

“By  
doing good  
we always  
win”

Word  
of  
Life

“Blessed are the meek,  
for they shall inherit  
the land.”

(Mt 5:5)

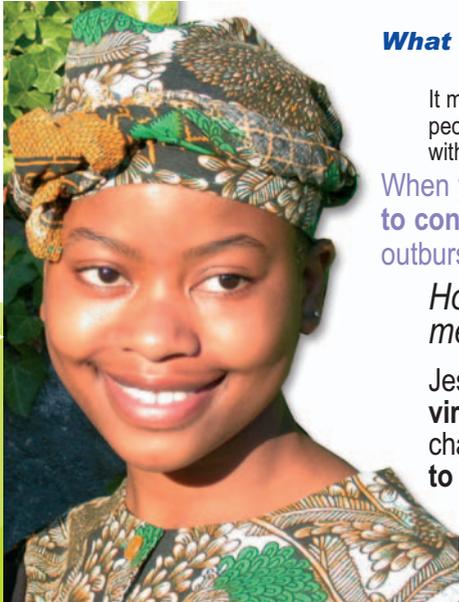
From a commentary by Chiara Lubich  
adapted by the International Gen 3 Center

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To live this Word of Life, all we have to do is look at how Jesus lived. He said: “Learn from me, for I am meek and humble of heart” (Mt 11:29). He teaches us that meekness is one quality of love. True love, which the Holy Spirit pours into our hearts, is “joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control” (Gal 5:22).

The person who loves is not agitated, is not in a rush, doesn't hurt other people's feelings, doesn't offend others.

Those who love control themselves and are gentle, meek and patient.



What does it mean  
to be meek?

It means not to get upset and angry when people do bad things to us; to endure injury without being resentful or reacting violently.

When you are meek, you know how to control your reactions, especially outbursts of temper or anger.

However, being meek doesn't mean that you are weak or fearful.

Jesus encourages us to have the virtue of meekness because he challenges us to turn the other cheek, to do good to those who harm us...

A person who is meek is able to overcome evil by doing good.



This is what happened to...

I had a friend, but I hadn't spoken to her in over a year because we had a fight. Something told me I should take the first step. I wanted to admit my mistake and tell her I was sorry, so I decided to go and see her. I thought to myself: “Maybe she'll slam the door in my face, but I want to try anyway.” It was her birthday so I went to her house, rang the doorbell and to my

great surprise she welcomed me saying: “This is the best birthday present I got today! Now we can be friends again!”  
Carolina (Argentina)



Near my house there is a playground with a basketball court. My friend, Stijn, and I were going by the court, when one of the boys who was playing there, and



Those who are meek are happy and blessed even in this life, because they see that we can change the world around us, especially by creating new relationships with others. In our world, it often seems like those who are arrogant or violent or unjust are more powerful, but the person who is meek is a “sign of contradiction,” going against the current, radiating justice, love, peace, understanding, tolerance, gentleness and esteem for others.

who was much bigger than me, stopped me and with an arrogant tone told me: “Give me one of your apples! I had two apples in my hand, one for me and one for Stijn. I could have tried to run away from him, but for some reason I told him: “If you're hungry, why not? I can share the other apple with my friend.” Another boy was watching and he came up and told me: “Give me the other apple!” I don't know where the words came from, but with love I said: “Look, I am sharing one apple with my friend – you can do the same with your friend.” The first boy, seeing my attitude told me: “Okay, I'll give you back the apple, because I don't really need it.” So I walked off with the two apples that Stijn and I ate together. And I have to say they had a very special flavor! Tim (Belgio)