

**DEVELOPING  
MEEKNESS**

THE KEY TO OVERCOMING ANGER AND WORRY:

# **YIELDING ALL PERSONAL RIGHTS TO GOD**

"Try to be like Jesus Christ who, though He was God, did not demand and cling to His rights as God, but laid aside His mighty power and glory . . . it was because of this that God raised Him up to the heights of heaven . . ."

Philippians 2:5-9 (Living Bible)

Yielding all personal rights is not an optional principle to a successful Christian life. Supernatural involvement by the Lord on the person's behalf is directly related to this principle! The Lord acts "with equity for the MEEK of the earth."

Isaiah 11:4

(( Jesus Christ said, "Blessed are the MEEK  
(He didn't say "weak") they shall inherit  
the earth." Matthew 5:5 ))

Definition of Meekness: A MEEK person is one who claims no rights of his own -- one who is willing to yield all possessions and personal rights to God and thereafter look upon what he has as loaned to him by God for His work and glory.

The individual who maintains this principle of yielding his personal rights to God will radiate qualities that are essential to his effectiveness in other areas of life.

THE CHARACTERISTICS AND BENEFITS  
OF YIELDING ALL PERSONAL RIGHTS TO GOD INCLUDE:



● INWARD SATISFACTION

Ps. 22:26 "The meek shall eat and be satisfied: they shall praise the Lord that seek him: your heart shall live forever."

● AN ESSENTIAL FOR OVERCOMING ANGER

Ps. 37:8-11 "Cease from anger and forsake all wrath: fret not thyself in any wise to do evil. For evil doers shall be cut off: but those that wait upon the Lord, they shall inherit the earth... but the meek shall inherit the earth; and shall delight themselves in the abundance of peace."

● RESTFULNESS

Matt. 11:28-30 "Come unto me all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart, and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

● AUTHORITY TO SPEAK

11 Cor. 10:1 "Now I, Paul, myself beseech you by the meekness and gentleness of Christ...."

● THE EXAMPLE OF CHRIST

Phil. 2:5-9 "Let this mind be in you, which was also in Christ Jesus, Who, being in the form of God, thought it not robbery to be equal with God. But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men; And being found in fashion as a man, he humbled himself and became obedient unto death even the death of the cross. Wherefore, God also hath highly exalted him, and given him a name which is above every name..."

● KNOWLEDGE OF GOD'S WILL

Ps. 25:9 "The meek will he guide in judgment: and the meek will he teach his way."

● GENUINE BEAUTY

Ps. 149:4 "For the Lord taketh pleasure in his people; he will beautify the meek with salvation."

● INCREASED JOY

Is. 29:19 "The meek also shall increase their joy in the Lord..."

● FRUIT OF THE SPIRIT

Gal. 5:23 "Meekness, temperance against such there is no law."

● WEAKER CHRISTIANS RESTORED

Gal. 6:1 "Brethren, if a man be overtaken in a fault, ye who are spiritual restore such a one in the spirit of meekness considering thyself, lest thou also be tempted."

● RIGHT ATTITUDES IN EMPLOYMENT

Eph. 4:1-2 "I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation to which ye are called, with all lowliness and meekness with longsuffering, forbearing one another in love..."

● WORRY OVERCOME

Phil. 4:6-7 "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

- A QUALITY TO CONSCIOUSLY DEVELOP  
Col. 3:12 "Put on, therefore, as the elect of God, holy and beloved, tender mercies, kindness, humbleness of mind, meekness, longsuffering;"
- AN ESSENTIAL FOR TEACHING OTHERS WHO DISAGREE WITH YOU  
II Tim. 2:23-25 "But foolish and unlearned questions avoid, knowing that they breed strifes. And the servant of the Lord must not strive, but be gentle unto all men, apt to teach, patient, in meekness instructing those that oppose him, if God, perhaps, will give them repentance to the acknowledging of the truth,"
- A CHARACTERISTIC OF A WISE AND INTELLIGENT MAN  
James 3:13 "Who is a wise man and endued with knowledge among you? Let him show out of a good life his works with meekness of wisdom."
- A NECESSARY ATTITUDE IN WITNESSING  
I Peter 3:15 "But sanctify the Lord God in your hearts, and be ready always to give an answer to every man that asketh you a reason of the hope that is in you, with meekness and fear."
- A KEY TO CHRISTLIKENESS  
I Tim. 6:11 "But thou O man of God, flee these things, and follow after righteousness, godliness, faith, love, patience, meekness."
- A RESPONSIBILITY TO ALL MEN  
Titus 3:2 "To speak evil of no man, to be no brawlers, but gentle, showing all meekness unto all men."
- A PREREQUISITE FOR RECEIVING THE WORD OF GOD  
James 1:21 "Wherefore, put away all filthiness and overflowing of wickedness, and receive with meekness the engrafted word, which is able to save your souls."
- A QUALITY OF A BEAUTIFUL WIFE  
I Peter 3:4 "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, which is in the sight of God of great price."

# WARNINGS AND RESULTS OF ANGER

The consequences of anger cannot be underestimated. There are those who defend it as a good emotion to vent one's feelings but the effects it has on those upon whom the anger is vented only verifies the words of Scripture that warn:

- AN ANGRY PERSON IS A FOOL.  
"Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools." Ecclesiastes 7:9
- ASSOCIATION WITH AN ANGRY MAN WILL CAUSE YOU TO BECOME LIKE HIM.  
"Make no friendship with an angry man and with a furious man thou shalt not go: Lest thou learn his ways and get a snare to thy soul." Proverbs 22:24,25
- AN ANGRY FATHER WILL PRODUCE DISILLUSIONMENT IN THE CHILDREN.  
"Fathers, don't overcorrect (by indignation, vengeful attitude) your children or they will grow up feeling inferior and frustrated." Colossians 3:21 (Phillips)
- ANGER EQUALS MURDER IN GOD'S SIGHT.  
"Ye have heard that it was said by them of old time, thou shalt not kill and whosoever shall kill shall be in danger of the judgment: But I say unto you, that whosoever is angry with his brother without a cause shall be in danger of the judgment." Matthew 5:21,22a
- ANGER CAUSES STRIFE WITH OTHERS.  
"A man of wrath stirs up strife and a man given to anger commits and causes much transgression[sin]." Proverbs 29:22 (Amplified Bible)
- A QUICK TEMPER WILL RESULT IN FOOLISH ACTIONS AND MISTAKES.  
"He that is soon angry dealeth foolishly and a man of wicked devices is soon hated." Proverbs 14:17
- ANGER IS A SIN THAT GRIEVES THE SPIRIT OF GOD.  
"Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice." Ephesians 4:31

# DEVELOPING MEEKNESS

God has given us many responsibilities. When we get angry or worry, we're trying to control or change something God never intended for us to change or control. When we react and resist, we deny Him His right to do what He would do; we also temporarily set aside the purpose He wanted to achieve in our lives.

The anger or anxiety is the key that a right God wants me to yield is involved. When these reactions are absent God wants me to assume full responsibilities for the rights He has given back to me.

## BASIC STEPS:

### 1 DISCERN THE DENIED RIGHTS

Below is a list of areas in which we tend to get angry or to worry. Allow the Holy Spirit freedom to identify any right that you have not given to Jesus Christ by prayerfully checking those areas in which you are having conflict.

#### WHAT PEOPLE GET ANGRY OR WORRY ABOUT:

- |                                      |                 |
|--------------------------------------|-----------------|
| <input type="checkbox"/> Children    | Ps. 127:3       |
| <input type="checkbox"/> Schedule    | Matt. 21:26,27  |
| <input type="checkbox"/> Reputation  | Ps. 23:3        |
| <input type="checkbox"/> Marriage    | 1 Cor. 7:3,4    |
| <input type="checkbox"/> Future      | Matt. 6:31-34   |
| <input type="checkbox"/> Health      | 11 Cor. 12:7-10 |
| <input type="checkbox"/> Clothes     | 1 Peter 3:4     |
| <input type="checkbox"/> Music       | Eph. 5:19       |
| <input type="checkbox"/> Friends     | Matt. 10:40     |
| <input type="checkbox"/> Possessions | Job 1:21        |

- Money Col. 3:1
- Your Life Luke 9:23
- Business Eph. 4:1
- Sex 1 Cor. 7

**2** COMMIT EACH RIGHT TO JESUS CHRIST

When this is done through prayer, the right becomes God's property; therefore He is responsible for that area and we can claim Romans 8:28,29 in confidence that His purposes will be fulfilled.

**3** REALIZE THAT GOD WILL TEST "HIS RIGHTS"

Once each right is yielded, God will allow situations to occur which will deny us these rights. These are opportunities to test us to see if the right was really yielded. If anger reoccurs, it indicates that I took the right back. It will be necessary to once again yield that right to Jesus Christ.

If I respond to the test, the quality of meekness will be developed and God will be given the freedom to work supernaturally.

A clear illustration is Abraham yielding his rights to Isaac. Abraham knew Isaac was God's property and could visualize that God would work supernaturally. And He did! He provided a lamb in Isaac's place. Genesis 22:1-10; Hebrews 11:17-19

**4** RESPOND TO THE "LOSS" OF RIGHTS WITH A GODLY ATTITUDE

When a right is yielded, many times a person will experience a personal "loss." It is important that he acknowledge God's purposes at work in his life such as Job responded when he lost all his possessions. Job replied, "The Lord gave, and the Lord hath taken away; blessed be the name of the Lord." Job 1:21(b)

# OVERCOMING WORRY

- Don't worry over anything whatsoever; tell God every detail of your needs in earnest and thankful prayer, and the peace of God which transcends human understanding, will keep constant guard over your hearts and minds as they rest in Christ Jesus. Philippians 4:6,7 (Phillips)

## THE PROBLEM:

Worry and anxiety are a direct result of concluding, "God is not bigger than my immediate problem."

The frustration results because THE INDIVIDUAL WANTS TO ASSUME THE RESPONSIBILITY FOR THE SITUATION OVER WHICH HE HAS NO IMMEDIATE CONTROL.

## ILLUSTRATION:

A mother came to me in despair over her teenage son who had rebelled, and left home. She stayed awake nights worrying about him. When he did stop in from time to time, she felt compelled to point out his problems in a desperate attempt to get him to change. "I've tried everything and nothing works," she replied!



THE FOLLOWING QUESTIONS WERE ASKED AND CORRESPONDING RESPONSES MADE:

KEY QUESTIONS AND INSIGHTS	MOTHER'S RESPONSE
<p>Do you believe God is bigger than your circumstances?</p> <p>Do you know God wants us to commit all our property, possessions, and personal rights to Him.</p> <p>Have you ever done that?</p>	<p>Well, yes, of course!</p> <p>Yes.</p> <p>Well, I thought I had.</p>
<p>[Note: When a person worries or is anxious about something, it is a clear indication of an unyielded personal right.</p>	
<p>Do you consider your son your property or God's?</p> <p>Do you know that when we yield our rights to "His property," God is then free to take care of "His property" the way He wants to.</p> <p>Would you be willing right now by a sincere prayer to give your son back to God?</p>	<p>It is important to discern specifically what he is anxious about and discern the specific needs to be yielded to God.]</p> <p>I guess I've thought of him as my property.</p> <p>I never thought of it that way before.</p> <p>I certainly will!</p>

THE FOLLOWING STEPS WERE TAKEN TO OVERCOME HER WORRY



# BASIC STEPS:

HER PRAYER EXPRESSED  
HER NEW COMMITMENT

**1** She developed a new relationship with the Lord in which all she possessed belongs to Him. Therefore the Lord was primarily responsible for her son.



**2** A new awareness that God takes very good care of "His own property" and therefore will only allow situations to occur which will produce greater future benefits than present losses.



**3** An agreement ahead of time to thank God whenever circumstances result with her son which are beyond her control.



Dear heavenly Father, I acknowledge my lack of trust in you and my failure to commit John to you as your property. I ask your forgiveness and right now I give him back to you. You know how much I love him and want your best for his life.

Now that He's your property, I know you will take care of Him when he's in situations over which I have no control. I thank you in advance for what you will do and the way you'll bring him back. In Jesus' Name, Amen.

(Note: This third insight is the key because often the next events to take place from our point of view may appear to be unfortunate. God knows the only means to "get through" to His property. The immediate circumstances are the Lord's hands at work!)

## A NEW FREEDOM!

A new peace filled her heart and mind as she committed John to the Lord. In the meantime, she went back to John and asked his forgiveness for areas of her life which the Holy Spirit had brought to mind where she had failed or wronged him as a mother.

It was but two weeks when the mother received a call from the police department that her son had been arrested.

Aware that this was God working in her son's life, she went to the police station. When she entered, her son came to her in tears and said, "Mom, I made such a mess of my life! What can I do?"

## THE RESULT!

This "unfortunate" experience was a tool in God's hand that resulted in her son returning home, finding a new relationship with the Lord and bringing joy to that mother's heart!

# **A CLARIFICATION**

## AVOID UNNECESSARY IRRITATIONS AND UNDERSTANDING OF PERSONAL RIGHTS BY ASSUMING PERSONAL RESPONSIBILITIES:

When an individual fails to share his convictions or express his own opinions in a matter, he may inappropriately be forced to yield his personal rights to avoid the anger and frustrations that will occur.

A person may be involved in a decision to employ a staff member whom he knows will not be the most efficient person for the job. But because others are more opinionated and want the individual, he chooses to keep quiet and "respond". When employed the frustrations and anxiety over the new employee's inefficiency will be a constant irritation and require the yielding of personal rights that could have been avoided if he would have assumed his responsibilities in the beginning.

## A PERSON CAN DISCERN THAT GOD WANTS HIM TO YIELD HIS PERSONAL RIGHTS WHEN:

- \*He has done all he knows to do about the situation.
- \*The temptation to get angry or to worry still occurs.

Then he can be quite confident that it is more important to the Lord that he yield his right to Him than to be preoccupied with the "situation" which God used to bring out these negative traits.