

Practically applying the character quality of

meekness

vs. anger

"Yielding my personal rights and expectations with a desire to serve."

By: Steve Becker

Meek or Weak?

What's the difference? These words rhyme, however meekness is anything but weakness. If you struggle with an anger problem and think it is weak to be meek, try being meek for a week. Meekness is strength under control. It is only possible to exhibit meekness when in a position of strength. Turning the other cheek to personal offenses requires greater strength than it does to retaliate. Meekness is a willingness to place a friendship over our own ego.

Earning an audience

Meekness is earning an audience, not demanding one based on position or degree. Power from position, rank, knowledge or degree tends to puff up our egos and create harmful pride that damages relationships. Meekness is knowledge and power under the control of humility that strengthens relationships.

Anger and emotions

Emotions are a source of incredible energy. Uncontrolled, however, emo-

tions can be damaging. Internal checks and balances of reason and good character are overpowered when we lose our temper. To the degree that temper is lost, decision-making authority is transferred from reason to the control of our emotions. Emotions are too impulsive, turbulent, and easily influenced to be trusted as the basis for decision-making. Character should be our highest rule.

Anger in the family

Do you struggle with an anger problem? Many parents who think that they do not have a problem with anger are shocked to find out that their spouse and children think differently. The heart of a child is like a fragile eggshell that cannot withstand the outburst of an angry parent. Parental anger has the potential to crush a child's delicate heart causing them to withdraw into themselves. Anger damages relationships, especially with those who love us. Guard the hearts of those you love most by being willing to let minor rights go undefended from time to time and, instead, focusing on the bigger issues of life. Don't be weak, be meek!

How MEEK are you?

- Do others praise you for a meek and quiet spirit, or do they react to an angry spirit?
- Do people resist your advice or counsel when you try to help them?
- Do you speak evil of those in positions of leadership?
- Do people ask you why you are so peaceful when serious adversities come into your life?
- When you do good works and are praised for them, do you deflect the honor to others who helped you?

Father's Day

June 16th is Father's Day, a day to celebrate America's dads. Unfortunately, many fathers are absent from their families today and there are many boys growing up in America without a father in their lives. A great example of yielding rights with a desire to serve is being a Big Brother or Big Sister to a fatherless or motherless little boy or little girl. Tony Dungy, head coach for the Indianapolis Colts Coach supports Big Brothers and Sisters and is bringing his Family First - All Pro Dad efforts to Indianapolis. Seven years ago, I was searching for significance in my life and I made a decision to join Big Brothers to help fill the void for one these fatherless boys. The experience continues to be very rewarding not only to my Little Brother and I, but also to our extended family. Please contact me if you are at all interested in becoming a Big Brother or Big Sister.

Commitment to Meekness

- I will be slow to get angry.
- I will not grumble or complain.
- I will look for ways to help those in need.
- I will be willing to go last.
- I will not boast.