



## Happy are the Meek

A meek person is unlike an aggressive person who tends to react violently to people he or she may dislike. Jesus who is meek teaches us to reach out in love.



What is the true meaning of the word 'meek'? It is a combination of gentleness, humility and compassion. Jesus is the perfect example of meekness; we don't need to look upon anyone else to understand what it means to be meek.

When Jesus says He's gentle and humble in heart, He means to say that He is not an arrogant or a proud person who bosses over others and puts heavy burdens on them. He even invites people tired of carrying the worries and anxieties of life to come to Him and promises them rest, because His yoke is easy and His burden is light.

You may find the same Jesus on the rare occasion giving up His meekness to challenge the arrogance of people like the Pharisees and other leaders of Jewish society. But the greatest example He set for His people was from the Cross: "Forgive them Father, for they do not know what they are doing." Such unconditional forgiveness is the mark of a true meek person.

In India, the best example of meekness was set by Saint Teresa of Kolkata who gave up everything to serve those abandoned by society. Once when Mother Theresa was going around asking for donations to take care of the poor, a man spat in her hand. Mother Theresa did not retaliate with anger or hate but with love.

Jesus tells us that entry to Heaven is given only to those people who are not violent and aggressive. Being meek is the best human virtue. It will make you happy and help you become a good human being.



