be silent when we have much we’d like to say is what God calls \_\_\_\_\_.

It is better by silence to yield to our brother, who is, or has been, or may be our \_\_\_\_\_, than by angry speaking to yield to the devil, who has been, and is, and ever will be our sworn \_\_\_\_\_.

- Compose a \_\_\_\_\_ answer  
 Proverbs 15:1 *‘A soft answer turneth away wrath: but grievous words stir up anger.’* If someone speaks angrily at you, pause a while, study an answer which will be mild and gentle. This is to pour \_\_\_\_\_ on the flame, while irritability would pour \_\_\_\_\_ on it.



I. The Nature of Meekness and Quietness of Spirit

B. We must be of a quiet spirit.

Quietness is recommended to us in the Scriptures as a grace which we should be endured with, and a duty which we should practice. In the midst of all of life's tribulations we must keep our spirits sedate and undisturbed. This is quietness.

\_\_\_\_\_, *all [ye] that labour and are heavy laden, and I will give you rest.*

*Take my yoke upon you, and learn of me;*

\_\_\_\_\_  
\_\_\_\_\_. *For my yoke [is] easy, and my burden is light. Matthew 11:28-30*

*For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, \_\_\_\_\_.*

\_\_\_\_\_  
\_\_\_\_\_ *upon the throne of David, and upon his kingdom, to order it, and to establish it with judgment and with justice from henceforth even for ever. The zeal of the LORD of hosts will perform this.*

*Isaiah 9:6-7*



The word has something in it of metaphor, which admirably illustrates the grace of meekness:

1. We must be quiet as the \_\_\_\_\_.
2. We must be quiet as the \_\_\_\_\_.
3. We must be quiet as the \_\_\_\_\_.

*So Abijah slept with his fathers... and Asa his son reigned in his stead. \_\_\_\_\_.*  
*And Asa did [that which was] good and right in the eyes of the LORD his God: 2 Chronicles 14:1-2*

4. We must be \_\_\_\_\_ as the \_\_\_\_\_.

*Surely I have behaved and quieted myself, as a child that is weaned of his mother: \_\_\_\_\_.*  
*\_\_\_\_\_ . Psalms 131:2*

## II. The Excellency of Meekness

*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,*

\_\_\_\_\_.

*1 Peter 3:4*

**A. Consider how *credible* a meek and quiet spirit is.**

Creditable – commendable, praiseworthy

The excellency of a meek and quiet spirit will appear, if we consider the \_\_\_\_\_ of it.

**1. There is in it the credit of \_\_\_\_\_.**

*He that is \_\_\_\_\_ is  
\_\_\_\_\_; and he that  
\_\_\_\_\_ than  
\_\_\_\_\_. Proverbs 16:32*

- \_\_\_\_\_ and the rebellious lusts in our own heart.
- \_\_\_\_\_, the greatest enemy of all; and what conquest can be more honorable than this?



**2. There is in it the credit of \_\_\_\_\_.**

**3. There is in it the credit of \_\_\_\_\_.**

A meek and quiet spirit is the ornament of the soul.

*Whose adorning \_\_\_\_\_  
adorning of plaiting the hair, and of wearing of gold,  
or of putting on of apparel;*

\_\_\_\_\_,  
*in that which is not corruptible,*  
\_\_\_\_\_, *which*  
*is in the sight of God of great price. 1 Peter 3:2-4*

**4. There is in it the credit of \_\_\_\_\_.**

*And the angel of the LORD appeared unto him, and  
said unto him, \_\_\_\_\_.*

***Judges 6:12***

**5. There is in it the credit of \_\_\_\_\_  
\_\_\_\_\_.**

Being meek – is to be like the great God Himself,  
whose goodness is his glory, who is “slow to anger,”  
and in whom “fury is not.”

*...but \_\_\_\_\_ ready to pardon,  
gracious and merciful, \_\_\_\_\_,  
and of great kindness, and forsookest them not.*  
***Nehemiah 9:17***

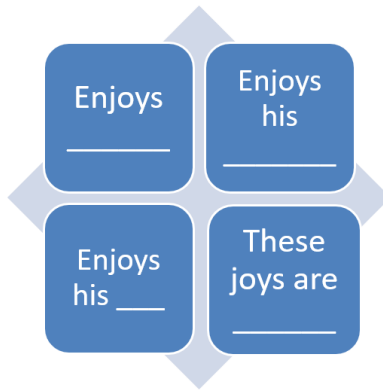


II. The Excellency of Meekness

A. Consider how *credible* a meek and quiet spirit is.

B. Consider how *comfortable* a meek and quiet spirit is.

Consider How Comfortable a Meek and Quiet Spirit Is



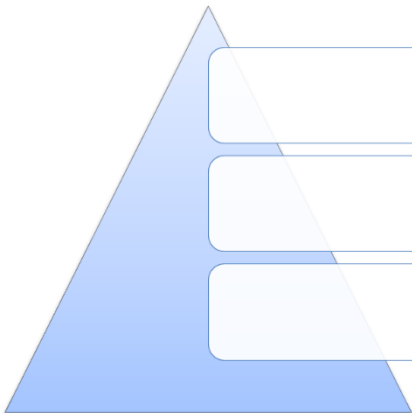
-A meek man enjoys \_\_\_\_\_.

Psalm 127:2

-Not like \_\_\_\_\_ who could not eat.

-Not like \_\_\_\_\_ who ate but was unsatisfied unless he could get revenge.

Psalm 37:11



**-A meek man enjoys his \_\_\_\_\_.**

In our current state of imperfection, there can be no friendship maintained without mutual \_\_\_\_\_.

We do not yet dwell with angels and spirits of just men made perfect. We live with men of like passions as we are. Meekness teaches us to consider this, and to allow accordingly. In this way, distance and strangeness can be avoided. Feuds and quarrels are happily prevented.

**-A meek man enjoys his \_\_\_\_\_.**

**-These joys are \_\_\_\_\_.**

Psalm 91:1-3 *'He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust. Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.'* Notice the promise of that last verse applies to the one who dwells \_\_\_\_\_ close to the Lord.

Those who wish ill to us cannot reach us. The greatest provocations that men could give would not hurt us if we left them alone. He that has learned with meekness and quietness to forgive offenses and pass them by, has found the surest way of \_\_\_\_\_ them. You could call it an innocent revenge.

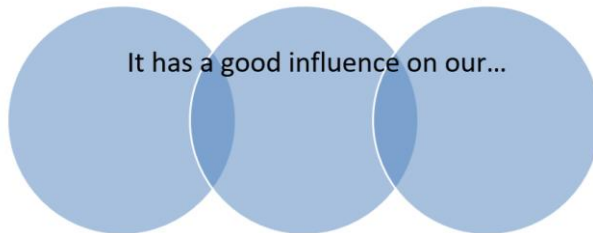
C. Consider how *profitable* a meek and quiet spirit is.

1. The condition of the promise

Matthew 5:5  
*Blessed are the meek:  
for they shall inherit the earth.*

2. Meekness has in its own nature a direct tendency to our present \_\_\_\_\_.

### Meekness Produces 3 Earthly Benefits



- If ‘*envy [is] the rottenness of the bones*’ (Proverbs 14:30), then meekness is the preservation of them. Ungoverned anger, worry, guilt, and excessive pessimism put needless stress on our overall health. Meekness is the cure for each of these sins of the heart.

For example, when Ahab was sick for Naboth’s vineyard, meekness would have cured him. Moses, the meekest of men, not only lived to be old, but was free from the frailties of age (Deuteronomy 34:7). It’s likely his meekness was

the cause. Don't foolishly let unquietness make the days of your old age \_\_\_\_\_ than they otherwise would be!

- As in nations, war brings \_\_\_\_\_ to families. Many have lost a sizeable sum of money by giving way to ungoverned anger, sometimes even sacrificing the children's portions and the family maintenance. Strife can clothe a man in rags. Therefore those who learn to keep peace help to keep and grow their personal wealth.

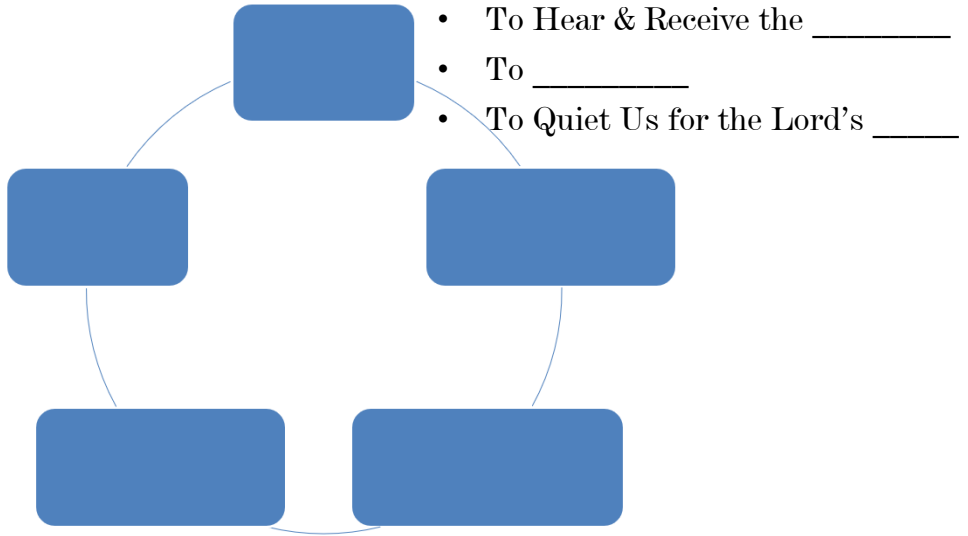
Revenge is \_\_\_\_\_. Remember what it cost Haman to enact a law to exterminate the Jews? In Esther 3:9, he said to King Ahasuerus, *'If it please the king, let it be written that they may be destroyed: and I will pay ten thousand talents of silver...'* Think what you could do with all of that money! It's better to forgive and save the legal fees!

- It's generally considered to be dishonourable to attack an unarmed, unresisting man who doesn't respond when provoked. Likewise, the meek escape many troubles that the provoking, raging, and revengeful pull upon their own heads.

Perhaps you've heard of the two goats that met on a narrow bridge. If they clashed, they'd both be in danger. They were safe when one of them was meek enough to crouch and let the other go over him. It is the evil of passion that turns our friends into enemies; it is the excellency of meekness that turns our enemies into \_\_\_\_\_.

D. Consider what a *preparative* it is for something further.

## Meekness Makes Us Fit for...







**III. Lack/Want of Meekness Lamented**

**A. Introduction:**

a. If meekness is the \_\_\_\_\_ of a Christ-like spirit, then how sad that it is so lacking among many who \_\_\_\_\_ to be followers of Christ (Matthew 11:28-29)!

i. We should not criticise \_\_\_\_\_ before we criticise ourselves in this matter (Luke 6:42).

ii. Many who are hard workers, skilled in church ministries, diligent in Bible study, or fervent in prayer, still \_\_\_\_\_ meekness! \_\_\_\_\_ was an example of this.

b. Yet there are those who are very meek, but were previously the worst kinds of sinners, showing that with God, all things are \_\_\_\_\_. \_\_\_\_\_ is an example.

**B. People in authority are often likely to \_\_\_\_\_, because they lack meekness.**

**C. People under authority are often likely to \_\_\_\_\_, because they lack meekness (1 Tim. 6:1).**

a. If they don't think they are treated fairly, they fret and lose their inward \_\_\_\_\_, and they get hot-headed. They are never happy with how they

are treated, and will find \_\_\_\_\_ in their authorities.

b. These are lacking a quiet spirit. If God has put you under the yoke, He will give you \_\_\_\_\_ to be Christ-like under the yoke.

**D. Equals are often likely to clash and \_\_\_\_\_, because they lack meekness (1 Peter 5:5).**

- a. These kinds of people will stir up other people:
- i. By \_\_\_\_\_ and written communication
  - ii. By \_\_\_\_\_ with their brethren
  - iii. By their unwillingness to \_\_\_\_\_ to certain of the brethren.
  - iv. By \_\_\_\_\_ members not talking to one another.
  - v. By \_\_\_\_\_ among siblings or fellow workers:
    1. Contradicting them
    2. \_\_\_\_\_ their actions
    3. Finding fault with them
  - vi. By responding with quick-fire when their words, ideas, opinions, desires, or plans are \_\_\_\_\_ in any way
  - vii. By getting easily \_\_\_\_\_, no matter how small, or even at imagined intentions.
  - viii. By silently \_\_\_\_\_
  - ix. By sowing seeds of \_\_\_\_\_ among brethren

**E. Conclusion**

a. Instead of trying to \_\_\_\_\_ ourselves, let's settle our sins with God, so that we need not face them at the judgment seat of Christ.

b. 'Before we can put on the ornament of a meek and quiet spirit, we must wash in the laver of true \_\_\_\_\_, not only for our gross and open extravagances of passion, but for all our neglects and omissions of the duties of meekness.' (p. 65)





IV. Encouragements to Meekness – Scripture Precepts

Should we not desire wholeheartedly this ornament of a meek and quiet spirit?

For direction in this endeavour there is before us some \_\_\_\_\_.

Some \_\_\_\_\_ of it; some \_\_\_\_\_ in which we have special need of it; some \_\_\_\_\_ that we should abide by; and some \_\_\_\_\_ that we should abound in, \_\_\_\_\_.

If we lay the word of God before us for our rule, and will be ruled by it, we shall find the command of God making meekness and quietness as much our *duty* as they are our *ornament*.

\_\_\_\_\_:

A. We must \_\_\_\_\_ meekness.

*Seek ye the LORD, all ye meek of the earth, which have wrought his judgment; seek righteousness, \_\_\_\_\_: it may be ye shall be hid in the day of the LORD'S anger. Zephaniah 2:3*

B. We must \_\_\_\_\_ meekness.

\_\_\_\_\_, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, \_\_\_\_\_, longsuffering; Colossians 3:12

C. We must \_\_\_\_\_ meekness.

- But thou, O man of God, flee these things; and \_\_\_\_\_ righteousness, godliness, faith, love, patience, \_\_\_\_\_ . 1 Timothy 6:11
- If it be possible, \_\_\_\_\_, \_\_\_\_\_ . Romans 12:18
- \_\_\_\_\_ in the bond of peace. Ephesians 4:3

D. We must \_\_\_\_\_ meekness

\_\_\_\_\_.

\_\_\_\_\_ to be subject to principalities and powers, to obey magistrates, to be ready to every good work, To speak evil of no man, to be no brawlers, [but] gentle, \_\_\_\_\_ . Titus 3:1-2

This meekness must be thus showed *unto all men.*

So exceeding broad is this commandment,  
“... \_\_\_\_\_ *meekness unto* \_\_\_\_\_ *men.*”

**E. We must “ \_\_\_\_\_ to be quiet.”**

*And that ye \_\_\_\_\_, and to do your own business, and to work with your own hands, as we commanded you; - 1 Thessalonians 4:11*

Study – Labour, strive

Quiet – to keep still i.e. refrain from labour, meddlesomeness or speech :- hold peace, be quiet, rest

Subdue and keep under all those disorderly passions which tend to the disturbing and clouding of the soul.



## V. Scripture Patterns

Good examples help with much to illustrate and enforce good rules, bringing them closer to particular cases, and showing them to be practicable.

We are compassed about with a great a cloud of witnesses, but we shall single out only some few from the Scriptures.

A. \_\_\_\_\_

How meek was Abraham when there happened a strife between his herdsmen and Lot's.



*And \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, and  
between my herdmen and thy herdmen; for we be brethren.*

-Genesis 13:8

Another instance of Abraham's meekness:

*And Sarai said unto Abram, \_\_\_\_\_:  
I have given my maid into thy bosom; and when she saw  
that she had conceived, I was despised in her eyes: \_\_\_\_\_  
\_\_\_\_\_.* Genesis 16:5

Abraham did not answer passion with passion, that would have put all into a flame; but he answered passion with meekness, and so all was quiet.

B. \_\_\_\_\_

Now the man \_\_\_\_\_, \_\_\_\_\_  
\_\_\_\_\_ which were upon the face of the earth.

-Numbers 12:3

The meekness of Moses as the patience of Job, was tried on all hands.

C. \_\_\_\_\_

D. \_\_\_\_\_

How patiently did he bear the greatest injuries and shame, not only from the Jews and heathens, but from false brethren, that were so very industrious to abuse and undermine him!

E. \_\_\_\_\_

1. He was very meek towards \_\_\_\_\_ .

*And he went a little further, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: \_\_\_\_\_*

\_\_\_\_\_ . *Matthew 26:39*

2. He was very meek toward \_\_\_\_\_ .

As long as he was with them, so long he suffered (put up with – bear with) them.



*He answereth him, and saith, O faithless generation, how long shall I be with you? \_\_\_\_\_  
\_\_\_\_\_  
bring him unto me. Mark 9:19*

Christ was very meek towards His friends in His forgiving and passing by their unkindness and disrespect to Himself.

*There came unto him a woman having an alabaster box of very precious ointment, and poured it on his head, as he sat at meat. But when his disciples saw it, they had indignation, saying, \_\_\_\_\_?  
Matthew 26:7-8*

When Peter had denied Christ, nothing could be more unkind. With what meekness did He bear it?

\_\_\_\_\_  
*And Peter remembered the word of the Lord, how he had said unto him, Before the cock crow, thou shalt deny me thrice. Luke 22:60-61*

3. He was very meek toward \_\_\_\_\_.

i. His meekness toward His enemies appears in \_\_\_\_\_.

*Who, \_\_\_\_\_, \_\_\_\_\_  
\_\_\_\_\_; \_\_\_\_\_,  
\_\_\_\_\_; but committed himself  
to him that judgeth righteously: -1 Peter 2:23*

ii. His meekness toward His enemies  
appears in \_\_\_\_\_.

\_\_\_\_\_  
\_\_\_\_\_.

*And they parted his raiment, and cast lots.  
Luke 23:34*



VI. When Meekness Is Especially Required

*Titus 3:1-2 'Put them in mind to be subject to principalities and powers, to obey magistrates, to be ready to every good work, To speak evil of no man, to be no brawlers, but gentle, **showing all meekness unto all men.**'*

A. Introduction:

- a. The general rule is: We must show \_\_\_\_\_ meekness. That is, meekness needs to be part of \_\_\_\_\_ we have to do with other people.

B. We must give \_\_\_\_\_ to others with meekness (Galatians 6:1).

- a. The three qualifications of a good surgeon are needed in a wise reprover also:
- i. An eagle's \_\_\_\_\_
  - ii. A lion's \_\_\_\_\_
  - iii. A lady's \_\_\_\_\_
- b. 'Though sometimes it is necessary to reprove with warmth, yet we must never reprove with \_\_\_\_\_, "for the wrath of man works not the righteousness of God.'" (p. 90)

c. 'It is a fearful thing to be God's  
\_\_\_\_\_.'

**C. We must \_\_\_\_\_ correction with meekness  
(Psalm 141:5).**

a. We must be quiet under it, not fighting with the  
reprover, not objecting, not getting \_\_\_\_\_  
about how it makes us feel.

b. We must submit ourselves to the  
\_\_\_\_\_ of it, as a patient submits to the  
surgeon's knife.

c. Even if we are innocent of what we are corrected  
for, we must \_\_\_\_\_ the Holy Spirit to use it to  
bring change to any other hidden area in our lives.

d. *Pro 25:12 'As an earring of gold, and an  
ornament of fine gold, so is a wise reprover upon an  
\_\_\_\_\_ ear.'*

e. 'Superiors should receive reproofs from inferiors  
with meekness, as they would any other token of  
kindness and good will...Meekness teaches us, when a  
just reproof is given, to regard not so much who  
speaks, as \_\_\_\_\_ is spoken.' (p. 94)

**D. We must teach \_\_\_\_\_ (those that talk  
back) with meekness (2 Tim 2:24-25).**

a. Ministers must have meekness in this, as they are  
ambassadors of the Prince of peace. They must

contend earnestly for the faith, yes, but not with  
fleshly \_\_\_\_\_.

- b. Christ \_\_\_\_\_ Himself as a minister (that others should learn of him), because of His meekness.
- c. ‘God’s cause needs not the patronage [support] of our sinful passions, which often give a mighty \_\_\_\_\_ even to the truth for which we plead.’ (p. 95)

**E. We must \_\_\_\_\_ about our eternal hope with meekness (1 Peter 3:15).**

- a. Meekness should be our \_\_\_\_\_ characteristic: (Eph 4:1)
- b. We must not confuse \_\_\_\_\_ with meekness, when God gives us opportunity to bear witness for Him.
- c. ‘Those that would successfully confess the truth, must first learn to deny themselves...When we give a reason for our religion, we must not \_\_\_\_\_ of ourselves, or of our own attainments, nor reflect contempt and wrath upon our persecutors...’ (p. 96)
- d. With meekness, \_\_\_\_\_ witnessed a good confession before Pilate.

**F. We must bear \_\_\_\_\_ [expressions of disapproval] with meekness (1 Peter 3:15-16)**

a. 'If a dog barks at a sheep, the sheep will not bark at the dog again.'



b. 'For me to disquiet myself and put myself into a passion because another abuses me, is as if I should scratch the skin off my face to wipe off the dirt which my adversary throws on it.' (p. 98)

c. 'Perhaps our religion suffers more by our \_\_\_\_\_ under the reproach, than by the reproach itself.' (p. 99)

d. If we have learned to keep a meek and quiet spirit, it will then be possible to \_\_\_\_\_ and be exceeding glad when we are persecuted for righteousness' sake.



**VII. Arguments for Meekness**

**A. The man who is \_\_\_\_\_ over his own strong desires has the greatest peace (Prov 16:32)**

a. This is a greater comfort than to be master over many \_\_\_\_\_.

b. Our worst enemies are our own sinful \_\_\_\_\_.

i. ‘Lord deliver me from that ill man, my own \_\_\_\_\_, and then I am safe enough.’ (p. 100)

ii. Instead of trying to conquer others who disagree with us, we should double our guard against our own sinful hearts, where the most \_\_\_\_\_ lies.

**B. We all \_\_\_\_\_ people in many things (Jas 3:2)**

a. It is part of *human* nature to do so.

i. \_\_\_\_\_ is inclined to be foolish and selfish, easily annoyed and quick to argue. We must learn how to respond to it in meekness.

ii. We might be saddened when we see it in others, but we must not be \_\_\_\_\_.

b. It is part of our *own* nature to do so.

i. We should remember that if others have offended us, we have offended God

\_\_\_\_\_.

ii. *Ecc 7:21 'Also take no heed unto all words that are spoken; lest thou hear thy servant curse thee: For oftentimes also thine own heart knoweth that thou thyself likewise hast cursed others.'*

**C. Others who stir us up to anxiety and anger are \_\_\_\_\_ in God's hands (Genesis 50:20).**

- a. Example: Shimei's treatment of \_\_\_\_\_
- b. Example: \_\_\_\_\_ view of the Sabateans and Chaldeans

**D. We can get good from anybody's bad treatment of us.**

- a. If we recognise man's reproaches as God's \_\_\_\_\_, as David.
- b. If we recognise man's hurtfulness as God's \_\_\_\_\_, as Joseph.



**E. Careless words and actions will probably become a matter of careful \_\_\_\_\_.**

- a. In the heat of our fleshly anger, we might brace ourselves against the comments, corrections, or



insults of others, but how will we silence our  
own \_\_\_\_\_ afterwards?

**F. A meek and quiet spirit pleases God the most, and is  
therefore best for our own well-being.**

- a. A meek and quiet spirit is the foundational  
attitude of a peaceful walk with God. It is how  
He is, and all who would walk at \_\_\_\_\_  
with Him must have it.

## SESSION 9: THURSDAY 4 PM

SPEAKER: PASTOR KEVIN HARRIS



### VIII. How to Become Meek

#### How to Become Meek

1. Withdraw your a \_\_\_\_\_ from this world, and everything in it.
2. Be often r \_\_\_\_\_ of your sinful passions, and renewing your r \_\_\_\_\_ against it.
3. Keep out of the way of provocation, and g \_\_\_\_\_ against it.
4. Learn to p \_\_\_\_\_.
5. P \_\_\_\_\_ to God by His Spirit to work in you this excellent grace.
6. Be often examining your growth and p \_\_\_\_\_ in this grace.
7. Delight in the c \_\_\_\_\_ of meek and quiet persons.
8. Study the c \_\_\_\_\_ of our Lord Jesus.
9. Meditate often about the dark and silent g \_\_\_\_\_.