

## ***The Yoke of Meekness: The Way to Freedom and Joy***

### **I. LEARNING ABOUT MEEKNESS FROM JESUS**

- A. I received a prophetic word (May 2005): “***Meekness is the magnet that attracts God’s favor.***” The only character trait that Jesus declared about Himself was that He was meek (v. 29).  
<sup>28</sup>“***Come to Me, all you who labor and are heavy laden, and I will give you rest.*** <sup>29</sup>***Take My yoke upon you and learn from Me, for I am gentle and lowly in heart [meek, humble], and you will find rest for your souls.*** <sup>30</sup>***For My yoke is easy and My burden is light.***” (Mt. 11:28-30)
1. ***Rest:*** The Lord promises to give us freedom and joy, a happy spirit with contentment.
  2. ***Learn from Me:*** The most significant issue in being a disciple of Jesus is to learn meekness from Him. We are to regularly ask Him to teach us about it—to give us ***insight*** into the specifics of walking it out and then to release ***inspiration*** to embrace it with joy.
  3. ***Heavy laden:*** Its many expressions include ***emotional pain*** (mistreated or overlooked), the ***weariness of striving*** with others instead of serving them, and ***anxiety with fear***.
  4. ***Easy yoke and light burden:*** This speaks of the ability to enjoy our fellowship with God and to receive grace to obey Him even when outward circumstances are not easy or light.
- B. ***Poor in spirit:*** Humility has a deep sense of the need to be helped and taught by God and people.  
<sup>3</sup>***Blessed are the poor in spirit, for theirs is the kingdom of heaven.*** (Mt. 5:3)
- C. We are by nature proud. This is the gravitational pull of our fallen minds. Therefore, we must zealously seek for the supernatural help of God’s grace to walk in meekness. Most of our pride is unperceived; it is not obvious to us. Most are socially sophisticated enough to avoid blatant strutting and to politely honor social etiquette and protocols. The enemy tempts us with pride that lies subtly hidden in our attitudes, related especially to our knowledge and dedication, but it can also be related to our gifting, anointing, appearance, resources, and position of influence.

### **II. SEVEN EVIDENCES OF HUMILITY**

- A. ***Evidence #1: Teachable spirit***—Being eager to learn from others and easy to correct. Humility is quick to hear or to be taught and is slow to speak or to correct and instruct others (Jas. 1:19). Pride seeks to quickly speak or teach others instead of being quick to be taught (or to hear). It is expressed in a condescending attitude with an inappropriate confidence that is not rooted in truth.  
<sup>1</sup>***Knowledge puffs up, but love edifies.*** (1 Cor. 8:1)  
<sup>19</sup>***Let every man be swift to hear, slow to speak, slow to wrath [anger]...*** (Jas. 1:19)  
<sup>18</sup>***Let no one deceive himself. If anyone among you seems to be wise...let him become a fool [one who sees their great need to learn] that he may become wise.*** (1 Cor. 3:18)

- B. **Evidence #2: Sees personal faults**—Humility is quick to take responsibility for personal faults. Pride does not see personal faults—is defensive instead of being quick to acknowledge its errors.  
*<sup>6</sup>Not a novice, lest being puffed up with pride he fall into the same condemnation as the devil. (1 Tim. 3:6)*
- C. **Evidence #3: Grateful spirit**—Humility sees we are getting a better deal than we deserve (if all the information was considered). Pride complains much, feels mistreated, has a bitter spirit.
- D. **Evidence #4: Sees the value of others**—Humility has a deep awareness of others. Everyone has an important story that involves their joy, pain, lack, gifts, and agenda. Pride is self-absorbed and distracted with much emotional traffic in seeking to manage many of our negative emotions.
- E. **Evidence #5: Kind with faults**—Humility is kind and patient with the faults of others. It is not easily insulted, offended, or angered. Pride is quickly exasperated with the faults of others and easily offended and insulted. The measure of our anger is the measure of our unperceived pride.
- F. **Evidence #6: Does good in secret**—Humility does good in secret because it first seeks approval and recognition from God instead of from people (Mt. 6:1-6, 16-18). We naturally draw attention to how devoted, smart, diligent, anointed, and generous we are (with money and time).
- G. **Evidence #7: Seeks the benefit of others**—Humility uses its position of influence to benefit others instead of treating others roughly or bullying and intimidating them.  
*<sup>3</sup>In lowliness of mind let each esteem others better than himself. <sup>4</sup>Let each of you look out...for the interests of others. <sup>5</sup>Let this mind be in you which was in Christ... (Phil. 2:3-5)*  
*<sup>23</sup>The poor man uses entreaties, but the rich answers roughly. (Prov. 18:23)*

### III. MEEKNESS FORMED IN THE TIME OF YOUTH

*<sup>5</sup>Younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for “God resists the proud, but gives grace to the humble.” <sup>6</sup>Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time... (1 Pet. 5:5-6)*

- A. **Younger people:** Are to submit not because older people are wiser or deserve more honor, but because youth is the strategic season of life when “the wet cement dries” as they are forming either a mindset of pride or humility that will affect their future family, occupation, and destiny.  
*<sup>27</sup>It is good for a man to bear the yoke in his youth. <sup>28</sup>Let him...keep silent, because God has laid it on him; <sup>29</sup>let him put his mouth in the dust—there may yet be hope. <sup>30</sup>Let him give his cheek to the one who strikes him, and be full of reproach [not defending self]. (Lam. 3:27-30)*
- B. **Be clothed with humility:** We present ourselves in the clothing of humility by seeking the advantage of others, by speaking and doing what is to their benefit, honor, and convenience.
- C. **Humble yourselves:** We make the decision and trust God’s method and timing for our exaltation.