

TUESDAY

Meekness

Commandments:

5. You shall not kill.
6. You shall not commit adultery.



Meekness is not weakness. St. Vincent de Paul saw it as the opposite - it is strength tempered by gentleness. He often spoke of MEEKNESS not as cowardice or indifference, but as a willingness to bring blessing and healing to situations of hate and injustice. Instead of turning to violence or anger with retribution, St. Vincent calls us to meet anger with kindness, insults with patience, and discord with understanding. A meek heart restrains anger, violence, and destructive passions, choosing instead patience and understanding.

Today's society rewards assertiveness, strength and control. But instead, it is strength and courage under control and coupled with kindness. To be meek requires a RESERVOIR or inner strength that comes from Jesus. It is an outward expression of the Holy Spirit's transforming work in each of us. When we feel the urge to use anger or voice concern in aggressive ways, we exclude God and others. When we allow God to enter our heart and share feelings peacefully and respectfully; when we pray for meekness, it can lead to a greater understanding of our own limitations and can give us an increased sensitivity to others, to become more attuned to the needs and perspectives of others and foster stronger/better communication with others.

"BLESSED ARE THE MEEK, FOR THEY WILL INHERIT THE EARTH" (Matthew 5:5)

The fifth and sixth commandments remind us of the sanctity of life and the dignity of human relationships. Meekness enables us to resist the temptation to harm others, whether physically, emotionally, or spiritually. It helps us cultivate purity of heart, ensuring that our thoughts and actions toward others are guided by respect, compassion, and faithful love.

QUESTIONS FOR REFLECTION

- Have I harbored anger, resentment, or hatred in my heart?
- Do I foster peace in my words and actions?
- Have I treated others as objects rather than persons made in God's image?

