



Fruit of the Spirit

Session 8 “Meekness and Self Control”

Galatians 5:16-23 (NKJV) –

¹⁶ I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.

¹⁷ For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. ¹⁸ But if you are led by the Spirit, you are not under the law.

¹⁹ Now the works of the flesh are evident, which are: ^[a]adultery, ^[b]fornication, uncleanness, lewdness, ²⁰ idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹ envy, ^[c]murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God.

²² But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³ ^[d]gentleness, self-control. Against such there is no law.

I. REVIEW

A. Previous weeks – The fruit of love, joy, peace, patience, faithfulness, kindness and goodness

II. The Fruit of Meekness

A. Definition =

1. Hebrew = Humility, mildness – (Meekness and humility have the same root word in the Hebrew language.)
2. Greek = Gentle in circumstances, humble, lowly, poor, chasten self, submit oneself, yield to another



3. W.E. Vines describes meekness in the following ways
 - a. It is an inwrought grace of the soul and the exercises of it are first and chiefly toward God
 - b. It is the temper of the spirit in which we accept His dealings with us as good, and therefore, without disputing or resisting
 4. We exercise MEEKNESS toward God by humbling our heart toward Him and His will – we do not fight against God or contend with him.
 5. Meekness is manifested by Jesus toward the Father and is commended to the believer as a fruit of power, not weakness.
 6. Jesus was meek, yet powerful
 7. Meekness is the opposite of self-assertiveness, and self-interest because it is not occupied with SELF at all.
 8. Meekness is closely related to self-control –
 9. Another way to describe meekness is = power and authority under control
 - a. The disciples want to call fire down from heaven – Luke 9:54
- B. Examples of Meekness
1. Moses
 - a. When Miriam and Aaron spoke against Moses, he prayed for Miriam's healing – Numbers 12:1-16
 - b. Moses used his authority in a redemptive manner not for retribution.
 - c. Leadership authority must be coupled with the fruit of meekness/self-control
 - d. Numbers 12:3 – *Now the man Moses was very meek above all the men which were upon the face of the earth.*



- e. Meekness will do what God says to do even when the flesh might desire to do something else.
- f. Meekness will WAIT on God rather rushing to do things in the flesh. *Example – Jesus WAITED to raise Lazarus from the dead*

2. Jesus

- a. **John 5:19 (NIV)** – Jesus gave them this answer: "Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does.
- b. **John 8:28** – So Jesus said, "When you have lifted up the Son of Man, then you will know that I am he and that I do nothing on my own but speak just what the Father has taught me.
- c. Jesus lived in perfect submission to His father; therefore, He always kept HIS authority under control in meekness.
- d. Jesus will only use His authority in your best interest.

C. Meekness is how we restore people

- 1. **Galatians 6:1 (KJV)** – Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such a one in the spirit of meekness; considering thyself, lest thou also be tempted.
 - a. When people are caught in sin, MEEKNESS works through us in a redemptive way just like Moses was toward Miriam.
 - b. This is what Jesus did with the woman caught in adultery.
 - c. Jesus used his authority to REDEEM not CONDEMN
- 2. Meekness is how we restore people.
 - a. **2 Timothy 2:25 (KJV)** – In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth;
 - b. A person who is ministering from the fruit of meekness will wait until he knows that he is speaking the truth in love – **Ephesians 4:15 (KJV)** – *But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:*



- c. A meek person has learned that it is only a word in season that he has received from the Spirit that will minister to those who are weary and discouraged.
- d. **Isaiah 50:4 (KJV)** – The LORD God hath given me the tongue of the learned, that I should know how to speak a word in season to him that is weary: he wakeneth morning by morning, he wakeneth mine ear to hear as the learned.
- e. A wise man does not seek to share everything he knows, only those things he has authority to share from the Father.
- f. **Matthew 7:6 (KJV)** – *Do not give what is holy to the dogs; nor cast your pearls before swine.*
- g. Jesus himself did not share more than his disciples could handle because He was MEEK – the impartation of His knowledge was under His Father’s authority.
- h. Meekness is how we receive the Word – James 1:21
- i. Meekness is what kept Jesus on the cross
- j. **Psalms 37:11 (KJV)** – But the meek shall inherit the earth; and shall delight themselves in the abundance of peace.

III. Self-Control

A. Definition =

1. Sound mind, moderate in passion, strong in a thing, masterful, self-controlled in appetite.
2. While meekness has to do with directing your authority and power under God’s authority, SELF CONTROL has to do with ruling over the passions and appetites that can distract us from the goal of meekness.
3. **Proverbs 16:32 (KJV)** – He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.
4. James 3:2 speaks of controlling your tongue
5. 1 Cor 9:27 – Paul speaks of disciplining his body and bringing it under subjection.



6. **1 Corinthians 6:12 (KJV)** – All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.
7. Anything that attempts to bring us under its control requires us to apply the fruit of self-control so that Christ’s freedom is maintained in our lives.