

# MORE FRETFUL or MORE MEEK ?

Meekness is a calm confidence and settled assurance of a soul that trusts in the Lord. The meek resemble Jesus (Mtt. 11:29) and they enjoy great peace (Ps. 37:11). Do you find yourself described more on the left or the right, MORE FRETFUL or MORE MEEK?

<p>1. The meek will be at rest in the storms of life ... (Matthew 11:28–30; Psalm 37:7; Hebrews 4:1–11)</p> <p>2. The meek will react to circumstances with peaceful trust ... (Psalm 37:1, Isaiah 26:3–4)</p> <p>3. The meek demonstrate gracious restraint. They respond to criticism with restraint rooted in humility, by recognizing that “Without God’s grace, I’m capable of far worse...” (1 Peter 3:8–9)</p> <p>4. The meek woman’s confidence is in the security of the truths of Scripture and the faithfulness of God ... (Prov. 3:26, 14:26; Psalm 119:165; Jer. 17:7–8)</p> <p>5. The meek woman has strength and courage to battle her own sinful anger and passions, by holding fast to peace—through trusting in the providence of Almighty God ... (Psalm 37:11, Romans 12:18–19)</p> <p>6. The meek have a constancy and steady composure in spirit and frame of mind, reflecting the consistent stability of our Lord, who is the same yesterday, today, and forever. (Psalm 102:25–27; Ephesians 4:13–15; 1 Peter 3:13–16; Hebrews 13:8)</p> <p>7. The meek woman does not avoid or run from controversy, but walks through necessary confrontations under the control of the Holy Spirit ... (Galatians 6:1–2; Proverbs 27:5)</p> <p>8. The meek woman is reasonable and not easily offended ... (Proverbs 19:11; Rom. 14:19, Jam. 3:13)</p> <p>9. The meek woman forgives quickly (Matt. 4:23–25, Eph. 4:26–27, 31–32).</p> <p>10. The meek woman is still and knows that He is God; therefore she trusts in Him and is at peace ... (Psalm 46:10; Proverbs 18:10, 30:5)</p>	<p>1. The fretful will be fearful in the storms of life ... (Mark 4:35–41; Jeremiah 50:6)</p> <p>2. The unmeek attempt to manipulate individuals or circumstances ... (James 4:1–3; Proverbs 7:21)</p> <p>3. The unmeek seek vengeance. They respond to accusations or criticism with either vengeance or the wounded pride of self-pity... (Romans 12:14–19)</p> <p>4. The fretful woman’s trust is in her own abilities and power to control others and details ... (Proverbs 12:15, 14:12, 16:25; Jeremiah 18:12)</p> <p>5. The fretful woman is too fearful and weak to trust God, but allows her sinful emotions and passions to rule ... (Proverbs 28:25)</p> <p>6. The fretful woman is always on a roller-coaster ride of emotions, continually up and down ...the only thing consistent about her is that you never know what mood to expect...(Proverbs 21:9, 19, 25:24)</p> <p>7. The fretful woman enters controversy hastily and recklessly or fears it and avoids it at all costs... (Prov. 10:19, 13:3, 14:16–17, 29:20)</p> <p>8. The fretful, unmeek woman is easily offended... (Romans 12:3, 16)</p> <p>9. The fretful, unmeek woman holds onto offenses and hurts, becoming bitter... (Hebrews 12:14–15)</p> <p>10. The fretful woman runs through life at a frantic pace, not stopping long enough to sit still and listen to the Master’s voice ... (Luke 10:38–42)</p>
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This chart has been adapted from a resource created by Kim Wagner and available at the Revive Our Hearts website.