

VIRTUE=STRENGTH.™

VS.™

# 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.**

MEEKNESS



**BENEFITS**

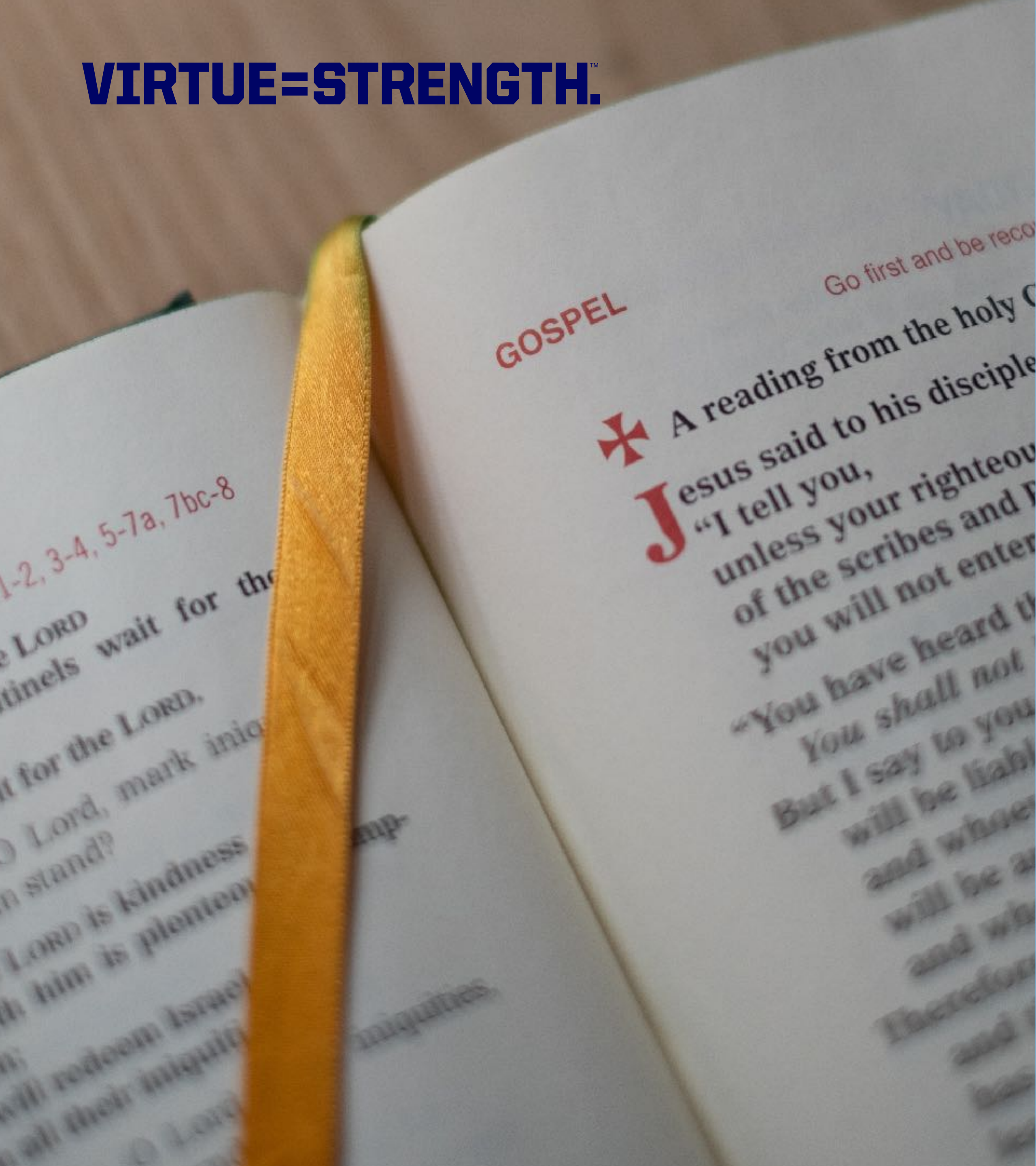
The real POWER of meekness lies in its capacity to defuse anger.

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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## 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

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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

*“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*



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**WRATH**

**“EXTREME ANGER.”**

**“WANTING REVENGE.”**



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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."

## 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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