

WEEK FOUR

*“Blessed are the meek,
for they shall inherit the earth.”*

Day One

Although a secular view of the word meekness might be equivalent to weakness, it is not at all equivalent in reality or in the biblical sense. The word translated “meek” comes from the Greek word “*praus*,” which means meek, mild, gentle, as well as strength under control. Picture the animal used to plow the field. The master puts a bit in his mouth, then he is able to direct him wherever he wants him to go. The animal is not weak; he is driven by the one who is in control. To translate that to us, it means that if we are meek, we are allowing God to control us—our actions, our words, our thoughts, and our heart. We are “driven” by Him.

A derivative of the Greek word “*praus*” is “*prautes*,” which is translated “humbly” and about which the *Hebrew-Greek Key Word Study Bible* has this to say:

“Meekness, but not in a man’s outward behavior only, nor in his relations to his fellow man or his mere natural disposition, but an inwrought grace of the soul expressed primarily toward God. It is that attitude of spirit by which we accept God’s dealings with us as good and do not dispute or resist...It is a condition of mind and heart which demonstrates gentleness, not in weakness but in power. It is a balance born in strength of character.”

This is an important concept to grasp because if you have a heart of meekness, humility, toward God, then His character will so fill you that your outward behavior will manifest His likeness. You won’t have to try in your own strength—it will be a natural outcome from the Holy Spirit. Let me repeat one phrase that you desperately need to grasp: “It is that attitude of spirit by which we accept God’s dealings with us as good and do not dispute or resist.” You can avoid so much hardship if you will yield yourself to God to such an extent that you accept His dealings with you as good and you do not waste time disputing or resisting them. No matter how many times you argue with God, you will not prove Him wrong. He is the One in control, the One who created you, and the One who has the plan for you.

Psalm 149:4 says, “For the Lord takes pleasure in his people; he adorns the humble with salvation.” As we said earlier, the word “humble” can also be translated “meek.” How, then, would you describe the humble as being adorned with salvation?

The meek carry with them the likeness of Christ; therefore, they are adorned with His character. It is God’s desire that we reveal Him to the world. Also, when we become God’s child, we become royalty because we are children of the King. Psalm 27:4 says, “One thing have I asked

of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple.” If we spend time in the presence of the Lord, we will be more likely to reveal His beauty to those around us. Consider the commandment given in Exodus 20:7: “You shall not take the name of the Lord your God in vain...” As a Christian, you carry God’s name with you just as you carry the name given to you by your parents. Just as you bring dishonor to your parents when you do things inconsistent with their teachings and their values, you also dishonor God’s name when you act in ways that are contrary to His character. You then literally carry His name in vain, or to no avail.

In light of the beauty of the Lord, His power and His great love toward you, think about the delight He must have when you obey Him. To reiterate, the God of the universe adores you and takes delight in you when you display His character. Write the name of a person in whom you delight. _____ Do your eyes light up when you see him or her? Do you have a warm feeling in your heart when you are around that person? What other attitudes do you have toward that person? Write a description of how you delight in that person.

That is only a tiny piece of the way God delights in you. He is thrilled when you choose to fellowship with Him. He is thrilled when you relinquish control and allow Him to use you. He is thrilled when you set aside your own desires to do His will.

First Peter 3:3-7 says the following:

³Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear—⁴but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God’s sight is very precious. ⁵For this is how the holy women who hoped in God used to adorn themselves, by submitting to their own husbands, ⁶as Sarah obeyed Abraham, calling him lord. And you are her children, if you do good and do not fear anything that is frightening. ⁷Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.

Describe the beauty that is described as very precious in God’s sight (verse 4).

Peter is saying in this passage that our beauty should come from our inner self. I don’t believe he is saying that we should not adorn our outward appearance, but the focus should be on the inner self. The outward adornment is to no avail if our inner self is not adorned with the Spirit of God through a gentle and quiet spirit. You can spend a fortune in an attempt to look beautiful, but if you neglect your spirit, it is all in vain.

Write below your own definition of a gentle and quiet spirit.

The Greek word used for “gentle” in verse 4 is the same word, “*praus*,” that was translated “meek” in other verses. The quality of meekness, described here as a gentle and quiet spirit, is far too rare today, and I believe it is because we Christians are trying to live out our Christianity in our own strength. Notice the phrase, “which in God’s sight is very precious.” We should desire anything that is precious in God’s sight. Verse 5 tells us that this inner beauty of a gentle and quiet spirit is the way the holy women of the past made themselves beautiful. Peter goes on to say in verse 6 that they were submissive to their husbands, and he gave the example of Sarah, who obeyed Abraham. Wives, you might be saying, “I could be submissive, too, if I had Abraham for a husband!” However, I’m sure that Abraham wasn’t perfect just as you and your husband are not perfect. Regardless, though, you are responsible for being submissive through a gentle and quiet spirit. Husbands, you are responsible for being considerate of your wives and for treating them with gentleness and with respect.

List characteristics that are the exact opposite of a gentle and quiet spirit.

Are these characteristics those that come from our natural self, our flesh? Then, obviously, the ability to have a gentle and quiet spirit comes from the power of the Holy Spirit within you. You may have listed the practice of yelling as being opposite from the gentle and quiet spirit, and that is true. However, many of us pout instead of yell when faced with conflict, and pouting, although quiet, is just as opposite from a gentle and quiet spirit as yelling because the spirit is not quiet—there’s a war raging on the inside of the person who is pouting. This is what has come to be known as passive/aggressive behavior and it is just as destructive to a relationship as yelling. We as Christians must learn to allow God to transform us into godliness as we face challenges. When I taught business management in college, I asked my students one day if they had a parent who yelled at them. Almost all of them responded that they did. I then asked them which parent they listened to more often. Every one of them who had responded positively to the first question said that they listened to the parent who did not yell at them. They said that they tuned out the parent who yelled at them. Because I was at that time a parent of toddlers, I determined right then that I did not want my children to grow up not listening to me, so I asked God to restrain me from yelling at them.

This principle of having a gentle and quiet spirit bothered me for a long time because I don’t necessarily have a quiet personality. However, as I have studied and prayed about this, I realized that the command is not to have a quiet personality, but a quiet spirit, and they are not the same. The key to having a quiet spirit is knowing when to be quiet. This principle is twofold. First, it’s important to know what not to say, such as gossip, negative words, inappropriate words, and so forth. Second, it’s important to know when to be quiet and listen—to God and to others. An example that comes to my mind when I think about this principle is my granddaddy, my mother’s father. He had what I consider a gentle and quiet spirit, but he did not have a quiet personality. He had a lively, fun personality. However, he was quiet about the things he needed to be quiet about. He didn’t talk negatively about others, he didn’t argue needlessly with others, and he didn’t lose his temper. All of this he did, not in his own power,

but because of the power of the Holy Spirit living within him. The point I am making is that you may not have what you consider a quiet personality, but you can have a quiet and gentle spirit.

Read the following verses and write the principle concerning gentleness you learn from each one.

Proverbs 15:1 – “A soft answer turns away wrath, but a harsh word stirs up anger.”

Matthew 11:28-30 – “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

1 Corinthians 4:18-21 – “Some are arrogant, as though I were not coming to you. But I will come to you soon, if the Lord wills, and I will find out not the talk of these arrogant people but their power. For the kingdom of God does not consist in talk but in power. What do you wish? Shall I come to you with a rod, or with love in a spirit of gentleness?”

To apply this to your marriage, imagine for a moment having a spouse who, in meekness, reveals the beauty and glory of God in his or her everyday life. Next, imagine being that kind of mate. You can't control your mate; you can only control yourself. You will not answer to God for your mate. You will answer to God for your own actions and attitudes. Are there changes you need to make in order to exemplify a gentle and quiet spirit? If so, what are they?

Picture again the animal used to plow the field. See him standing still as he willingly allows the master to put the bit in his mouth so the master can guide him. He is not resisting, but is willingly allowing what needs to be done so that he can do his job effectively. Then picture another animal that resists by kicking and jumping up and down, not allowing his master to put the bit in his mouth. Finally, his master gives up and says, “Go ahead, do your own thing; I can't use you.” That animal accomplishes nothing worthwhile. He just roams around busying himself with needless activities. This contrasts two kinds of Christians. The first is used effectively by God to accomplish those things God designed for him to do. The second refuses to be used by God because he has his own agenda; he is very busy, but his activities are not those chosen for him by God. Which one do you want to be when you come face to face with God at the end of your life? The choice is yours every day. Determine right now to commit yourself to God in a spirit of meekness, setting your desires aside and allowing Him to guide you and clothe you with His character so that you can manifest Him.

Meditate today on 1 Peter 3:4: “but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.” Pray throughout the day that God will help you manifest His character through a gentle and quiet spirit so that He will be glorified in you.

Day Two

James 4:10 says, “Humble yourselves before the Lord, and he will exalt you.” In this verse, we are told to _____ ourselves before the Lord, and the result is that He will lift us up. Let’s break this verse down into the three phrases: (1) Humble yourselves, (2) before the Lord, and (3) He will exalt you. Since humility is not a natural trait, we must consciously lower ourselves by recognizing God’s authority and power over us. Then we must learn to compare ourselves only to God. If we compare ourselves to other people, we can find plenty that we could seem superior to, both spiritually and materially. We could also find plenty that we could feel inferior to in both ways. You may, at times, find yourself comparing your actions or attitudes to those of your mate and feeling like you’re doing pretty well. However, our only true assessment of ourselves comes from a look at ourselves in relation to God. From that perspective, we can see ourselves first as sinners, then as forgiven, and, finally, as blessed. At that point, we can see the source of all that’s good in us. Then finally, if we humble ourselves and become obedient to God, He will take care of lifting us up. He wants to lift us up and enable us to serve Him.

Read these words from Philippians 2:5-11:

⁵Have this mind among yourselves, which is yours in Christ Jesus, ⁶who, though he was in the form of God, did not count equality with God a thing to be grasped, ⁷but emptied himself, by taking the form of a servant, being born in the likeness of men. ⁸And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. ⁹Therefore God has highly exalted him and bestowed on him the name that is above every name, ¹⁰so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Verse 8 says that Jesus “humbled himself by becoming obedient...” The desire to be obedient is the natural outcome of humbling or surrendering ourselves to God. What is described in verses 10 and 11? _____

Notice the key word, “every.” Whether people realize it in this physical lifetime or not, Jesus is King, and we will all acknowledge it eventually. Why not acknowledge it now by humbling yourself to Him so that He can lavish the riches of His glory on you?

A result of meekness and one reason it is so important in marriage is that it involves putting aside your wants in the interest of another. It carries with it the desire to build up the other person. There’s a secular teaching today that says we must build ourselves up in order to have a healthy self-esteem. Brett was told by his fifth grade teacher every day of that year that it was more important for him to build himself up, to boast about himself, than to build up anyone else. Since this was the opposite of biblical teaching, we had to constantly emphasize God’s perspective of her teaching that year to counteract what Brett was hearing at school. (In case you’re wondering, yes, I did make an appointment with the teacher and explain lovingly to her

that this thought is not biblical and pointed out the words from James 4:10, explaining that we were telling Brett this is not a practice that pleases God and he should not be doing it. She was very polite and seemed to understand. She was a young teacher and said she was just following instructions given her by the school counselor and that she hadn't really thought about it. I believe that if this trend is not reversed, we are going to see a generation of proud, stiff-necked, arrogant people.)

The world's view of a healthy self-esteem differs from God's. God's view is that we are worth giving His only Son to die for, and, therefore, He reigns at the right hand of the Father to intercede for us. He loves us enough to have a plan for each of us and to be willing to help us live out that plan when we allow Him to help us. The point I'm making here is that being meek does not mean having a low self-esteem. It means that you see yourself as God sees you and are willing to allow Him to guide you and to clothe you with His character.

Next, let us consider what God does for His children who manifest His character. Read the following verses from the NIV translation and write the last phrase of each of them:

Isaiah 55:5: "Surely nations you do not know will come running to you, because of the Lord your God, the Holy One of Israel, for he has endowed you with splendor."

Isaiah 60:9: "Surely the islands look to me; in the lead are the ships of Tarshish, bringing your children from afar, with their silver and gold, to the honor of the Lord your God, the Holy One of Israel, for he has endowed you with splendor."

Isaiah 60:21: "Then all your people will be righteous and they will possess the land forever. They are the shoot I have planted, the work of my hands, for the display of my splendor."

Isaiah 61:3: "and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor."

The Hebrew word used in all of these verses for "splendor" is "*paar*," which means "honor and adorn." Therefore, to be "endowed with splendor" means to be honored and adorned with the grace of God. Looking back at Isaiah 61:3, we read, "They will be called oaks of _____, a planting of the Lord for the display of _____." The Greek word for "righteousness" is "*dikaio syne*," which means "what is right, justice." The NIV Study Bible has a note for the phrase "display of my splendor" in Isaiah 60:21, which explains the phrase to mean "evidence of God's redemptive work." A great work was done in our redemption, and it's God's will that it be displayed in our lives. As you recall the fruit of the Spirit in Galatians 5:22-23, you can see that the person who manifests that kind of fruit is truly clothed in God's splendor.

Why does God want to endow us with His splendor? Look back at Isaiah 60:9 and complete the following: "...bringing your children from afar, with their silver and gold, to the _____ of the Lord your God, the Holy One of Israel, for he has endowed you with splendor." God wants to bring everyone to Himself; therefore, He graces His children with His splendor so that He is honored and others are drawn to Him. Others should see God in us—His character and His countenance—and want to know Him because they see His beauty in us.

Let's change gears now and take a look at meekness from another angle. It's always been said that you can judge a person by the company he keeps. Let's look at the company we find surrounding the word "meek." Write the words that either go along with meekness or describe meekness.

Matthew 11:29: "Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."

2 Corinthians 10:1: "I, Paul, myself entreat you, by the meekness and gentleness of Christ—I who am humble when face to face with you, but bold toward you when I am away!"

Galatians 5:22-23: "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."

Colossians 3:12-13: "Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive."

1 Peter 3:4: "but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious."

This tells us that meekness goes hand-in-hand with many other godly qualities. You will not be meek without being kind, patient, gentle, and so forth. What a godly marriage you will have if you exemplify these traits!

Jesus gave us the ultimate example of meekness when He allowed those in earthly leadership to mock Him, spit on Him, beat Him, and finally crucify Him. He was not weak; He had power to destroy every one of them with just a word, but He chose to endure for a reason—for all of them and for us. What may have looked to those witnessing the crucifixion like weakness was really the ultimate example of strength under control. We have that same strength available to us through Christ. All we have to do is surrender our will and ask Him for it.

Let's take a look at one final picture or example of meekness. Revelation 3:20 says, "Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him and he with me." Can you picture Jesus standing outside the door of your heart knocking, asking for permission to come in and fellowship with you? Think about the humility it takes for the God of the universe to humble Himself and wait patiently for us to allow Him entrance into our hearts and lives! That's a pretty incredible picture to me. Can you imagine how arrogant we must seem to God to want to do things our way and on our own? He has all the resources of the universe available to Him and really wants to help us, and yet we "snub our nose" at Him and act like we can do it ourselves. How sad.

Meditate today on James 4:10: "Humble yourselves before the Lord, and he will exalt you." At different times during the day, emphasize one of the three phrases, "humble yourselves," "before the Lord," and "he will exalt you." Ask God to open your heart to what it truly means to humble yourself, then ask Him to help you see yourself in comparison to Him only, not others, and then depend on Him to lift you up. Don't expect that from others and don't try to do it on your own.

Day Three

Ephesians 4:1-3 says, “I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.” Consider for a moment the phrase, “bearing with one another in love.” What do you think Paul meant by this? _____

Most of your marriage is lived out in the common day-to-day situations of life. That’s why it is so important to apply God’s principles to the smallest details of your relationship. You will make many mistakes in your marriage that are followed by confrontation between the two of you. If you “bear with one another in love,” you will overlook many things your mate does that are not perfect. However, some issues will arise that must be discussed and dealt with. When you feel that need, pray for God’s guidance and character, and then approach your mate out of a spirit of love, not accusation. When you have made a mistake and your mate confronts you, ask God to enable you to respond out of a spirit of love and meekness. Your human nature when being confronted with a mistake you have made is to become defensive and make up excuses for your behavior, maybe even blame your mate or someone else. If you react in meekness, however, you will admit your mistake and ask for your mate’s forgiveness. An example that comes to mind here is when Tommy and I have had discussions concerning money. We are opposites in so many ways. Things that he considers priorities, such as golf, hunting, and fishing, are not priorities to me. Things that I consider priorities, such as clothes, nail manicures or things for the house, are not priorities to him. There have been times when Tommy and I have sat down to review our budget expenditures, and I knew that I had spent money on something that we didn’t really need and I should not have bought. Over the course of our marriage, I’ve handled this situation two different ways. Early in our marriage, I became defensive because I had to answer to him about it at all. In those instances, I’d try to justify the spending and become angry at him for questioning me. Then he’d become angry, and justifiably so because he needed my cooperation concerning our finances. After such a confrontation, we’d speak very little to each other for a day or two. There’s nothing constructive about this approach. A more productive way I learned to handle it was to, through the power of the Holy Spirit, admit that I shouldn’t have bought the item and apologize for causing undue stress on Tommy. I know that, as the head of our family, he bears the burden of our financial support, and it’s not right to cause him unnecessary stress. If the item were something that I could return, I would do that. If it were not something that I could return, Tommy responded with forgiveness when I confessed my mistake and pledged to work harder in cooperating with him in the future. The end result of this approach is mutual understanding that we’re in this together; we’re not going in opposite directions. Do you see the difference in the two attitudes in these situations? The first was arrogance and the second was meekness. Arrogance builds up yourself and puts down the other. Meekness admits to mistakes and builds up the other. However, meekness eventually comes back around to allow the other person to build you up. In the situation described, Tommy usually responded so kindly to meekness that he loved me even more, which lifted me up.

A good application to meekness in your marriage is found in 1 Peter 2:20. To preface, let me say that the context is about the relationship of servants to their masters. We know that is not the

case in a marriage. Also, because of the context, reference is made to a servant receiving a beating. We also know that is not applicable! I'm sure you're asking by now, "Then why are you using this passage?" However, the point made in the passage is very applicable to marriage.

First Peter 2:19-24 says the following:

For this is a gracious thing, when, mindful of God, one endures sorrows while suffering unjustly. For what credit is it if, when you sin and are beaten for it, you endure? But if when you do good and suffer for it you endure, this is a gracious thing in the sight of God. For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. He committed no sin, neither was deceit found in his mouth. When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly. He himself bore our sins in his body on the tree that we might die to sin and live to righteousness. By his wounds you have been healed.

Verse 19 says, "For this is a gracious thing, when, mindful of God, one endures sorrows while suffering unjustly." To be mindful of God should be a desire for every day of your life. It's when you endure hardship that you are able to see God clearer. Throughout your marriage, there will be times when your mate will blame you for something that is not your fault; you know you've done nothing wrong. Then comes the true test of meekness. That's when it's really important to call on God for the strength to be meek, to be holy and godly. Do you see why meekness is called "strength under control"? It takes far more strength to abstain from the defensive hurls of blame and accusation than to do the blaming. Anybody can lash out; that's not a sign of strength at all, but of weakness. It's in those times that you must be poor in spirit, as we discussed earlier, take your sorrow to God for comfort, then allow Him to fill you with His meekness. I can promise you that if you do this, ninety-nine percent of the time, if not all the time, your mate will be touched by your meekness and, if an apology is needed, will apologize for his or her attitude or words.

Meditate today on 1 Peter 2:20b-21: "But if when you do good and suffer for it you endure, this is a gracious thing in the sight of God. For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps." Throughout the day, ask God to help you follow His example of meekness and to fill you with this quality even when you face undeserved blame.

Day Four

The last part of this beatitude says, “for they shall inherit the earth.” Psalm 76:8-9 says, “From the heavens you uttered judgment; the earth feared and was still, when God arose to establish judgment, to save all the humble of the earth.” In this passage, whom did God save?

This should emphasize to us the value that God places on the humble, those who are meek. That thought alone should make us greatly desire meekness.

Psalm 37 provides a beautiful picture of God’s protection on the righteous compared to the way of the unrighteous. It’s a long passage, but we would do well to take the time to read it and allow God to penetrate its truths in our hearts, to instill them in our minds. Read it below and underline once what we’re to do and twice what God will do.

¹Fret not yourself because of evildoers; be not envious of wrongdoers! ²For they will soon fade like the grass and wither like the green herb. ³Trust in the Lord, and do good; dwell in the land and befriend faithfulness. ⁴Delight yourself in the Lord, and he will give you the desires of your heart. ⁵Commit your way to the Lord; trust in him, and he will act. ⁶He will bring forth your righteousness as the light, and your justice as the noonday. ⁷Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! ⁸Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil. ⁹For the evildoers shall be cut off, but those who wait for the Lord shall inherit the land. ¹⁰In just a little while, the wicked will be no more; though you look carefully at his place, he will not be there. ¹¹But the meek shall inherit the land and delight themselves in abundant peace. ¹²The wicked plots against the righteous and gnashes his teeth at him, ¹³ but the Lord laughs at the wicked, for he sees that his day is coming. ¹⁴The wicked draw the sword and bend their bows to bring down the poor and needy, to slay those whose way is upright; ¹⁵their sword shall enter their own heart, and their bows shall be broken. ¹⁶Better is the little that the righteous has than the abundance of many wicked. ¹⁷For the arms of the wicked shall be broken, but the lord upholds the righteous.

¹⁸The Lord knows the days of the blameless, and their heritage will remain forever; ¹⁹they are not put to shame in evil times; in the days of famine they have abundance. ²⁰But the wicked will perish; the enemies of the Lord are like the glory of the pastures; they vanish—like smoke they vanish away. ²¹The wicked burrows but does not pay back, but the righteous is generous and gives; ²²for those blessed by the Lord shall inherit the land, but those cursed by him shall be cut off. ²³The steps of a man are established by the Lord, when he delights in his way; ²⁴though he fall, he shall not be cast headlong, for the Lord upholds his hand. ²⁵I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread. ²⁶He is ever lending generously, and his children become a blessing. ²⁷Turn away from evil and do good; so shall you dwell forever. ²⁸For the Lord loves justice; he will not forsake his saints. They are preserved forever, but the children of the wicked shall be cut off. ²⁹The righteous shall inherit the land and dwell upon it forever. ³⁰The mouth of the righteous utters wisdom, and his tongue speaks justice. ³¹The law of his God is in his heart; his steps do not slip.

³²The wicked watches for the righteous and seeks to put him to death. ³³The Lord will not abandon him to his power or let him be condemned when he is brought to trial. ³⁴Wait for the Lord and keep his way, and he will exalt you to inherit the land; you will look on when the wicked are cut off. ³⁵I have seen a wicked, ruthless man, spreading himself like a green laurel tree. ³⁶But he passed away, and behold, he was no more; though I sought him, he could not be found. ³⁷Mark the blameless and behold the upright, for there is a future for the man of peace. ³⁸But transgressors shall be altogether destroyed; the future of the wicked shall be cut off. ³⁹The salvation of the righteous is from the Lord; he is their stronghold in the time of trouble. ⁴⁰The Lord helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.

The NIV Study Bible has a note for this psalm which says, “The central issue addressed is: Who will inherit the land, i.e., live on to enjoy the blessings of the Lord in the promised land? Will the wicked, who plot, scheme, default on debts, use raw power to gain advantage, and seem thereby to flourish? Or will the righteous, who trust in the Lord and are humble, blameless, generous, upright, and peaceable, and from whose mouth is heard the moral wisdom that reflect meditation on God’s law?”

Complete the following:

Verse 9 says, “For the evildoers shall be cut off, but _____”

Write Verse 11. _____

Verse 18 says, “The Lord knows the days of the blameless, and _____”

Write Verse 29. _____

Verse 34 says, “Wait for the Lord and keep his way. _____
_____ you will look on when the wicked are cut off. ”

I believe that the thought behind inheriting the land is twofold. First is the enjoyment of God’s blessings in this life and second is the promise of living on throughout eternity, thus ultimately inheriting the kingdom of God.

Look back at Verse 11. Not only will the meek inherit the land, but they will also enjoy great peace. Not much is longed for more in a marriage than peace. Describe a marriage that enjoys great peace. _____

The point of the psalm is summarized in verses 35-37, which says, “³⁵I have seen a wicked, ruthless man, spreading himself like a green laurel tree. ³⁶But he passed away, and behold, he was no more; though I sought him, he could not be found. ³⁷Mark the blameless and behold the upright, for there is a future for the man of peace.” The crux of the matter is found in the last phrase: “there is a _____ for the man of peace.” Whenever you get discouraged, rest in this promise. You have a future, and it is secure in God’s promises. Write Verses 23-24 of this psalm. _____

Nothing could be more comforting than to know you are being upheld by the hand of God. When the two of you surrender yourselves to the power of the Holy Spirit within you, your married life can be peaceful and satisfying. There is rich reward for the meek—an incomparable joy, peace, and satisfaction in this life, as well as for all eternity. Just remember, though, that meekness is a fruit of the Spirit, not the flesh, so you can only have it by asking God and surrendering to His headship.

Meditate today on Psalm 37:11: “¹¹But the meek shall inherit the land and delight themselves in abundant peace.” Throughout the day, ask God to fill you with the power of the Holy Spirit to such an extent that His character overflows in you and allows His meekness to be seen through you. What a privilege it is to manifest the character of the God of the universe! Ask God to allow you two to be an example to others of what a godly marriage can look like. You have the future before you. Determine to live each day filled with the presence of God.

Day Five

Discuss together the following key points concerning the beatitude, “Blessed are the meek, for they shall inherit the earth.”

What is meant by the definition of meekness as “strength under control”?

Cite examples in each other where you have seen that person as a display of God’s splendor.

Confess times when you acted out of arrogance instead of meekness and describe how the situation would have been different if you had exemplified meekness.

Read your descriptions of a marriage that enjoys great peace from Day Four.

Pray together that God will help each of you evaluate your attitude concerning meekness and show you any changes you need to make. Remember to rely on His strength to make changes if He convicts you that you need to do that. You cannot change on your own. Commit to each other to daily ask God to fill you with the power of His presence, enabling you to manifest His meekness in every situation.

Meditate today on the beatitude, “Blessed are the meek, for they shall inherit the earth.” Throughout the day, ask God to help you have a better understanding of what it means to be meek and to enable you, through the power of the Holy Spirit, to exemplify His meekness so that you can model His character to the world around you and truly be a “display of His splendor.”