

“The Strength of Meekness”

1 Thessalonians 3:11

Psalm 37:1-11

“Be Cool”

“Our Father” emphasizing *personal relationship*; and “Our Lord” emphasizing *rule*.

Paul switches the normal idea.

“Be Cool”

Paul equates Jesus to God, emphasizing that Father and Son are equally Sovereign Deity, and they *perfectly* agree in *all* matters. All three Persons of the Trinity intercede in our plans!

“*direct*”

“laying out a straight *smooth*
path with all *obstacles* removed”

Paul knew ONLY God and
Christ could resolve his
situation.

Psalm 37

Describing the *quiet spirit* of one who *trusts* in *God* and does not *fret* because of evil men, hindrances, obstacles, or unrealized plans or goals.

Theme of Psalm 37

Clearly “do not fret,”
meaning “do not get
heated” or “don’t get all
worked up” or “be cool”

Meekness

It is the opposite of being out of control. It is supreme self-control empowered by the Holy Spirit - especially in the face of pressure and stress.

Two-Pronged Strategy

Look Up! Psalm 37:1-8

Look Ahead! Psalm 37:9-11

Look Up!

“The most important answer is to get our eyes off the wicked and even off ourselves and on the LORD. More than that, we are to trust Him and commit our way to Him.”

James Montgomery Boice

5 Looking Up Steps

- 1) *Trust* in the LORD (37:3);
- 2) *Delight* in the LORD (37:4);
- 3) *Commit* your way to the LORD (37:5);

5 Looking Up Steps

- 4) **Be still** before the LORD (7);
- 5) **Refrain** from **anger** against the LORD and others (37:8).

“Refrain from Anger”

It is the mark of a godly person that he/she is able to maintain a **settled, calm frame of mind** because of trusting God.

Meekness is the ability to apply self-control to settle & calm the mind.

Look Ahead!

This means taking the “long view.” As we look ahead, we will see that those who do evil are “here today; gone tomorrow,” but the righteous people of God are preserved in the present and rewarded in the future.

“Meek? Who, me?”

“I can’t be like that! It’s not my nature.” You are right! None of us is meek by nature. But as Christians we can learn to be meek like Jesus.

“Take My yoke upon you and learn from Me; I am meek and humble.”