

MEEKNESS

“I am meek and humble of heart”

(Mt 11:29)



*The ways of the world are not the ways of God. Learn from Me, for I am meek and humble of heart. My meekness flows from who I am— Love. Because I love you, I am willing to suffer all your brokenness. Because I love you, I continue to gaze upon you with tenderness in mercy. Love is meek and humble. **Meekness does not react from anger but transforms the anger into patient endurance solely for the good of the other.** To desire solely the Cross is to be meek and humble of heart. **Meekness is the virtue that clothes you in Christ’s calm dignity amid persecution.***

Meekness is attained by the souls who persevere suffering all with Me as I have taught you. Meekness is attained by those trained to keep their gaze upon My Love crucified during the trials and sufferings of life. It is the fruit of the few who choose to walk the narrow path of My passion with their gaze fixed upon Me, the Lamb of God who voluntarily lays down His life solely for love. —Message of 8/22/22

■ **Meekness does not react from anger but transforms the anger into patient endurance solely for the good of the other.** —8/22/22

MEEKNESS is the virtue that moderates anger and its disorderly effects. It is a form of temperance that controls every inordinate movement of resentment at another person’s character or behavior.

*The second nail begins the expansion of the heart. As you abandon yourself in everything to My Will and choose to live every situation with trust in My love and the goodness of ABBA, you grow in abandonment, which expands your heart with Divine Love. You no longer live according to your feelings and emotions but in perfect trust in my love and mercy. **You choose to live to please Me as one with the Father through the grace of the Holy Spirit and deny your feelings.** 12/19/21*

Meekness is the virtue that moves us to process our anger and not react from it but to “INTEGRATE” it into the Sacred Heart of Jesus to please Him and accomplish His Will.

Meekness: the power to change the world

Bishop Arthur Serratelli:¹

The Greek philosopher Aristotle defined meekness as a virtue because it is a balance between two extremes. **It stands between becoming angry at the wrong things and not becoming angry at anything.** It is the mean between being reckless and being cowardly. When adversity or hardship strikes, instead of yielding to anger, the meek person remains calm and self-possessed and, thus, is able to deal rationally with the unavoidable sufferings of human existence.

■ **Meekness is the virtue that clothes you in Christ's calm dignity amid persecution.** 8/22/22

You, too, will approach your persecutors with "calm dignity." ... My little one, prepare My mustard seed for the great shake-up so that my remnant of followers can give Me testimony through their calm dignity amidst great adversity. –3/16/21

Far from being weakness, meekness is strength. It is the **ability to take what causes anger, frustration, disappointment, and suffering and subject it to reason.** It turns any assault of misfortune into an opportunity to grow in virtue and holiness. Meekness is the stronghold against evil entering our souls and destroying our peace with God.

The Dolorous Passion of Our Lord Jesus Christ, Anne Catherine Emmerich:

He (Jesus) would have been perfectly unrecognizable even to her (Mary's) maternal eyes, stripped as He was of all save a torn remnant of His garment, had she not instantly marked the contrast between His behavior and that of his vile tormentors. He alone in the midst of persecution and suffering looked calm and resigned, and far from returning blow for blow, never raised His hands but in acts of supplication to His Eternal Father for the pardon of his enemies. (p.187)

Father Raniero Cantalamessa, Lenten sermon March 18th, 2007:

The maximum proof of Christ's meekness is in his passion. There is no wrath, there are no threats: "When he was reviled he did not revile in return, when he suffered, he did not threaten" (1 Peter 2:23).

On the cross, St. Augustine says, the true victory does not consist in making victims of others but in making oneself a victim: "Victor quia victima."

Only two people in the entire Bible are called meek. Both were strong and passionate. Neither was timid. The first person is Moses. After Moses married a Cushite woman, Miriam and Aaron used this as an excuse to rebel against his authority. Moses remained calm. Such a quiet spirit, unwilling to quarrel, seems out of place at that time in history. Instead of resisting, Moses went to God in prayer. And so, Scripture praises him, saying, "Now Moses was meek, more than any man on the face of the earth" (Num 12:3).

¹ <https://www.catholicnewsagency.com/column/53886/meekness-the-power-to-change-the-world>

The only other person besides Moses whom the Scriptures call meek is Jesus (cf. Matthew 11:29; 21:5). Jesus was strong enough to cast out the merchants and money changers who were defiling the Temple in Jerusalem. He had power enough to call down legions of angels to defend himself when he was unjustly arrested in the Garden of Gethsemane. But, he did not.

Confronted with the bitter hatred and false accusations of his enemies, he remained calm. Like Moses, he turned to the Father in prayer. He did not yield to the temptation to retaliate. Instead, he submitted himself to the Father's will.

Simple Path #115, p.310

*The shedding of layers of attachments to your will, which is self-love, takes place as you begin to trust in My love for you. This is why suffering all your sorrows with Me is so beneficial for your soul, because, in that process, you touch the open wounds of My love for you. **This perfects a soul quickly in abandonment and trust until you come to experience all, the good and what you perceive as bad, as a gift of My love for you.** The gift of knowing with your mind, heart, and soul that the love of God only desires to make of you the new creation.*

CCC 716

The People of the “poor” - those who, humble and meek, rely solely on their God's mysterious plans, who await the justice, not of men but of the Messiah - are in the end **the great achievement of the Holy Spirit's hidden mission during the time of the promises that prepare for Christ's coming**. It is this quality of heart, purified and enlightened by the Spirit, which is expressed in the Psalms. In these poor, the Spirit is making ready “a people prepared for the Lord.

Father Raniero Cantalamessa, Lenten sermon March 18th, 2007:

Jesus says: “Learn from me, for I am meek and humble of heart.” **True meekness is decided there. It is from the heart**, he says, that murders, wickedness, and calumny come (Mark 7:21-22), as from the boiling within a volcano come lava, ashes, and fiery stones. The greatest explosions of violence begin, says St. James, secretly in “the passions that are stirred up within man” (cf. James 4:1-2)

There is not only the violence of hands; there is also that of thoughts. Inside of us, if we pay attention, there are almost always “trials behind closed doors” going on.

Two regular associations, in the Bible and in ancient Christian exhortation, help us to grasp the “full meaning” of meekness: one is the linking of meekness and humility, and the other is the linking of meekness and patience; the one highlights the interior dispositions from which meekness flows, the other the attitudes that meekness causes us to have toward our neighbor: affability, sweetness, kindness. These are the same traits that the Apostle emphasizes when speaking about charity: “Charity is patient, it is kind, it is not disrespectful, it is not angry.” (1 Corinthians 13:4-5).

■ **Meekness revealed through *The Simple Path to Union with God*:**

The virtue of meekness is the fruit of persevering in suffering all with Jesus crucified.

Meekness is attained by the souls who persevere suffering all with Me as I have taught you. Meekness is attained by those trained to keep their gaze upon My Love crucified during the trials and sufferings of life. 8/22/22

Meekness lived through Christ, with Christ, and in Christ is the opposite of the world's understanding of meekness, which is weakness. In Christ, meekness is the power of Divine Love, a love willing to sacrifice itself for the other. A love that becomes the Victim sacrifice so that our joy may be complete. (Jn 3:29)

The meek are the opposite of “doormats.” They receive the piercings from others, not because they believe they are worthless or cannot say no and defend themselves, but because their desire has become the desire of God, the good of the other. The meek are the victim souls willing to suffer as one with the Lamb of God to obtain the good of the other solely for Love and glorify the Father.

To desire solely the Cross is to be meek and humble of heart. 8/22/22

Meekness destroys rebelliousness against God. Meekness penetrates our pride, arrogance, and self-love and transforms us into the image and likeness of God— humble, pure, docile, obedient, gentle, patient, and self-controlled. Thus, making us a holy and pure gift of self back to the Father.

Meekness transforms the anger (emotions) into patient endurance solely for the good of the other. 8/22/22

Meekness is the virtue that helps us control ourselves from reacting to our emotions. Meekness allows us to integrate our emotions into Christ so that we live them solely for His purpose.

Learning to give Me your emotions, and live detached from them, allowing them to serve My purpose, is difficult for every person. Yet, perseverance in this practice for love of Me brings forth the death of self. 2/8/22

The ways of God are not the ways of the world. Jesus is meek and humble of heart. In Christ, the meek are the strong in the world. They are the ones that are the hidden force of God. They are the ones that become the Sword of the Spirit. They are the ones that will fight the great battle against the forces of evil and win through the meekness of Jesus crucified!

Ps 37:11: But the meek will possess the land and enjoy an abundance of peace.

*See teaching, *Calm Dignity Amidst Great Adversity*, 4/15/21 ([LC website](#))