

UPSIDE DOWN UPSIDE DOWN



The Bible says

Jesus said, "The meek and lowly are fortunate! for the whole wide world belongs to

them. Happy are those who long to be just and good, for they shall be completely satisfied." *Matthew 5:5,6*

'Always be humble and gentle. Be patient and accept each other with love.' *Ephesians 4:2*

What do you these verses mean to you?

Do

Is there an issue you feel really strongly about, something that needs to be changed? Make a protest poster about it or write a letter to your local MP asking them to make a change.



Thoughts on Meekness

What does being meek mean to you? Is it being weak, a pushover? No! Someone who is meek is actually a very strong person. Not that they can pick up heavy weights (although maybe they can too!), but that they are strong in their character.

Fact

The Greek word for meekness also means to tame wild horses. When they are tamed, they are still strong but under control. They are strong and gentle.



Idea



Being meek is not thinking you are better than other people but valuing them, respecting them, equally. It's also about standing up for those who aren't treated equally, with strength of feeling but also with calmness. It's about standing up for what we believe to be right and just and fair. It's about listening and learning so that we understand what is the right thing to do. Are you meek - 'gentle and humble in spirit' with a longing for justice? How can you show this?

Help us to be meek and to stand up to unfairness and injustice. Show us how we can do this with strength and gentleness so that we will be heard and can make a change.

Pray

