

"Blessed are  
the meek, for  
they will  
inherit the  
earth"  
(Mt 5:5)

## What are meek people like?

They don't become irritated in the face of wrongdoing and don't allow themselves to be carried away by violent emotions.

They know how to control and curb their reactions, especially bursts of temper and anger.

Their meekness, however, has nothing to do with weakness or fear. It is not passive consent to wrongdoing or to silent conspiracies.



Quite the opposite, it requires **great will power** to replace feelings of resentment and revenge with a firm and calm attitude of respect for others.

With the beatitude of meekness, **Jesus is proposing to overcome evil with goodness** and he makes a great promise to those who live it.

"... they will inherit the  
earth"

This promise brings to mind another homeland, the one that, in the first and last beatitudes, Jesus calls "the kingdom of heaven," that is, the life of communion with God, the fullness of life that will never end.



Those who live meekness are already blessed because even now they experience the possibility of changing the world around them, especially by changing how they relate to other people. In a society often ruled by violence, arrogance and injustice, they become a "sign of contradiction" and spread justice, understanding, tolerance, gentleness and esteem for others.

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da un commento di Chiara Lubich  
dalla Parola di vita di nov'05  
**Parola di Vita**

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"Blessed are  
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While the meek are working to build up a society that is more just and more in tune with the Gospel, they are also preparing themselves to inherit the kingdom of heaven and to live "in a new heaven and a new earth".

**How can we live  
meekness?**

To know how to live this Word of Life, it would be enough to **look at the way Jesus lived. He told us:**

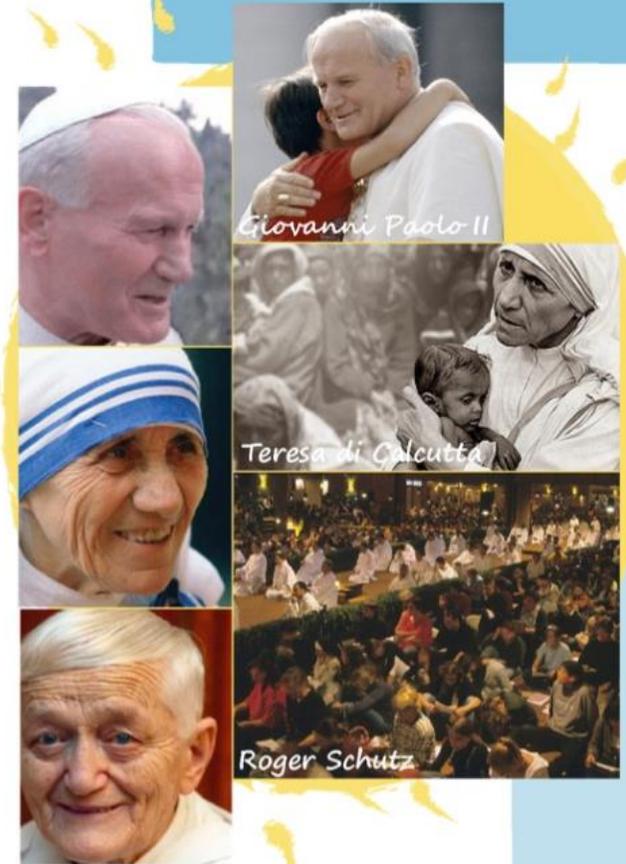
"Learn from me, for I am gentle and humble in heart". He teaches us to see meekness as a quality of love.

**True love,** which the Holy Spirit pours into our hearts, is in fact "joy, peace, patience, kindness, generosity, faithfulness, **gentleness, self-control**".

Yes, whoever loves is not agitated, is not in a rush, does not offend, does not hurt others.

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

If we stop to think about it, we will realize that there are many people who live exemplary meekness in their daily life.



Giovanni Paolo II

Teresa di Calcutta

Roger Schutz

da un commento di Chiara Lubich  
dalla Parola di vita di nov'05  
**Parola di Vita**  
movimento dei  
focolari  
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Centro Internazionale Ragazzi per l'umilia

In great figures who have left this earth, like **John Paul II, Teresa of Calcutta and Roger Schutz, we have seen meekness shine out** so much that they made a tremendous difference to society and in history, and continue to encourage us on our way.