

# Meekness: yielding my personal rights and expectations with a desire to serve

## meekness is not weakness

Meekness *n* 1: manifesting patience and long suffering 2: enduring injury without resentment 3: not violent

Meekness is a hidden power. It is strength that is not revealed impulsively, but rather employed thoughtfully and humbly. Meekness is a temper that is carefully maintained so that emotions are not out of control.

The emotions are by far the strongest driving force within an individual. Reason lays out a logical path, and character pricks the conscience with what is right or wrong. But emotions motivate and drive direction.

When a person loses his temper, his decisions become subject to the surging waves of emotion. The vital

“counsel” of reason and good character loses its voice.

Meekness is character’s firm grip on the temper. As long as the temper remains intact and under the guidance of good character, emotions retain their role-motivating and enforcing right decisions.

Meekness is not weakness. Meekness is the great strength that holds back all that destructive force and channels it productively in measured ways.

Meekness is not a lack of strength; meekness is exercising all the strength of skill and passion a person has, but applying them under the governing wisdom of good character; in short, avoiding being aroused to angry action.

*“If you think meekness is weakness, try being meek for a week!”*

*( unknown )*

*“He who loves life must practice meekness.”*

*( Salomon Ibn Gabirol (c. 1050A.D. ) )*

*“The salvation of this human world lies nowhere else than in the human heart, in the human power to reflect, in human meekness and human responsibility.”*

*( Vaclav Havel )*

## meekness vs. anger

### meekness is:

\* being slow to get angry

\* not boasting

\* not grumbling or complaining

\* looking for ways to help those in need

\* being willing to go last

## calm down!



Meekness is knowing when a reaction will only play into the hands of the opposition and learning to restrain your temper. Meekness is avoiding an angry reaction when struck rather than striking back - not because you cannot respond or are intimidated, but because you will not be drawn into a senseless fight.

Meekness understands these complex realities and knows when to avoid angry actions, because doing so achieves a greater victory than any means of retaliation.

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## From the coordinator:

Greetings from your new Topeka City of Character Coordinator, Cindy Patton. I am very excited about this new opportunity to serve in promoting character education in Topeka. Our organization just partnered with Topeka USD 501 on June 5 and 6 to present a conference for teachers, paras and counselors on teaching character in the classroom. A new web based online program for teachers to access to learn more about teaching character was introduced at this conference. One of the six goals of the U.S. Department of Education is

to "promote strong character and citizenship among our nation's youth." (Strategic Plan 2002-2007) Providing character education materials to teachers will be an important way that Topeka City of Character can assist educators in reaching that goal. Call or email me at Topeka City of Character to find out what you can do to assist us in training our youth to be valuable workers and citizens.

Cindy Patton,  
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*Meekness is maintaining the relationship of trust between individuals and authorities that is essential for a peaceful and prosperous community, whether civil or corporate.*

*Meekness is welcoming correction rather than instinctively defending oneself. This means meekly accepting correction when I am found to be wrong, even if the person delivering the correction has some faults of their own.*

*"Mental toughness is many things. It is humility because it behooves all of us to remember that simplicity is the sign of greatness and meekness is the sign of true strength. Mental toughness is spartanism with qualities of sacrifice, self-denial, dedication. It is fearlessness, and it is love."  
(Vince Lombardi)*

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**Good character is the key to success!**