



VIRTUE=STRENGTH.™



MEEKNESS

The strength to restrain anger and discouragement
in the midst of adversity enabling a person
to do good in response to evil.



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MEEKNESS

“DO GOOD IN THE FACE OF EVIL.”

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MEEKNESS

OPENING PRAYER

“O Jesus, meekest Lamb,

who being cursed did not curse,
who suffering injuries did not threaten,
who receiving the greatest contempt, answered with
divine meekness or preserved an admirable silence,

help me to follow Your example,
to repress my anger,
to embrace meekness,
and armed with patience,
to suffer willingly any labor so that I may come to
enjoy eternal repose with You.”

*Venerable Leo Du Pont,
known as the Holy Man of Tours
and the Apostle of the Holy Face*

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DEFINITION

This week our strength building on the virtue of HUMILITY is MEEKNESS.

The strength to restrain anger and discouragement in the midst of adversity enabling a person to do good in response to evil.

Meekness is not weakness!

MEEKNESS IS STRENGTH UNDER CONTROL.

IT IS GENTLE AND HUMBLE BEHAVIOR, SHOWING PATIENCE AND KINDNESS EVEN WHEN PROVOKED.

MEEKNESS



WHERE WAS JESUS MEEK?

- **Jesus' Humble Birth:** He was born in a simple stable, showing humility right from the start.
- **Serving Others:** Jesus washed His friends' feet to teach them to be kind and serve others.
- **Teaching Gentleness:** He taught people to be gentle and kind in the Sermon on the Mount.
- **Forgiving Sinners:** Jesus forgave those who made mistakes, like the woman who did something wrong.
- **Staying Calm:** When people were mean to Him and hurt Him, Jesus stayed calm and even prayed for them.





UNDERSTANDING “BLESSED ARE THE MEEK”

The beatitude "*Blessed are the meek, for they shall inherit the earth*" (Matthew 5:5) is one of the teachings of Jesus from the Sermon on the Mount.

- 1. Blessed:** This means being happy or receiving a special favor from God.
- 2. Meek:** Being meek means being gentle, patient, and humble. It's not about being weak or letting people push you around. Instead, it's about showing kindness and not getting easily angry, even if things don't go your way.
- 3. Inherit the Earth:** This means that those who are meek will be rewarded by God. They will receive good things, not just in this life, but also in the life to come. They will be given a special place in God's kingdom.

Application

- **In School:** If a classmate is mean or takes your spot in line, instead of pushing back or getting angry, you stay calm and let a teacher know or kindly ask for your turn.
- **At Home:** When your sibling breaks your device, you don't yell or hit. Instead, you tell Mom or Dad and forgive your sibling.

BENEFITS

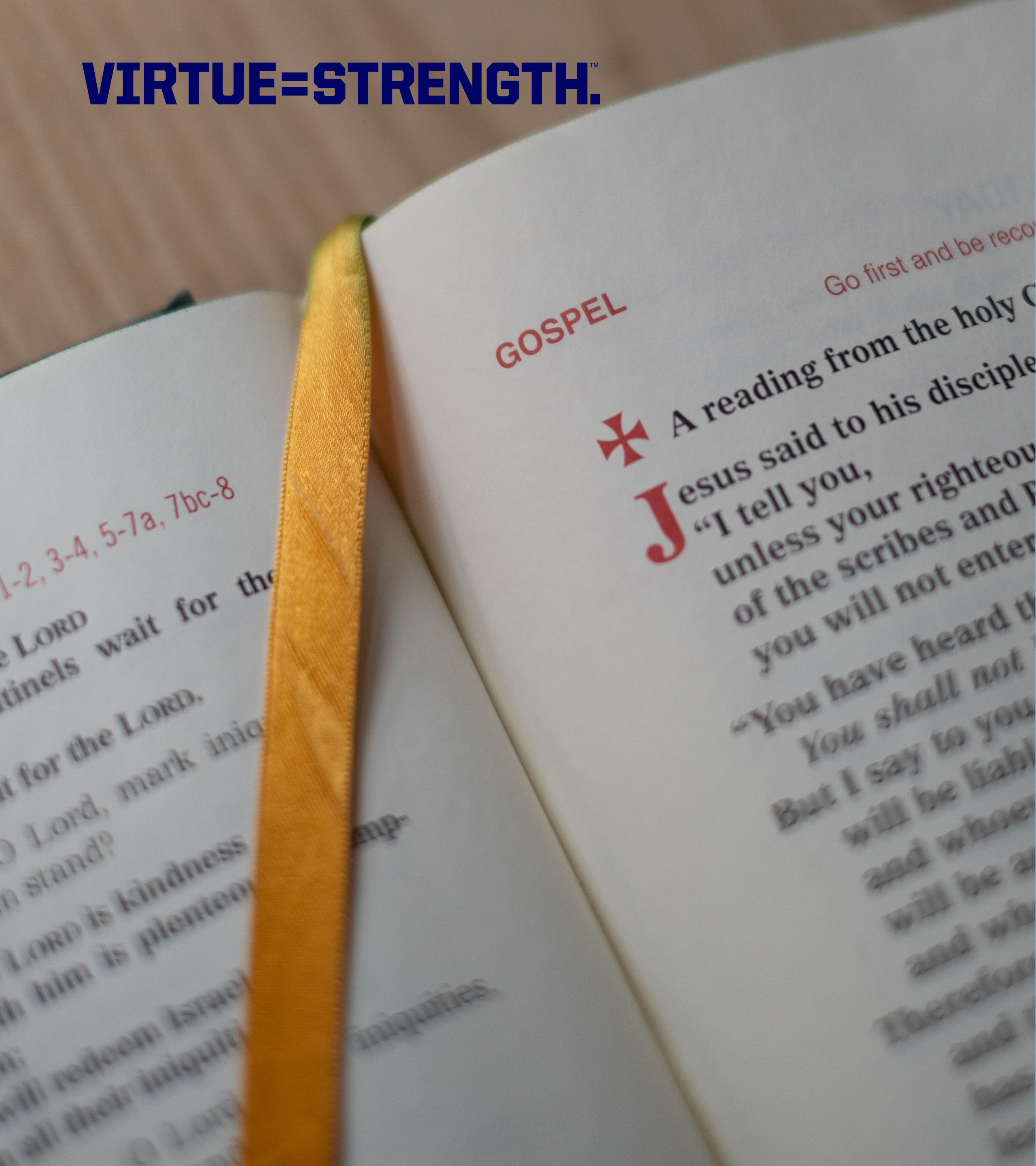
The real POWER of meekness lies in its capacity to defuse anger.

Meekness is particularly meritorious when practiced toward those who make us suffer; then it can only be supernatural, without any admixture of vain sensibility.

It comes from God and sometimes has a profound effect on our neighbor who is irritated against us for no good reason.

Let us remember that the prayer of St. Stephen called down grace on the soul of St. Paul, who was holding the garments of those who stoned the first martyr.

Meekness disarms the violent.



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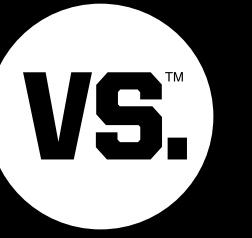


VICE

VICE



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WRATH

The weakness of vengeful anger and
retaliation.



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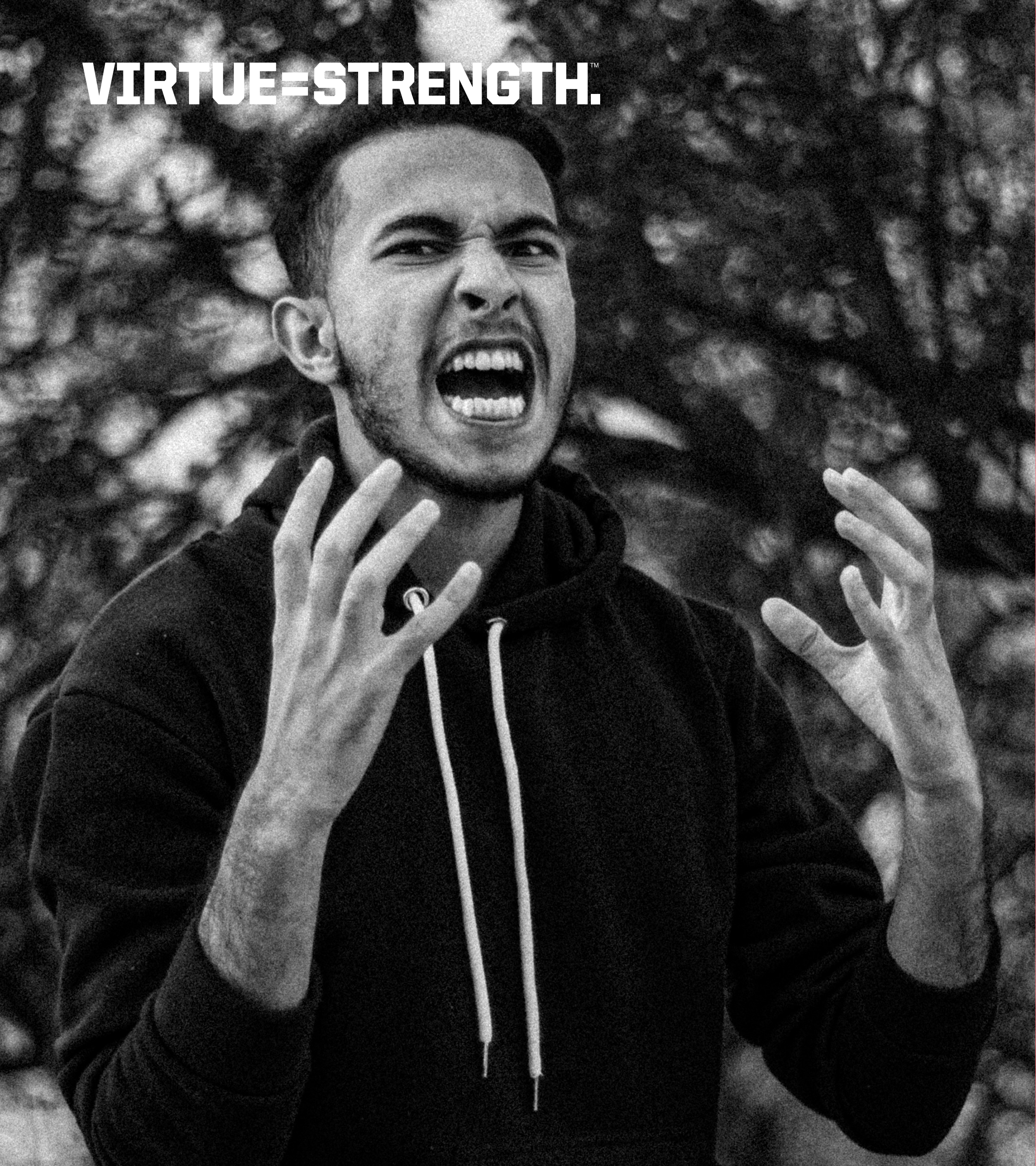


WRATH

“EXTREME ANGER.”

“WANTING REVENGE.”

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THE VICE OF WRATH

VICE

The weakness of vengeful anger and retaliation. It is extreme anger that often leads to destructive and harmful actions or words.

Bible Quote:

- "A soft answer turns away wrath, but a harsh word stirs up anger." (Proverbs 15:1)

Saint Quote:

- "An angry man opens his mouth and shuts his eyes."
— St. Augustine (Watch the Angry Birds Video.)

Catechism of the Catholic Church:

- "Anger is a desire for revenge. To desire vengeance in order to do evil to someone who should be punished is illicit; but it is praiseworthy to impose restitution 'to correct vices and maintain justice.' If anger reaches the point of a deliberate desire to kill or seriously wound a neighbor, it is gravely against charity; it is a mortal sin. The Lord says, 'Everyone who is angry with his brother shall be liable to judgment.'" (CCC 2302)



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VICE

DEALING WITH WRATH

One must never speak nor act when one is angry.

One should do as mariners do; when a storm arises they cast anchor, and wait until the tempest is over.

St. Francis of Sales, on being asked how he could remain so calm and peaceful in regard to persons who were raging with anger, replied: "I have made an agreement with my tongue never to utter a word while my heart is excited."

Prayer is very efficacious as a means of dispelling anger. When we feel the rising of passion within us, we should do as the apostles did when a storm arose on the lake. They went to Our Lord for succor. If we do so, God will command the waves of anger to be still, and calm will ensue.

The saints counsel us to repeat silently an Ave Maria as a means of driving away the devil who tempts us. Or one may recite the Gloria Patri; at any rate we must have recourse to prayer immediately, for if we delay, our anger will gain ground, and will not be easily quelled.

Wrath frequently begets hatred. "It is better," says St. Francis of Sales, "never to let anger into thy heart, than to keep it within the bounds of prudence and moderation; for it is like a viper which if it once gets its head through a hole, slips its whole body through; and once admitted, it is no easy matter to drive it out."



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MEEKNESS

CHALLENGE

Let's put **THIS STRENGTH** into action!

TIPS TO CONTROL YOUR ANGER

1. **Pause and Reflect:** When you feel angry, take a moment to pause and think before you act or speak.
2. **Pray for Peace:** Ask God to give you the strength to be calm and patient.
3. **Talk to Someone:** Share your feelings with a trusted adult or friend who can help you manage your anger.
4. **Find a Healthy Outlet:** Engage in activities that help you relax and release your anger, like drawing, playing sports, or reading.
5. **Remember Jesus' Example:** Jesus showed meekness throughout His life. Think about how Jesus would respond in your situation.

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RESOLUTION

“Do good in the face of evil.”

Is there someone you find it difficult to get along with?

Make a special effort this week to do good to them even if they are not nice to you.

Resolutions MEEKNESS

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MEEKNESS

WHAT DOES MEEKNESS LOOK LIKE?



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MEEKNESS

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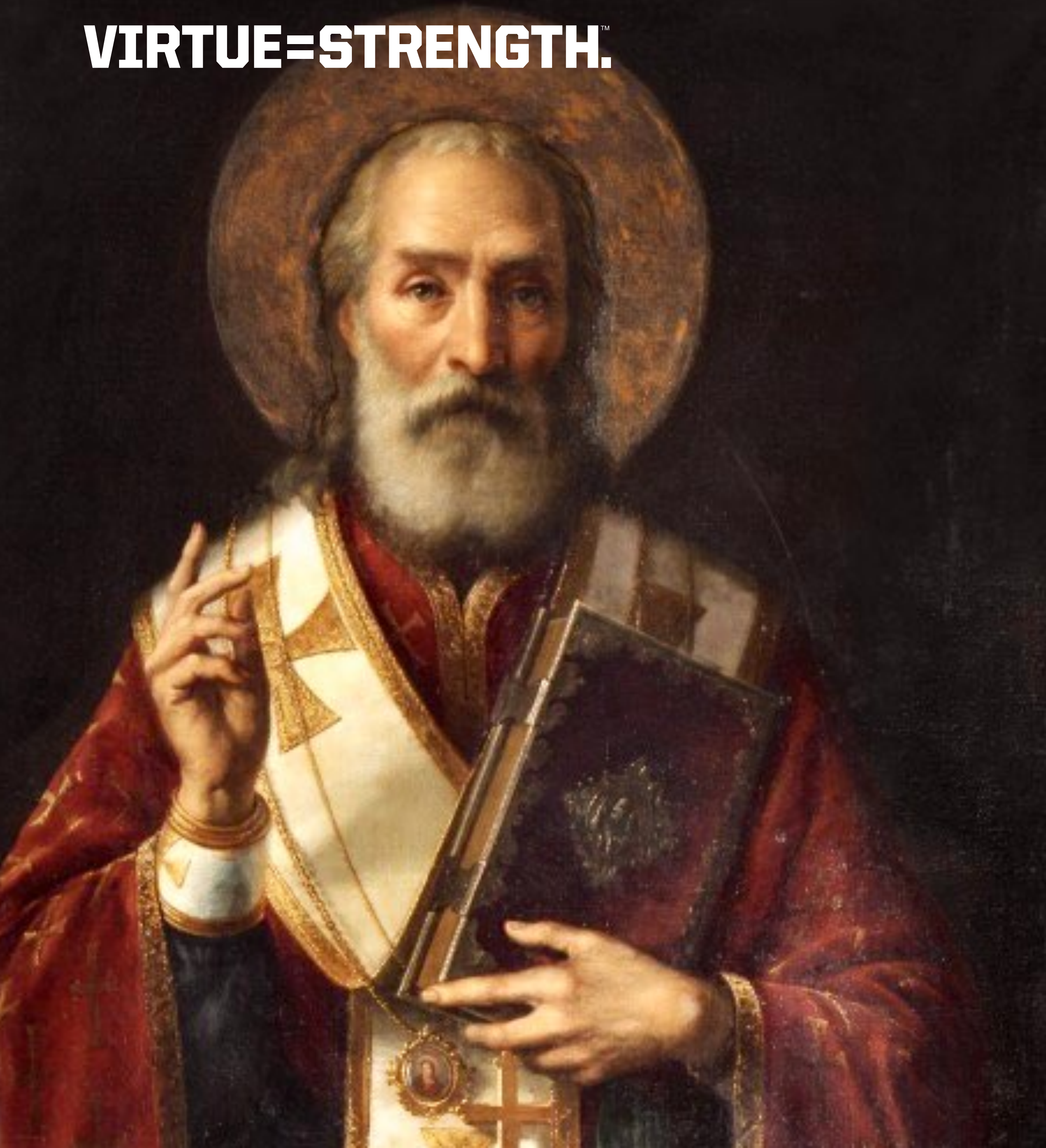
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MEEKNESS

WHAT DOES MEEKNESS SOUND LIKE?

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MEEKNESS

SAINT STORY

ST. NICHOLAS

270-343

The true story of Santa Claus begins with Nicholas, who was born during the third century in the village of Patara in Asia Minor. At the time the area was Greek and is now on the southern coast of Turkey. His wealthy parents, who raised him to be a devout Christian, died in an epidemic while Nicholas was still young. Obeying Jesus' words to "sell what you own and give the money to the poor," Nicholas used his whole inheritance to assist the needy, the sick, and the suffering. He dedicated his life to serving God and was made Bishop of Myra while still a young man. Bishop Nicholas became known throughout the land for his generosity to those in need, his love for children, and his concern for sailors and ships.

Under the Roman Emperor Diocletian, who ruthlessly persecuted Christians, Bishop Nicholas suffered for his faith, was exiled and imprisoned. The prisons were so full of bishops, priests, and deacons, there was no room for the real criminals—murderers, thieves and robbers. After his release, Nicholas attended the Council of Nicaea in AD 325. He died December 6, AD 343 in Myra and was buried in his cathedral church, where a unique relic, called manna, formed in his grave. This liquid substance, said to have healing powers, fostered the growth of devotion to Nicholas. The anniversary of his death became a day of celebration, St. Nicholas Day, December 6th.

SMALL GROUP DIFFICULT SITUATION
DISCUSSION

You are out grocery shopping with
your Mom.

A person rudely runs their shopping
cart into yours and seems to not
notice and they do not apologize or
anything.

How can you handle this situation
with meekness?



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MEEKNESS

MATTHEW 11: 28-30

“Come to me, all you that labour, and are burdened, and I will refresh you.

Take up my yoke upon you, and learn of me, because I am meek, and humble of heart: and you shall find rest to your souls.

For my yoke is sweet and my burden light.”

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MEEKNESS

“When we have to reply to anyone who has insulted us, we should be careful to do it always with meekness. A soft answer extinguishes the fire of wrath.

If we feel ourselves angry, it is better for us to be silent, because we should speak amiss; when we become tranquil, we shall see that all our words were culpable.”

*- Saint Alphonsus Liguori
Doctor of the Church*

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MEEKNESS

***“We ought to be like lilies in the
midst of thorns, which, however
they be pricked and pierced, never
lose their sweet and gentle
fragrance.”***

***- Saint Bernard of Clairvaux
Father and Doctor of the Church***

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*“See the Face of God in
everyone.”*

- St. Catherine Laboure

MEEKNESS



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MEEKNESS

“Nothing is more powerful than meekness. For as fire is extinguished by water, so a mind inflated by anger is subdued by meekness.

By meekness we practice and make known our virtue, and also cause the indignation of our brother to cease, and deliver his mind from perturbation.”

*- Saint John Chrysostom
Father and Doctor of the Church*

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MEEKNESS

“You will accomplish more by kind words and a courteous manner than by anger or sharp rebuke, which should never be used except in necessity.”

- St. Angela Merici

CLOSING PRAYER

“When I find that I have fallen, in spite of my efforts, I will meekly rise again and say:

‘Come, my poor heart. Behold, we have fallen again into the ditch which we have so often resolved to avoid. Let us rise now, and leave it forever. Let us have recourse to God’s mercy; let us place our hopes in it, and it will help us.’

Trusting in You, O Lord, I will begin again, and keep to the path of humility and meekness.”

St. Francis de Sales





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What is the real meaning of
CHRISTmas?

What does The Incarnation
Mean?

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STUDENT LEADER VIRTUE AWARD

MEEKNESS

This certifies that

Helped lead our school with their virtuous example.

The strength to restrain anger and discouragement in the midst of adversity enabling a person to do good in response to evil.