

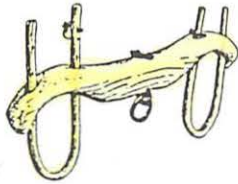
Wisdom Booklet 5



WISDOM QUIZ

Matthew 5:5

"Blessed are the meek: for they shall inherit the earth."



How well do you understand the concept of meekness?

True/False

1 Meekness is best defined as our energies under God's control.

☒ ☐

(Read Psalm 25:9.)

- Meekness is yielding our personal rights and expectations to God. From that point we can pray with the psalmist, "My soul, wait thou only upon God; for my expectation is from Him" (Psalm 62:4). What destructive emotions will result when we demand our rights and expectations?

2 It takes a strong person to be a meek person.

(Read Matthew 11:28-30.)

- The word *meekness* sounds similar to *weakness*, but its meaning is vastly different. The Lord Jesus Christ was certainly not a man of weakness, but He has invited us to learn what meekness is all about by knowing Him. How did Jesus demonstrate meekness in casting out demons, rebuking the Pharisees, and cleansing the temple?

3 A Christian who yields his responsibilities to God will be a meek person.

(Read II Corinthians 5:9-10.)

- Responsibilities are given to us by God for the benefit of others and must be carried out by the power of His grace. Rights are special privileges which we claim for our own benefit. Which of the following is a right and

which is a responsibility: Teaching a child to be respectful or being respected by the child?

4 A meek person should be involved in political concerns so he can exert a Godly influence.

(Read I Timothy 2:1-4.)

- God will guide meek Christians to have a powerful influence in the laws and life of their city and country. The Godly life of a meek person will become the living testimony of right laws and the Godly praying and witnessing of a meek person will influence those who make the laws. Why did God tell His people, "And seek the peace of the city whither I have caused you to be carried away captives . . ." (Jeremiah 29:7)?

5 There are some times when being angry is necessary to produce beneficial results.

(Read James 1:20-21.)

- Anger is like a headache; it is a signal that something else is wrong. For this reason, we are told, "Be ye angry, and sin not" (Ephesians 4:26). Both the original words and the context teach that if we are angry, we should not let it become sin. Anger should never last until the sun goes down. Instead, "Let all bitterness, and wrath, and anger . . . be put away from you, with all malice" (Ephesians 4:31). Why would a person who lacks meekness be unable to enter into marriage? (See Proverbs 22:24.)

Total Correct _____

Is Your All on the Altar?



1. You have longed for sweet peace, and for faith to in-crease, And have ear-nest-ly,



fer-vent-ly prayed; But you can-not have rest or be per-fect-ly blest

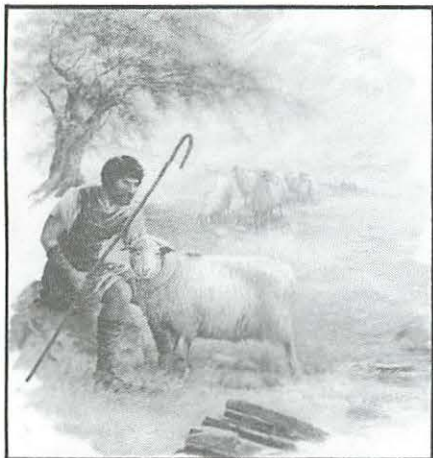


Un-til all on the al-tar is laid.

WISDOM WORKSHEET ON MATTHEW 5:5



**"BLESSED ARE
THE MEEK..."**



How do sheep illustrate the basic attitudes of a meek person?

- Sheep are attentive to the voice of their shepherd.
- Sheep are trusting of their shepherd.
- Sheep are submissive. They do not demand their own way.

- In a character description Jesus gave of Himself, He said, "I am meek and lowly in heart." He invites all to learn this quality from Him. (See Matthew 11:28-30.)

**"... FOR THEY SHALL
INHERIT THE EARTH."**



- When we yield our rights to God, we are able to enjoy the fullness of what He has created for us. (See Matthew 10:39.)

Do Resource A.

Linguistics

Languages,
Grammar, Vocabulary,
Communication



MEEK

Greek: πραύς (prah-OOSE)

DEFINITION: An attitude of humility and gentleness arising out of confident obedience to God and His ways.

Do Resource B.

REWARDS OF THE MEEK

- They receive the Gospel. "... preach good tidings unto the meek ..." (Isaiah 61:1).
- They are guided by God. "The meek will he guide in judgment ..." (Psalm 25:9).
- They experience rest. "Learn of me; for I am meek ... and ye shall find rest ..." (Matthew 11:29).
- They are fruitful. "But the fruit of the Spirit is ... meekness ..." (Galatians 5:22-23).
- They are of great value. "... A meek ... spirit ... is in the sight of God of great price" (1 Peter 3:4).

INHERIT

Greek: κληρονομέω

(klay-ron-aw-MEH-oh)

DEFINITION: To enter into the full possession of the resources which have been laid up in store for Christians.

Meekness is a mark of maturity—the ability to wait for God's rewards for achievement and for God's punishment of evil doers. (See Psalm 37.)

Do Resource C.

EARTH

Greek: γῆ (gay)

DEFINITION: This word refers to this present world and to the new earth to come. (See Revelation 21:1.)

History

Archaeology,
Geography, Prophecy,
Music, Art, Literature



Who demonstrated meekness by exchanging seen treasures for unseen treasures?

The meekness of Moses was affirmed by God: "(Now the man Moses was very meek, above all the men which were upon the face of the earth.)" (Numbers 12:3).



Moses

Through adoption Moses inherited rights in the royal family of Pharaoh. However, when faced with a choice between future reward and present rights, he chose "... rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompence of the reward" (Hebrews 11:25-26).

Do Resource D.

How did Christ demonstrate meekness by throwing out the money changers?



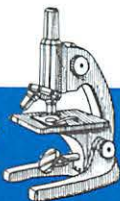
The essence of meekness is yielding our rights and our wills to the will of our Heavenly Father.

When Jesus cleansed the temple, He was fulfilling Old Testament prophecy. (See John 2:17.)

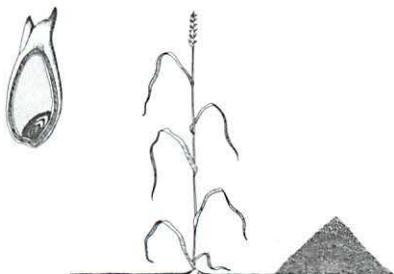
"... I seek not mine own will, but the will of the Father which hath sent me" (John 5:30).

Science

Chemistry, Biology,
Astronomy, Geology,
Physics, Mathematics



How does a grain of wheat reveal the principle of meekness?



Jesus explained that only as a grain of wheat falls into the ground and dies can it bring forth much fruit. (See John 12:24.)

Meekness is willing acceptance of the purposes for which God made me.

Do Resource E.

How is a trained horse an illustration of meekness?

A wild horse is of little value to man; however, when its will is brought under the control of its rider, the horse becomes tremendously useful.



**MEEKNESS
IS POWER
UNDER
GOD'S
CONTROL.**

Power under control is the basis for productivity in industry.



Ewing Galloway

Do Resource F.

Law

Government,
Economics, Logic



How do all laws confirm the need for meekness?

**TRAFFIC
LAWS**



When two drivers approach an intersection at the same time, one must yield the right-of-way to the other to avoid serious consequences.

**MARRIAGE
COVENANT**



When two individuals enter into the life-long union of marriage, each one must yield personal rights to avoid conflict. Meekness is demonstrated by one's commitment to remain in a marriage even if it should become "difficult."

Do Resource G.



**CIVIL
SUITS**

When two Christians have a dispute, they have a legal right to go to a civil court in order to resolve it; however, God instructs each one to yield his right even if it means being defrauded. (See I Corinthians 6:1-8.)

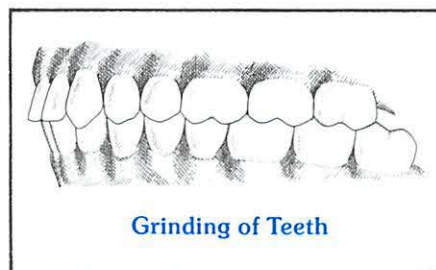
Medicine

Health,
Nutrition, Behavior,
Counseling



How is our health affected by not yielding our personal rights?

Failure to yield personal rights will usually produce anger. Anger, in turn, unleashes in our bodies a series of destructive sequences which greatly damage our health and happiness.

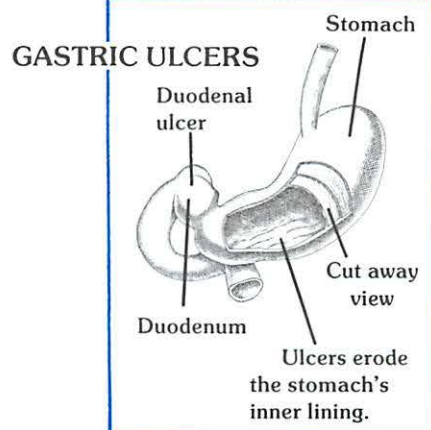


Grinding of Teeth

Anger will tighten our jaw muscles, causing us to grind our teeth. The added pressure produces pain and may throw off the bite.

Some angry people have undergone expensive treatments to correct their bite when yielding rights would have accomplished better results without the cost or pain.

Do Resource H.



Most doctors agree that ulcers are not caused by what a person eats, but rather by "what eats the person." Anger upsets the digestive system, allowing hydrochloric acid and pepsin to eat through the lining of the stomach and the duodenum.



How many of these questions can you answer before studying the resources?

HOW CAN ANGER BE CONQUERED?



From the Pineapple Story:

- How did a garden cause a missionary to get angry?
- What did the missionary do that caused the natives to say he had become a Christian?
- How can we apply the principle of the pineapple garden?

HOW WOULD YOU DEFINE MEEKNESS?



- How was meekness an expression of wisdom? ...155
- What is the ultimate goal of meekness? ...156

HOW DOES GREEK CLARIFY MEEKNESS?



- How is meekness the opposite of weakness? ...157
- What are the characteristics of true meekness? ...158
- What is God's secret to meekness? ...160

HOW CAN WE LEARN CHRIST'S MEEKNESS?



- How did Christ demonstrate meekness by throwing out the money changers? ...161
- What "mindset" must we have to experience meekness? ...162
- What are the rewards of yielding our rights to God? ...163

HOW DOES WHEAT ILLUSTRATE MEEKNESS?



- Where are wheat and meekness both classified as fruit? ...167
- Why must a grain of wheat die before it bears fruit? ...167
- What are the enemies of meekness? ...169
- What are the five stages of wheat and of meekness? ...170

WHEN DID MATH MOTIVATE MEEKNESS?



- What was God's "school of meekness" for Moses? ...171
- How many people left Egypt under Moses' leadership? ...172
- How much manna did it take to feed the Israelites? ...173
- Why did Moses fail the test of meekness? ...174

WHY IS MEEKNESS BASIC TO MARRIAGE?



- How does a covenant differ from a contract? ...175
- How will easy divorces destroy marriage happiness? ...176
- How does a couple become six people at the altar? ...177
- What rights must be yielded in marriage? ...177

HOW DOES ANGER DAMAGE OUR TEETH?



- How does lacking meekness result in grinding our teeth? ...179
- What are the four types of teeth in our mouth? ...179
- What are nine consequences of grinding our teeth? ...180
- How can the army detect soldiers who lack meekness? ...182



DISCOVER THE WISDOM OF MEEKNESS

The following words describe the inward character of one who has a meek spirit.

- **Number these words in alphabetical order and learn their precise meanings.**

SYNONYMS:

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> Gentle | <input type="checkbox"/> Selfless |
| <input checked="" type="checkbox"/> Submissive | <input type="checkbox"/> Flexible |
| <input type="checkbox"/> Patient | <input type="checkbox"/> Respectful |
| <input type="checkbox"/> Imperturbable | <input type="checkbox"/> Gracious |
| <input type="checkbox"/> Deferential | <input type="checkbox"/> Amenable |
| <input type="checkbox"/> Forbearing | <input type="checkbox"/> Temperate |

The opposite of meekness is described in the following words.

- **Number these words in alphabetical order and learn their exact definitions.**

ANTONYMS:

- | | |
|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Angry | <input type="checkbox"/> Willful |
| <input type="checkbox"/> Assertive | <input type="checkbox"/> Explosive |
| <input type="checkbox"/> Irate | <input type="checkbox"/> Demanding |
| <input type="checkbox"/> Exasperated | <input type="checkbox"/> Insistent |
| <input type="checkbox"/> Irritable | <input type="checkbox"/> Contentious |

WISDOM vs. "WISDOM"

Notice the two types of wisdom contrasted in the following passage:

"Who is a wise man and endued with knowledge among you? let him shew out of a good conversation his works with meekness of wisdom.

"But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth.

"This wisdom descendeth not from above, but is earthly, sensual, devilish.

"For where envying and strife is, there is confusion and every evil work.

"But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be entreated, full of mercy and good fruits, without partiality, and without hypocrisy.

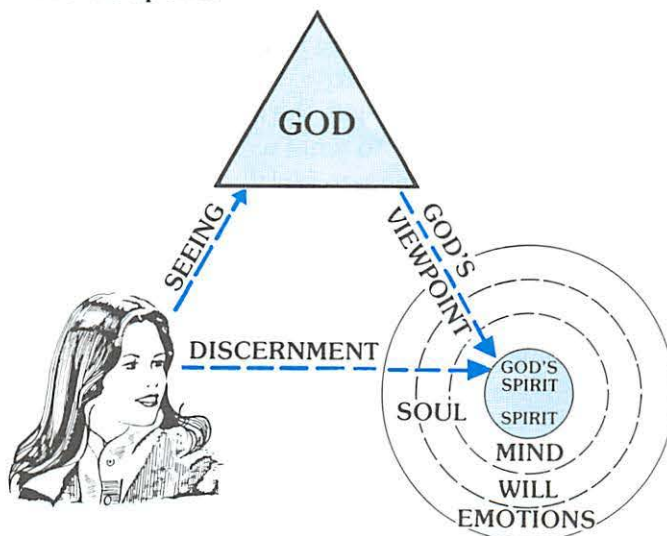
"And the fruit of righteousness is sown in peace of them that make peace" (James 3:13-18).

HOW IS MEEKNESS AN EXPRESSION OF WISDOM?

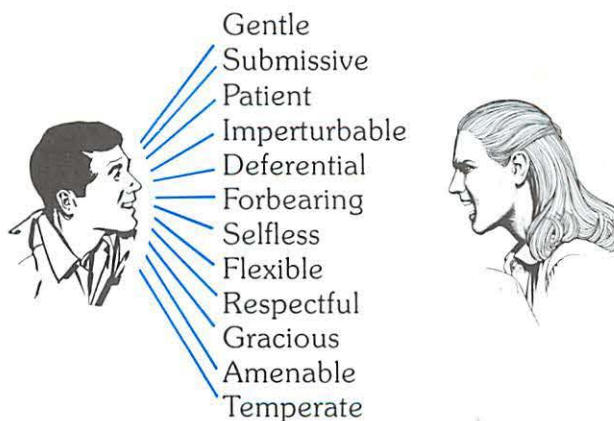
We can maintain an attitude of meekness only when we see another person from God's perspective. We can show the meekness of wisdom by:

- Understanding the true feelings of people and the reason they react.
- Realizing the value of each individual.
- Understanding cause-and-effect sequences.
- Learning how to avoid unnecessary conflicts.
- Learning what constitutes maturity.
- Understanding the value of the struggles in bringing a person to maturity.

We must first see God and begin to discern His viewpoint.

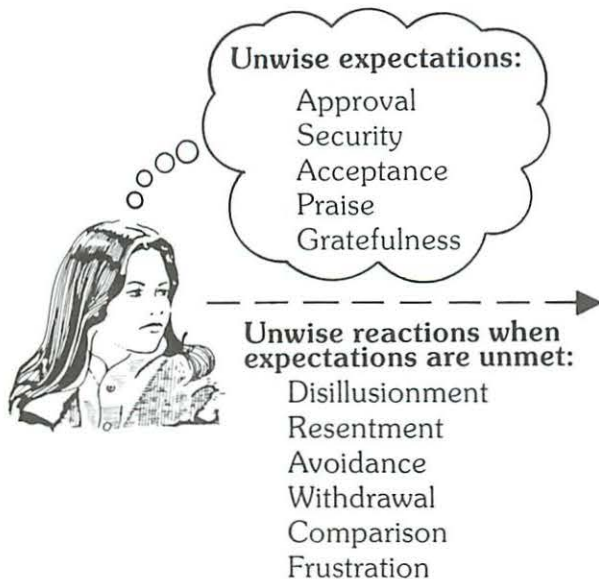


Then we will understand how to respond to others with a meek, Godly spirit.



HOW DOES BONDAGE RESULT FROM SERVING WITH UNWISE PERSPECTIVES?

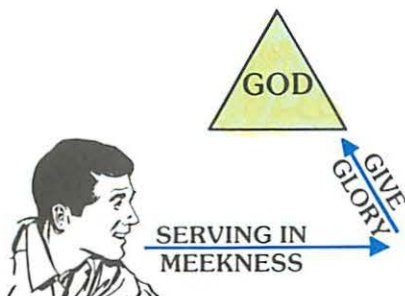
If our objective is simply to serve another person, we will tend to expect from him the rewards that only God can give.



When we fail to receive what we believe we have justly earned, our joy in serving will turn to drudgery and resentment.

If we serve others with the motive of changing their lives to conform to what we think is right for them, we will cause them to feel that they are under pressure, and they will usually react to us and reject our service.

We may have clear ideas about how those whom we serve could grow spiritually and become more effective for the Lord; however, our goals for those individuals cannot be the reason we serve them. Our focus in serving others must simply be to affirm them as individuals and to free them to discover God's purposes for their spiritual growth.



The more people admire those who serve them, the more they will tend to pattern their lives after them, since the highest form of admiration is imitation. This truth explains the directive of Matthew 5:16, "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

WHAT IS THE ULTIMATE GOAL OF MEEKNESS?

The goal and reward of meekness is allowing God to achieve His highest purposes through our lives. In order for Him to do this, we must yield to Him our rights and develop a servant's spirit.

As we are growing in the Lord and in the knowledge of His Word, we will experience the power of His working in and through our lives. This process is exciting and gives us joy and boldness. We often want to tell others about it.

Often others will react negatively to victorious and joyful Christians or view them with skepticism. Our joy and victory may remind observers of their sadness and defeat, and it may prompt them to be defensive because of pride. It is also possible that the critics have seen others who displayed equal enthusiasm but lost it before long. In fact, they might remember other Christians who tried to instruct them but soon fell away themselves into gross sin.

These difficulties make it vital that we serve with a spirit of meekness. Consistent service will earn us the right to be heard, provided that we live by Scriptural principles, learn to listen, absorb unprovoked attacks, and exercise great patience.

This is the challenge of II Timothy 2:24-25: "And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, In meekness instructing those that oppose themselves. . . ."

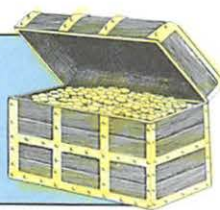
PROJECTS



- List a personal right which someone in your family tends to disregard or violate.
- Give that right to God. Purpose to thank Him for whatever response you receive from the one who has violated it.
- Review the *Basic Seminar Textbook* section on "yielding rights," pages 79-108.
- Look for a specific way to serve the one in your family who has not respected your right.
- Carry out the service with the motive of freeing that individual to experience God's working in his or her life.
- Write a report about the situation for your journal. Use the vocabulary words.

Date completed _____ Evaluation _____

INSIGHTS THROUGH INVESTIGATION



GREEK INVESTIGATION 5

HOW DOES THE GREEK WORD FOR "MEEK" CLARIFY THE QUALITY CHRISTIANS SHOULD DEVELOP?



Does the Greek word for "meek" more accurately describe the shepherd or the sheep?

Some English words have the same meaning as their counterparts in Greek. For example, the English word "stone" has the same meaning as the Greek word λίθος (LIH thahs), its counterpart.

Other English words have a very different meaning from their Greek counterparts. *Meekness* is an example of this kind of vital difference.

1 UNDERSTAND THE TRUE MEANING OF MEEKNESS.

The English word *meek* means "gentle, mild, or pleasant." It implies that a meek person is weak or

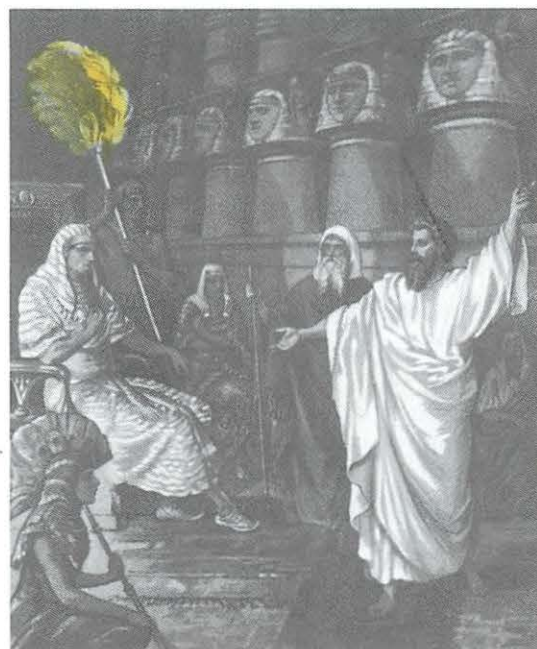
has no control over his circumstances or attitude. He is considered somewhat passive or withdrawn.

The Greek word for meek is πραύς (prah-OOS). It means the exact opposite of the English connotation. πραύς means "controlled strength." A meek person in the Greek sense is a person of forceful character, a strong person who has control of his strength.

Moses is the chief example of meekness in the Old Testament. The Bible pictures Moses as a man of great ability and strength.



When Moses saw the Egyptian mistreating a fellow Israelite, he slew the Egyptian with his own hands.



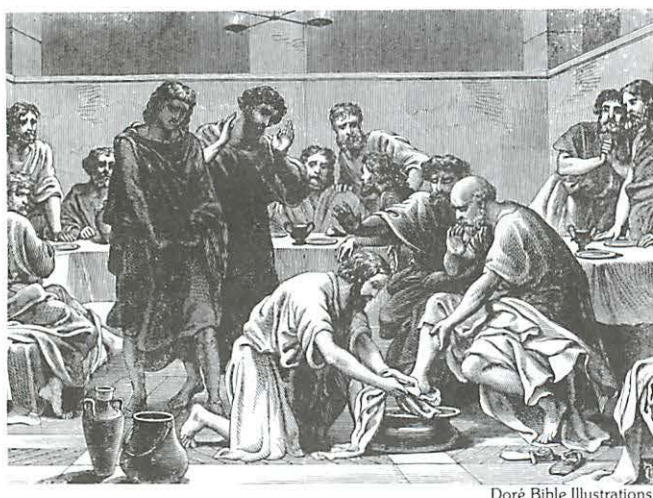
Bible Art Series, Standard Publishing, Cincinnati

When Pharaoh refused to allow God's people to leave Egypt, Moses thundered forth the message of judgment to the Egyptian ruler.

The strong character of Moses cannot be debated. Anyone who could lead approximately one million people from Egypt to the Promised Land certainly must have possessed a great deal of stamina and energy. Moses was anything but a passive man.

2 RECOGNIZE THE CHARACTERISTICS OF MEEKNESS.

πραύς becomes particularly evident during times of opposition. This fact is seen clearly in the life of the Lord Jesus Christ. He repeatedly faced opposition, yet He always demonstrated meekness.



Doré Bible Illustrations

Jesus washed the feet of His disciples to demonstrate the heart of a servant.

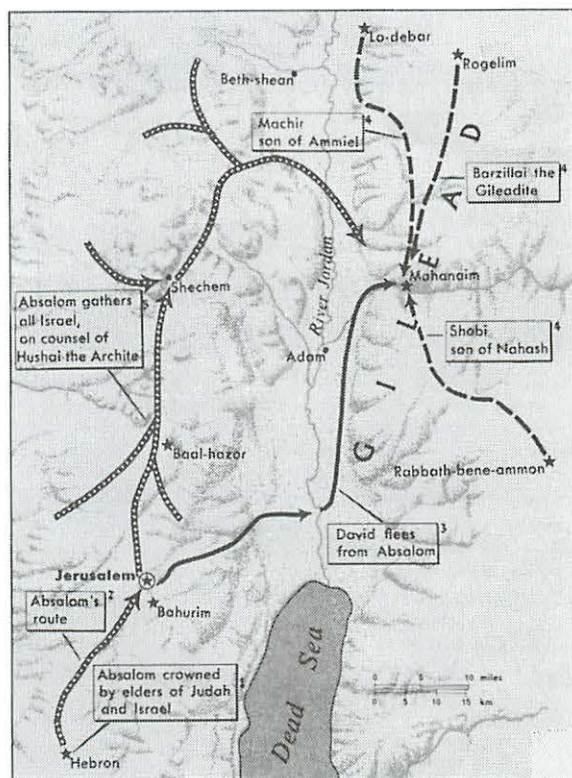
Christ invites Christians: “Take my yoke upon you, and learn of me; for I am meek and lowly in heart . . .” (Matthew 11:29). He desires Christians to possess the quality of meekness also, especially during times of trial and oppression.

πραύς is empty of all vengeance. A meek person has yielded his “rights” and “reactions” to God. Instead of becoming bitter or upset, a meek person responds in a way which brings glory to his God and demonstrates control.

King David in the Old Testament provides a beautiful picture of a meek person giving all vengeance to God. The following story illustrates this truth.

David’s son, Absalom, had just driven him from the throne. As David left Jerusalem, he went to a place called Bahurim. Bahurim means “low

ground,” an appropriate name because this king was at a low point in his life.



©1966 Carta, Jerusalem

David's route of escape during Absalom's rebellion

A man named Shimei met him there. Shimei cursed David and threw stones at him. Abishai, one of David's friends, wanted to kill Shimei, but the deposed king would not allow it. He said, “. . . Let him alone. . . . It may be that the Lord will look on mine affliction, and that the Lord will requite me good for his cursing this day” (II Samuel 16:11-12).



The man who is meek knows how to wait on the Lord as David did.

David demonstrated meekness in his response to Shimei. He could have had him killed. He had the authority to retaliate—he was the king.



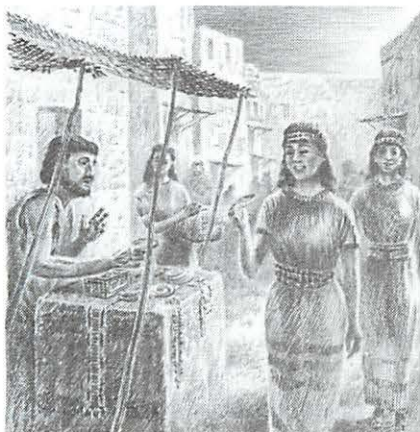
David and his mighty men in the open fields

He also had the ability to retaliate—he had a small army with him. Yet David willingly chose to be submissive in spite of persecution and abuse. David left himself in the care of his heavenly Father. He chose to be meek.

3 IDENTIFY THE SOURCE OF MEEKNESS.

Meekness is not a humanly developed quality. It is not *natural* to be meek. Instead, it is natural to react, become defensive, or even seek to harm others who treat people unkindly.

Simeon and Levi demonstrate a human reaction toward the wicked deed of Shechem. Shechem had raped Dinah, their sister. Because of this cruelty, Simeon and Levi desired to “get even.”



Dinah went out to see the land.

They devised a plan whereby they could rid themselves of Shechem and “pay him back” for mistreating their sister. Shechem wanted to marry Dinah and was willing to do anything to marry her. Simeon and Levi told Hamor, Shechem’s father, and

his son that all the men of their house must be circumcised in order for Dinah to become the wife of Shechem. Hamor agreed to this request and followed their requirements. So Simeon and Levi, after the third day, went to the house of Shechem and slew all the men while they were sore from their circumcisions.



Ewing Galloway



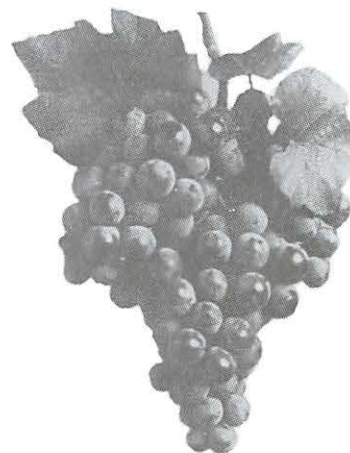
Ewing Galloway

One way meekness is demonstrated is the control of the tongue.

The book of James tells God’s people of the impossibility of humanly controlling the tongue. He stressed the extreme wickedness which the tongue produces, although it is a small member of the human body.

Repeatedly, the Word of God demonstrates the impossibility of becoming meek by human strength. Perhaps God does this so frequently to stress that the source of meekness is God Himself.

Paul’s epistle to the Galatians provides direct support for this truth. He writes, “*But the fruit of the Spirit is love, joy, peace . . . meekness . . .*” (Galatians 5:22–23). In other words, the quality of meekness is something which comes only when a Christian is Spirit-controlled.



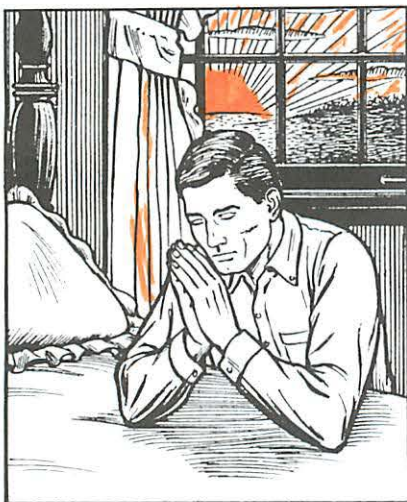
No amount of human strength, determination, or effort will produce a meek person. Only the Spirit of God can do such a work.

PRACTICE THE SECRET TO MEEKNESS.

Since meekness is a quality which God produces in the life of a believer, the secret to his meekness lies in his relationship to God.

Most Christians attempt to be “Christlike” through their own endeavors. When circumstances arise in their lives which produce evil attitudes or reactions, they attempt to respond properly by mere human strength. When this does not work, they become discouraged, defeated, or angry.

God never intended for Christians to reform or change attitudes and actions by their own strength. In fact, Scripture acknowledges the impossibility of achieving such a goal. (See Romans 7:15–21.)



Instead, God desires that His children look to Him for strength, guidance, and power to live in a way that would please Him.

Since meekness is controlled strength, it is extremely important that a believer recognizes that God must be the One Who “controls” him and his responses.

The secret to becoming a meek person lies in a believer yielding his rights to God, allowing God to control responses and produce self-control and Godliness in a life. One writer describes that process in the following way: “The meek person leaves everything in the hand of Him Who loves and cares.”

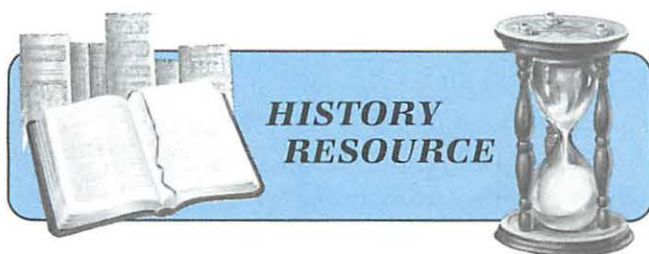


PROJECT 1

Psalms 37 is a key Psalm in the development of the quality of meekness. Read and examine it in order to see how God develops meekness in His children.

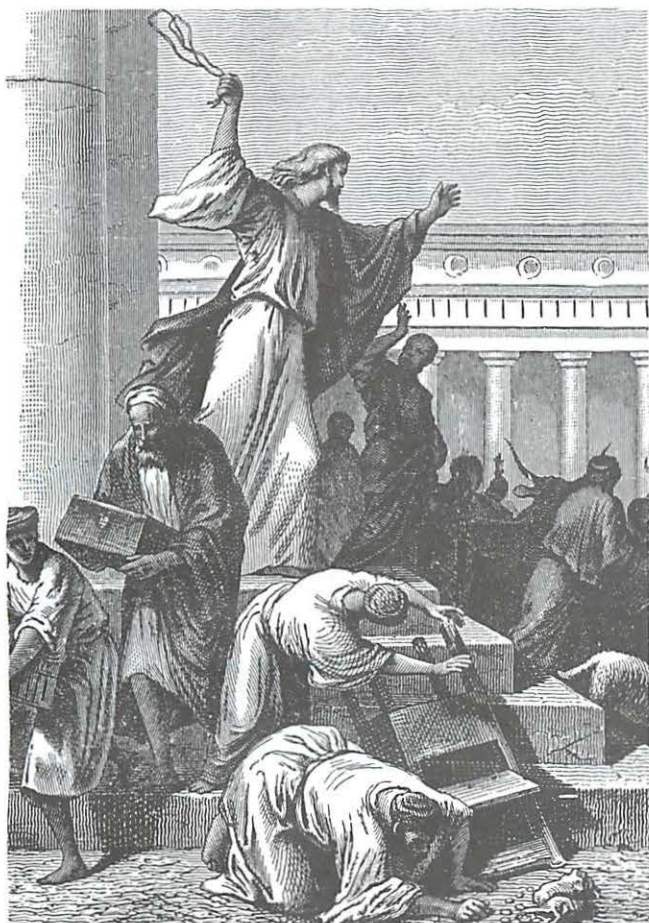
1. Discuss the frequent contrast between the evildoers and the righteous ones.
2. List three key ways in which the psalmist encourages believers to give their pressures and problems to the Lord.
3. Memorize verses three through seven.
4. Discuss what the psalmist means by “peace” in verse eleven. Describe one example in which the Lord gave you peace because you yielded a problem to Him.
5. Examine how the Lord describes what will happen to the wicked man in the end (verses twelve through twenty).
6. Evaluate how the Lord blesses the righteous man (verses twenty-one through forty).

Date Completed _____ Evaluation _____



HISTORY RESOURCE

HOW CAN WE LEARN THE SECRETS OF MEEKNESS FROM THE LIFE OF CHRIST?



The Beautiful Story

HOW DID CHRIST DEMONSTRATE MEEKNESS BY THROWING OUT THE MONEY CHANGERS?

The Lord Jesus Christ gave us one character description of Himself:

"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light" (Matthew 11:28-30).

The more we learn about Christ, the more we learn about meekness—after we take on His yoke.

WHAT DOES IT REALLY MEAN TO BE MEEK?

Meekness is not weakness. It requires great strength of character and steadfastness of purpose.

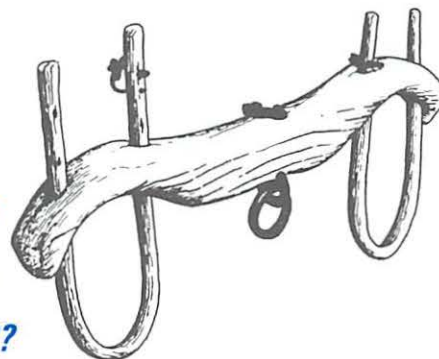
- Meekness is yielding all my personal rights and possessions to God, so that He is free to accomplish His will in me and through me.

Every word, thought, action, attitude, and motive that Christ had He received from His Heavenly Father.

Christ clearly affirmed this point in John 5:30: *"I can of mine own self do nothing: as I hear, I judge: and my judgment is just; because I seek not mine own will, but the will of the Father which hath sent me."*

Based on this testimony, we can see that Christ carried out every action as an expression of meekness—from leaving the glory of heaven to be born in poverty, to driving out the greedy money changers; from washing the feet of His disciples, to rebuking the Pharisees; from healing the blind man, to dying on the cross.

HOW DOES A YOKE RELATE TO MEEKNESS?



"Take my yoke upon you. . ."

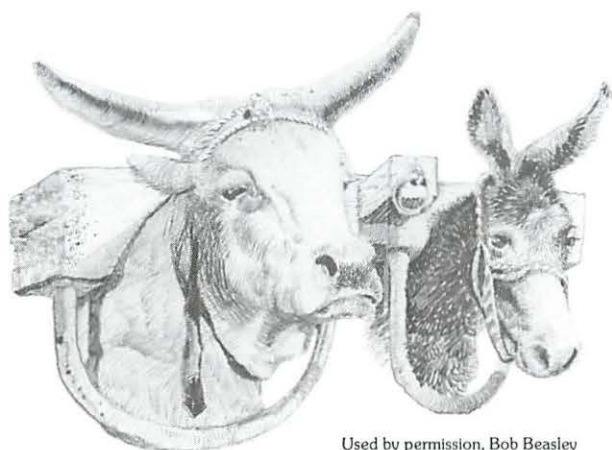
When two oxen are yoked together, they learn how to work together as a team. The lead member provides direction and sets the pace; the second member must yield its rights to do as it pleases.

Every impulse and movement of the leader is immediately felt by the team member, and because they are yoked together, the second member must quickly respond.

As they continue to work together, each partner in the team begins to know and anticipate the responses of the other. They learn to pull together and, thus, greatly multiply their productivity.

By taking Christ's yoke upon us, we yield our rights to do what we please, and we learn the wishes and commands of Christ our leader.

WHAT IS THE UNHAPPY ALTERNATIVE OF REJECTING CHRIST'S YOKE?



Used by permission, Bob Beasley

Christ's assurance that His yoke is easy and His burden is light is a clear reference to the pressure and pain of an unequal yoke.

If two animals of different kinds (such as an ox and a donkey) are yoked together, the yoke becomes uneven and the differences in strength, size, and temperament will cause the yoke to rub. Because this practice causes cruelty to animals, it was strictly forbidden in Old Testament Law. "Thou shalt not plow with an ox and an ass together" (Deuteronomy 22:10).

The same principle was used by the Apostle Paul in the New Testament when he warned Christians not to be "... unequally yoked together with unbelievers ..." (II Corinthians 6:14).

We take on the form of Christ at salvation; this is when He gives us rest. It is then that we are able to take on His yoke and learn of Him.

WHAT "MIND-SET" MUST WE HAVE TO EXPERIENCE MEEKNESS?

In order to comprehend and develop the quality of meekness, we must establish in our minds a certain frame of reference.

This mental viewpoint is explained and illustrated by the birth, youth, ministry, and crucifixion of Christ. Let us see how many insights we can discover from His mind-set.

"Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:

"And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. Wherefore God also hath highly exalted him, and given him a name which is above every name" (Philippians 2:5-9).

From this key passage explaining the basis of Christ's meekness, we can identify the following points.

1 HE YIELDED HIS RIGHT TO GLORIOUS WEALTH AND FELLOWSHIP



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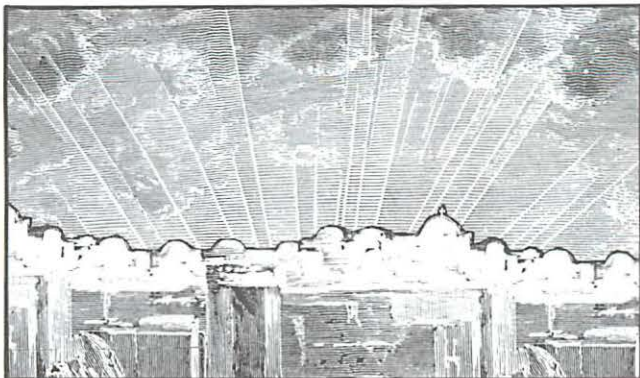
The splendor and riches of heaven cannot even be imagined by our finite minds. "... As it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him" (I Corinthians 2:9).

In order for Christ to redeem us from sin, He had to leave all the glory and beauty and majesty of heaven.

The vast wealth of heaven is only hinted at in Revelation:

"And he . . . shewed me that great city, the holy Jerusalem, descending out of heaven from God, Having the glory of God: and her light was like unto a stone most precious. . . .

"And the building of the wall of it was of jasper: and the city was pure gold, like unto clear glass. And the foundations of the wall of the city were garnished with all manner of precious stones. . . . And the city had no need of the sun, neither of the



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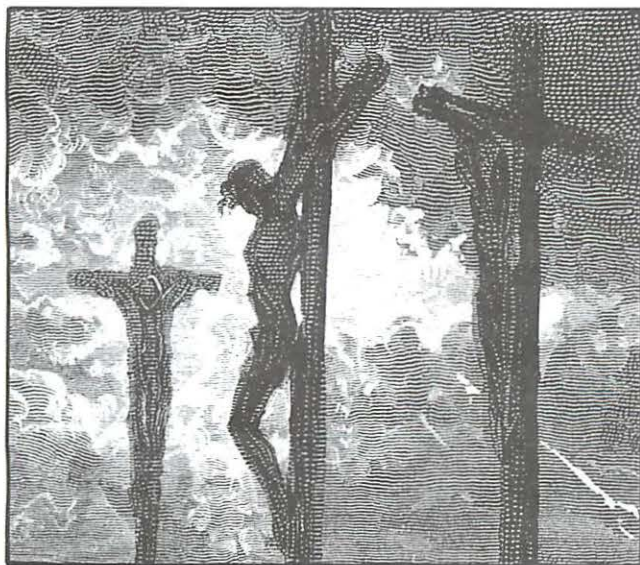
moon, to shine in it: for the glory of God did lighten it, and the Lamb is the light thereof. . . .

"And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb. In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month . . ." (Revelation 21:10-11, 18-19, 23; 22:1-2).

- ***The reward of yielding the right to wealth and fellowship***

Just as Christ returned to heaven with greater wealth than He had had before (fellowship with all those whom He had redeemed), so we will receive far greater treasures in this life and in the life to come as we yield the rights to our riches and possessions.

2 HE YIELDED HIS RIGHT TO A GOOD REPUTATION



Doré Bible Illustrations

"... For it is written, Cursed is every one that hangeth on a tree" (Galatians 3:13).

In heaven, Christ is continually worshiped and His name highly honored. He is the King of Kings and the Lord of Lords, but when He came into the world, He "made Himself of no reputation."

Rather than being born into wealth, He was born into poverty. His hometown had such a bad reputation that when Philip first told Nathanael about Christ, Nathanael retorted, ". . . Can there any good thing come out of Nazareth? . . ." (John 1:46).

The manner in which Christ was conceived also cast suspicion on His reputation. The religious leaders rejected the fact that He was conceived by the Holy Spirit and born of a virgin, Mary. In their minds, therefore, He was an illegitimate child.

By yielding His rights and quickly obeying every directive of His Heavenly Father, He further damaged His popularity among the religious leaders. They were shocked that He would allow a woman with a bad reputation to wash His feet. (See Luke 7:38-50.) They were offended when He healed a man on the sabbath day. (See Mark 3:1-6.)

However, the ultimate damaging of His reputation occurred when He was arrested, accused of many crimes, and nailed to a cross.

- ***The reward of yielding the right to a good reputation***

Because Christ sacrificed His reputation for us through obedience to the leading of His Heavenly Father, we are redeemed, and Christ received a name that is above every name.

"Christ hath redeemed us from the curse of the law, being made a curse for us..." (Galatians 3:13).

"Wherefore God also hath highly exalted him, and given him a name which is above every name" (Philippians 2:9).

HOW DO WE YIELD OUR REPUTATIONS TO GOD?

One of the strongest desires we have is to be accepted by others. We are deeply aware of what others think about us, of who likes us, and of who dislikes us.

God wants us to come to the mature decision of giving Him all the rights to our reputations.

Thereafter, we will not be concerned about what people think about us but rather about whether we accurately represent Christ to those around us and about what they think about Him.

When we become concerned about the reputation of Christ and dedicate ourselves to

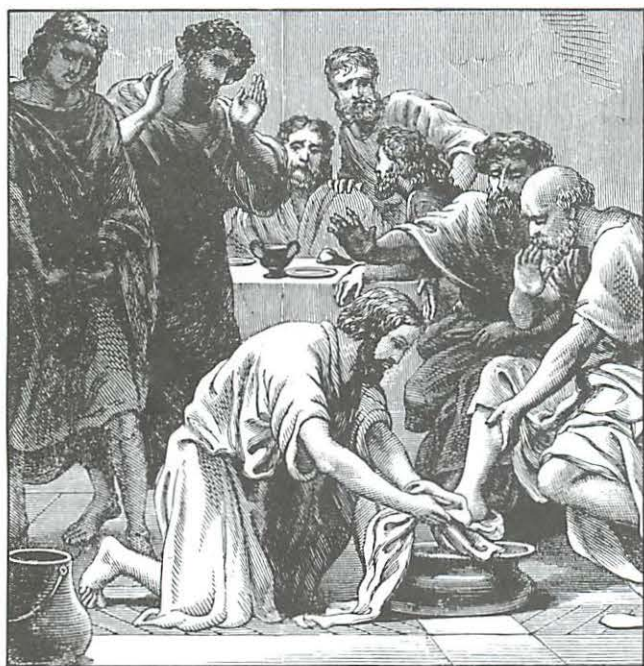
it as we would our own, we have entered into an exciting new level of spiritual maturity and purpose for our lives.

3 HE YIELDED HIS RIGHT TO CONTROL HIS OWN LIFE

Christ is the Creator of every living person. As such, He has the right to have others serve Him.

He has the supernatural power to impose His will on whomever He chooses. However, He has chosen to yield His rights to His disciples and serve them.

One of the most demeaning tasks of Christ's day was to wash the feet of the guests. This service was, therefore, often neglected. Christ used this need to demonstrate an important aspect of meekness.



The Beautiful Story

Jesus washing the disciples' feet

"Jesus knowing that the Father had given all things into his hands, and that he was come from God, and went to God . . . began to wash the disciples' feet . . ." (John 13:3, 5).

After Jesus washed the feet of His disciples, He explained the significance of what He had just done, revealing a vital insight into the quality of meekness and its rewards.

"... He said unto them, Know ye what I have done to you? Ye call me Master and Lord: and ye say well; for so I am. If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet. For I have given you an example, that ye should do as I have done to you" (John 13:12-15).

In the next statement, Christ explained that just as it was His nature to yield His rights to His Father voluntarily, He wanted His disciples to

demonstrate that same attitude:

"Verily, verily, I say unto you, The servant is not greater than his lord; neither he that is sent greater than he that sent him. If ye know these things, happy are ye if ye do them" (John 13:16-17).

• The reward of yielding the right to control our own lives

God has established the principle that humility must come before honor. (See Proverbs 15:33.)

By demonstrating the quality of meekness in yielding our "right" to control our lives, we humble ourselves and, thus, fulfill a prerequisite necessary to receiving blessing.

Jesus confirmed this fact: *"... Verily I say unto you, There is no man that hath left house, or brethren, or sisters, or father, or mother, or wife, or children, or lands, for my sake, and the gospel's, But he shall receive an hundredfold now in this time, houses, and brethren, and sisters, and mothers, and children, and lands, with persecutions; and in the world to come eternal life" (Mark 10:29-30).*

HOW ARE WE TO LEAVE POSSESSIONS, PARENTS, AND FAMILY?

The Greek word for "left" used in the above passage is ἀφίημι. It has various applications, each one revealing insights into how we are to yield our rights.

ἀφίημι (ah-FEE-aim-ee) comes from ἀπό (ah-PAW) which means "away," and from ἵημι (HIH-aim-ee) which means "to send." Thus, its primary meaning is "to send forth" or "to release." Various other applications of the word include: "to forgive, to omit, to lay aside, to let alone, to yield up, to forsake, to put away, to let go, to let alone, and to suffer."

Every person has certain desires or goals in his or her life. Most young people desire to marry, live near their parents, possess a nice home, have nice things, etc. These desires are normal and healthy. At times, however, God leads His children to "forsake" or yield their desires.

This may mean that an unmarried man might lay aside the idea of marriage for a period of time or even totally in order to concentrate on the ministry of the Gospel. (See Matthew 19:12 and I Corinthians 7:27-35.)

Perhaps God may allow a wife to remain barren so that she might better strengthen the arm of her husband. God may even call a couple to sell their possessions or abandon a prosperous vocation for the purpose of serving Him on the mission field.

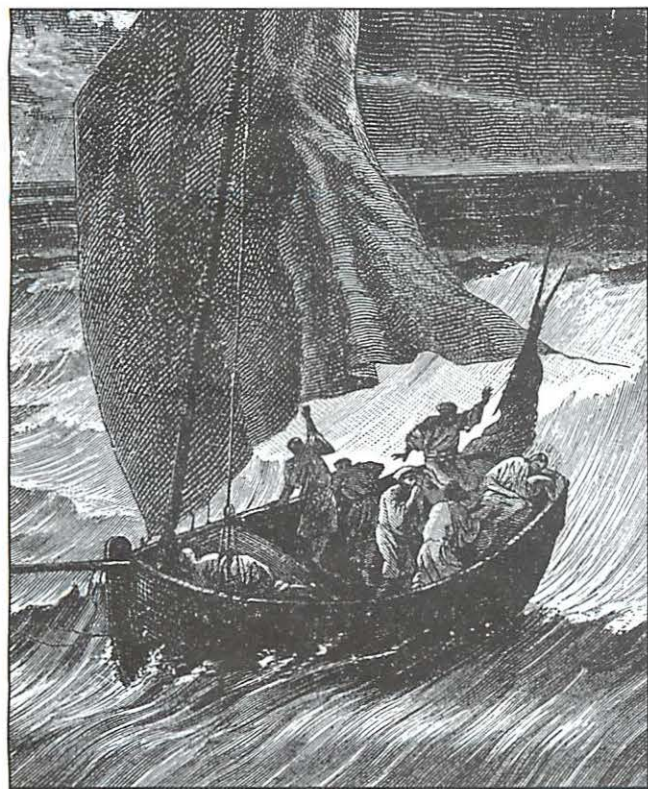
The Lord desires that we fulfill our earthly responsibilities in meeting the needs of our parents, mate, children, etc. (See I Timothy 5:8.) Therefore, the idea of “abandon” here does not mean neglecting or ignoring those God-given responsibilities.

The way in which we leave possessions, parents, and family involves “leaving behind” those personal expectations or desires. When Christians yield their “rights” to keep or fulfill their personal goals, God brings rich dividends in His service. He brings joy, peace, and satisfaction in ways which His children would never imagine.

No personal sacrifice could be too great; no price could be too high. Christ’s willingness to give His life in death sets the supreme example. His resurrection from the grave manifests the supreme reward.

4 HE YIELDED THE RIGHT TO PHYSICAL COMFORTS

The personal disciplines exercised by our Lord in meeting a heavy daily schedule demonstrate the fact that one who would have a meek spirit must have a rugged physical constitution.



The Beautiful Story

The disciples on the Sea of Galilee

Although Christ did occasionally avail Himself of the pleasures of gracious hospitality offered to Him along the way, He habitually denied Himself many of life’s basic comforts.

Mark recorded the strenuous schedule of a typical day in Jesus’ public ministry. During the day the Lord healed. Then “. . . at even, when the sun did set, they brought unto him all that were diseased, and them that were possessed with devils. And all the city was gathered together at the door. . . . And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed” (Mark 1:32-33, 35).

Christ often traveled the dusty trails of the rugged wilderness, preached in the open air, slept on the ground, and sailed the choppy, unpredictable waters of the Sea of Galilee. The fact that Jesus could sleep in a fishing boat even during a violent storm indicated how weary He must have been.

He went without a home and even without a means of transportation to fulfill the will of His Heavenly Father and ensure the greatest fruitfulness for His ministry.



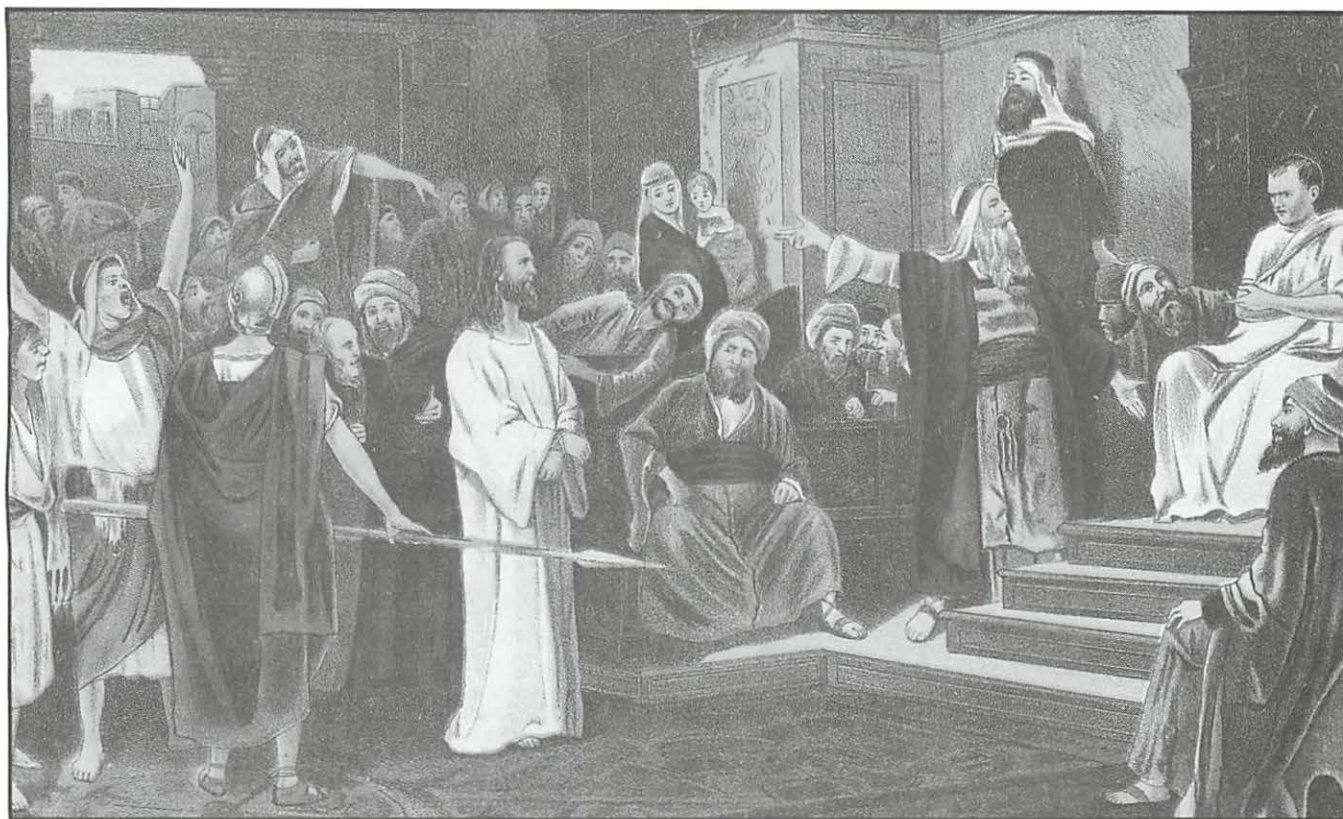
When a follower told Christ that he wanted to become His disciple, Jesus discerned that his real motive was to gain earthly security; so He cut to the heart of the issue, saying, “. . . The foxes have holes, and the birds of the air have nests; but the Son of man hath not where to lay his head” (Matthew 8:20).

• **The reward of yielding the right to physical comfort**

By giving our rights for physical comfort and ease to the Lord, we are able to learn the disciplines that will make us good soldiers of the Lord Jesus Christ. “Thou therefore endure hardness, as a good soldier of Jesus Christ” (II Timothy 2:3).

As we learn outward physical disciplines, we are able to transfer them to inward spiritual disciplines according to the leading of the Holy Spirit. The importance of these disciplines is emphasized by Paul, who kept his body under the strictest discipline. His concern: “. . . lest that by any means, when I have preached to others, I myself should be a castaway” (I Corinthians 9:27).

When we yield the members of our bodies to God for His control, they become weapons of righteousness for the Holy Spirit. (See Romans 6:13.)



Christ on trial before Pontius Pilate

The Beautiful Story

5 HE YIELDED HIS RIGHT TO MAKE HIS OWN DECISIONS

Perhaps the most difficult right to yield is that of making final decisions. Yet this right, if not fully yielded, will destroy the spirit of meekness.

When Christ was twelve years old, He understood His calling and expressed His desire to be about His Heavenly Father's business. However, he yielded to God's direction through His parents and waited until He was thirty years old to begin His public ministry.

During His ministry years, He made no decisions on His own but did only that which was directed by His Heavenly Father. His attitude continually was "Not my will, but thine be done."

When Christ was arrested and placed under the civil authorities, God carried out His ultimate will through their decisions.

• *The reward of yielding the right to make our own decisions*

The one attitude that will destroy meekness and bring God's swift judgment is pride. Pride is reserving for ourselves the right to make the final decisions. By yielding this right, we conquer the root of pride.

PROJECT 1

Compare the remarkable similarities between the demonstrations of meekness in the lives of Moses and Christ.

MOSES

- Gave up the riches of Egypt
- Chose to suffer affliction
- Rejected by those he tried to help
- Provided food in the wilderness
- Led multitudes out of bondage

CHRIST

- Gave up the riches of heaven
- Chose to die on the cross
- Rejected by His own people
- Provided food in wilderness
- Led multitudes into freedom

PROJECT 2

Learn meekness from Christ by...

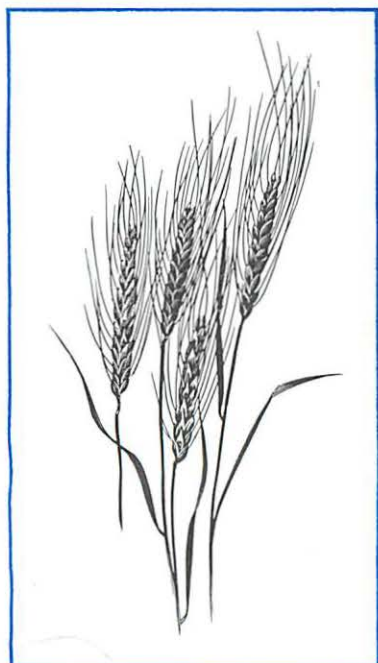
- ☐ Taking His yoke upon you
- ☐ Yielding your right to wealth
- ☐ Yielding your reputation to God
- ☐ Yielding your right to control others
- ☐ Yielding your right to comforts
- ☐ Yielding your right to make final decisions apart from God and authorities.

Date completed _____ Evaluation _____



SCIENCE RESOURCE

HOW DOES A GRAIN OF WHEAT ILLUSTRATE THE PRINCIPLE OF MEEKNESS?



*"... Except a
corn of wheat fall
into the ground
and die, it abideth
alone: but if it
die, it bringeth
forth much fruit"
(John 12:24).*

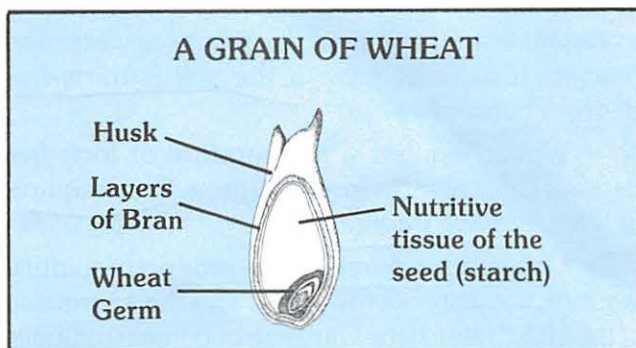
1 WHEAT AND MEEKNESS ARE BOTH CLASSIFIED AS FRUIT.

By scientific classification, wheat is a "fruit." In fact, all seed-bearing plants, including vegetables, are technically fruits. This grouping includes tomatoes, squash, string beans, and other products which we commonly call vegetables. It would be more accurate to refer to these as "vegetable fruits."

Fruits that grow from seed in a single season are ordinarily classified as vegetables, whereas fruits that grow on trees, shrubs, vines, and fleshy-stemmed plants that live for a number of years are usually classified as fruits. Thus, wheat is technically a fruit but could be referred to as a "vegetable fruit" since it grows from seed in one season.

Meekness is a fruit of the Spirit. (See Galatians 5:22-23.) It is produced as we become engrafted into Christ, Who is the vine. God wants meekness to be a result of our abiding in Him. (See John 15:1-8.)

2 THE PROCESS OF DEATH IS REQUIRED TO PRODUCE BOTH WHEAT AND MEEKNESS.



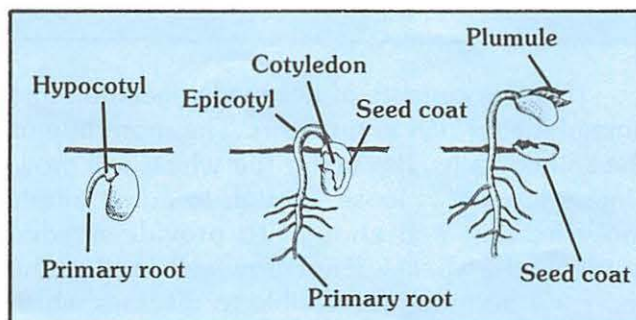
Within each grain of wheat is a wheat germ. It is actually a miniature plant designed to grow into a wheat stalk and produce a harvest of wheat.

Growth begins when the seed's outer coat splits open in the soil. This breaking allows moisture and oxygen to enter the seed and nourish the germ in a process called germination.

Within every Christian there is the life of Christ. Paul affirmed this fact when he said, "... Christ liveth in me . . ." (Galatians 2:20). However, Paul also explained that each Christian must die to self in order for Christ to be properly formed in him so that a harvest of spiritual fruit can be brought forth.

He wrote to the young Christians in Galatia, "My little children, of whom I travail in birth again until Christ be formed in you . . ." (Galatians 4:19). This inward growth requires a daily process of death to self, referred to in Scripture as crucifixion, in which we take up His cross daily. (See Luke 9:23-24.)

3 THE DEATH REQUIRED FOR THE DEVELOPMENT OF WHEAT AND OF MEEKNESS CAN BE HINDERED.



Water, oxygen, and warm temperatures are necessary to trigger the germination of dormant wheat seeds. The water causes the seed to swell

and softens its outer coat so that the tiny wheat germ growing inside can break out. A seed requires large amounts of oxygen because it cannot produce its own food until the plant inside is fully developed.

The absence of any one of these three essentials will stop the germination process. For example, even if the seed has plenty of water and oxygen, it will not grow if the soil is thirty-five degrees Fahrenheit.

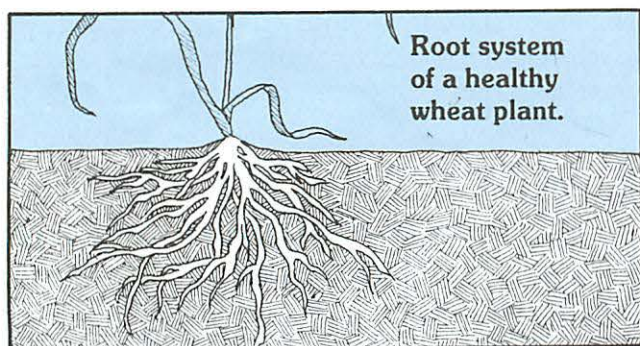
Wheat requires a temperature of forty-five degrees Fahrenheit before it will grow. Corn requires at least fifty-five degrees.

Likewise, meekness is a by-product of spiritual warmth, the water of the Word, and the energizing of the Holy Spirit. If the Christian becomes spiritually cold, stops taking in the water of the Word, or quenches the Holy Spirit, he will stop developing meekness.

4 THE STRENGTH OF WHEAT AND OF MEEKNESS DEPENDS UPON THE HEALTH OF THE ROOTS.

The root system of wheat takes in the moisture and nutrients from the soil and carries them to the stalk, leaves, and fruit of the plant.

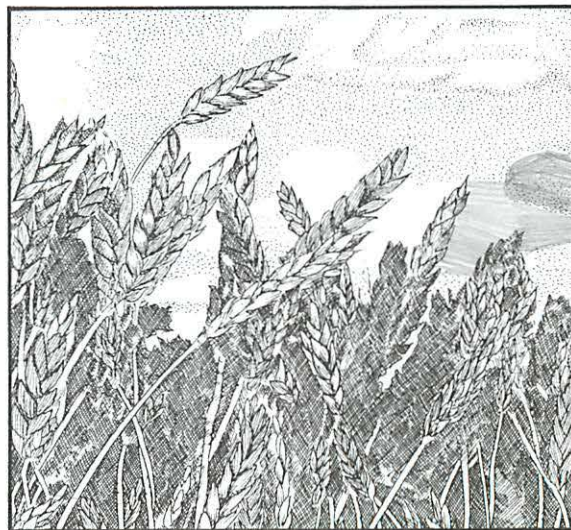
Thus, the best types of soil for growing wheat are those composed of silt (fine particles which keep the soil loose) and loams (soils which contain organic material called *humus*).



Humus consists of decayed vegetation and animal matter rich in nutrients. The more humus the soil contains, the better the wheat will grow. Unless the soil is loose enough to admit ample moisture and rich enough to provide needed nutrients, the wheat will not grow well. Further, the roots will be more susceptible to diseases which can stunt growth even more.

Proverbs 12:12 emphasizes the Christian's need for a healthy root system: for it is from the root of a righteous person that spiritual fruit is produced.

Just as a poor or diseased root system will cause wheat to wither, so weak roots within a Christian means that when persecution comes, he will be offended and drop away from a fruitful Christian life. *"Some [seed] fell upon stony places, where they had not much earth: and forthwith they sprung up, because they had no deepness of earth: And when the sun was up, they were scorched; and because they had no root, they withered away"* (Matthew 13:5-6).



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5 WHEAT AND MEEKNESS BOTH HAVE ENEMIES TO THEIR SURVIVAL.

The grasshopper leads a double life. He can change under certain conditions from a solitary insect to a devouring, rapidly multiplying, migratory locust.

Wheat crops can be plagued by grasshoppers or locusts. Thick clouds of these insects may invade a wheat field and devour the crop.

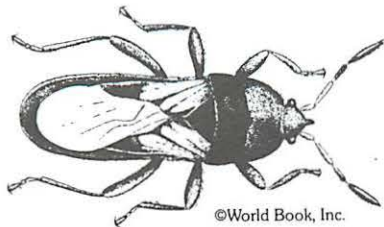
Joel's prophecy of a locust invasion describes their great ability to be destructive:

"... The land is as the garden of Eden before them [the locusts], and behind them a desolate wilderness; yea, and nothing shall escape them" (Joel 2:3).

Locust plagues are identified in Scripture as judgments of God against those who resist His will. Resisting God's will is the opposite quality of meekness. God brought a plague of locusts to Pharaoh when he hardened his heart. (See Exodus 10:15.)



Grasshopper (Locust)



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The Chinch Bug

One of the worst enemies, however, to the wheat crop is the chinch bug. This invader arrives early in the season and feeds on the young wheat plants.

Healthy Wheat

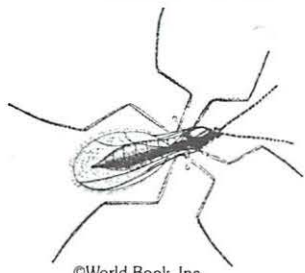


Wheat Diseased by Loose Smut



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Another enemy of the wheat crop is the loose smut. When it attacks a wheat plant, smut stunts fruit growth and eventually turns the wheat into a dusty mass of smut spores.



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The Hessian Fly

The Hessian fly creates widespread destruction of wheat crops. In some years it has destroyed one-tenth of the wheat crop of the United States and Canada.



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Hessian Maggot

The female Hessian fly lays its eggs on the leaves or lower joints of the wheat plant. The young maggots which hatch then suck the juice from the wheat.

THE ENEMIES OF MEEKNESS

Just as there are many enemies to wheat growth, there are also many enemies to the development of meekness. Every worldly and fleshly impulse that would prompt us to exercise our own wills in place of God's will is an enemy to meekness. All of these impulses can be summarized by the terms "the world, the flesh, and the devil."

It is in this context that we are told to take up our cross daily and follow Christ. Only as we do this can we establish and maintain the fruit of meekness.

Just as germination takes place only after the death of the grain, so Paul explains that we must die daily to all selfish impulses. Only as we die to the world and to self are we able to demonstrate the fruit of meekness.

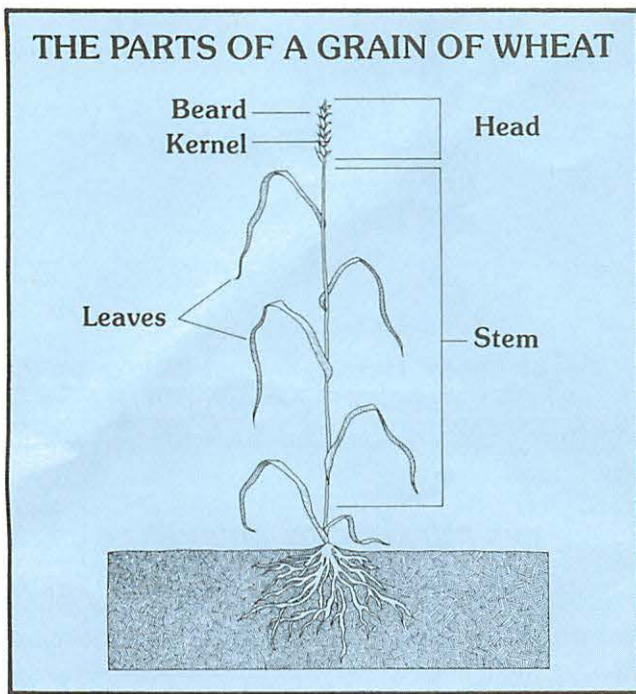
"But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world" (Galatians 6:14).

Those who reject daily dying to self in favor of gratifying the lusts of their flesh may claim to be Christians, but they are actually enemies of the cross.

"(For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things)" (Philippians 3:18-19).

6 HEALTHY GRAIN AND GENUINE MEEKNESS ARE VALUABLE TO THEIR OWNERS.

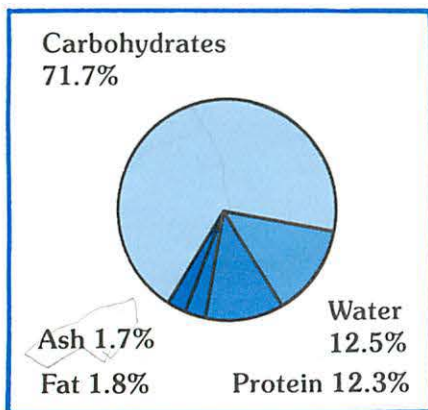
The wheat plant grows to heights of five feet and turns golden brown when ripe. The head of the



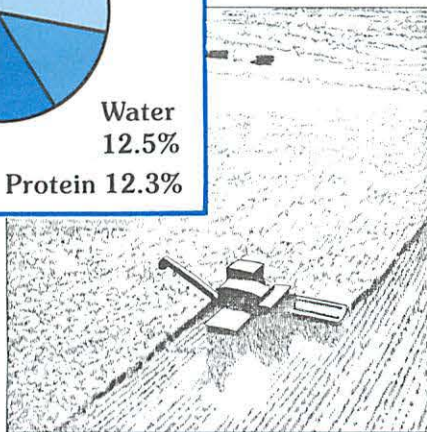
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plant holds an average of fifty kernels of grain. Many varieties of wheat have a "beard" of prickly hairs on the husks of the kernels.

Food Value of Whole-Grain Wheat



Source—U.S.D.A. 1975



Wheat is a valuable staple from which we make bread, the staff of life. When a grain of wheat falls into the ground and dies, it brings forth a harvest which can sustain physical life. Similarly, God praises the value of meekness. It is a quality of great value to Him. "... A meek and quiet spirit, which is in the sight of God of great price" (1 Peter 3:4).

Meekness also brings great reward to those who have it, for the meek "shall inherit the earth."

DEVELOPMENTAL STAGES OF WHEAT

1 SEPARATION:

Before a seed can germinate, it must be separated from the plant. Tomatoes fall off the vine. Apples fall off the tree. Maple seeds turn into "whirlybirds" and float away. Grains of wheat are shaken loose by the wind and fall to the ground.

2 DEHYDRATION:

Before a seed can germinate, it must be dried. Most of the moisture in a seed must be removed before it can be stored or planted. If a seed is not completely dried, bacteria will cause it to rot.

3 BURIAL:

Most seeds must be buried one-fourth to two inches deep in soil before germination will begin. Burial protects the seeds from birds and surrounds the seeds with the needed warmth and moisture to stimulate germination. Such burial is a symbol of death.

4 DORMANCY:

Most seeds go through a period of dormancy before they germinate. This process prevents the seed from sprouting at a time when the new shoots might be frozen and killed. During its dormancy a seed shows no signs of life. It appears to be dead. Some seeds have been known to remain "dead" for more than fifty years before the right conditions brought them back to "life" again. In fact, the seeds of the lotus have remained dormant for several thousand years before germinating.

5 YIELDING RESOURCES:

When a seed is planted and begins to germinate, the germ of the new plant uses food stored in the endosperm to work its way through the soil and unfold its first leaves. This stage of development requires the seed to exhaust every bit of its own resources. A seed literally consumes itself before it can live.

PROJECT

What analogies can you see between the developmental stages of wheat and the development of meekness? See the following verses: II Corinthians 6:17; Romans 13:14; Romans 6:5; Psalm 1:3; and Matthew 16:25.

Date completed _____ Evaluation _____



**AUTHORITY
THROUGH
ACCURACY**

HOW DID MATHEMATICS FORCE MOSES TO DEVELOP MEEKNESS?



Bible Art Series, Standard Publishing, Cincinnati

When Moses saw Egyptian slave masters beating his own people, the Israelites, with cruel whips, he became irate and purposed to do whatever he could to lead them out of bondage. His first assertive attempt was an angry attack upon one of the slave masters. Moses killed the man and hid his body in the sand. (See Exodus 2:11-12.)

The willful murder committed by Moses was hardly a demonstration of meekness. Instead, it was an explosive reaction which was not directed by God. The immediate consequence of Moses' impulsiveness was that he was forced to flee to the desert. There he abandoned all ideas of liberating his people. This decision also failed the test of meekness because it was an irritable expression of the selfish will of Moses rather than of the forbearing will of God.



Sacred Biography and History

Moses at the burning bush

GOD ENROLLED MOSES IN THE SCHOOL OF MEEKNESS

Forty years later God appeared to Moses in a burning bush and called him to return to Egypt to free His people from their bondage. Once again Moses exhibited a lack of meekness by insistently raising many reasons why he could not obey.

It was not until God reassured Moses, equipped him with supernatural power, and agreed to let Aaron become his spokesman that Moses finally agreed to go. (See Exodus 4:1-20.)

In view of all of this, the character description which God wrote about Moses seems astonishing. "Now the man Moses was very meek, above all the men which were upon the face of the earth" (Numbers 12:3).

This description of the meekness of Moses was actually written about him many years after Moses had accepted the awesome responsibility of leading the entire nation of Israel through the wilderness. Carrying out his overwhelming responsibility with all of its mathematical impossibilities forced Moses to learn the gentle and selfless qualities of meekness.

THE MAGNITUDE OF THE MULTITUDE THAT MURMURED AGAINST MOSES



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When the nation of Israel left Rameses in Egypt, God stated, "And the children of Israel journeyed from Rameses to Succoth, about six hundred thousand on foot that were men, beside children" (Exodus 12:37).

Shortly after the nation arrived in the wilderness, they were numbered from twenty-years-old and upward, and the accurate total was six hundred three thousand five hundred fifty men. (See Exodus 38:26.)

We also know from the complaint of Pharaoh that the Israelites had large families. In fact, the multiplying size of their families frightened Pharaoh into concluding that the Egyptians would soon be outnumbered by the Israelites. "And the children

of Israel were fruitful, and increased abundantly, and multiplied, and waxed exceeding mighty; and the land was filled with them" (Exodus 1:7).

CALCULATION 1

How many people left Egypt with Moses?

- There were 603,550 fighting men.
- There were women and children.
- Let us assume that for every fighting man there was one wife and three children.
- A mixed multitude from Egypt also joined them. For a reasonable estimate, add ten percent of the number of fighting men.

ANSWER (total estimate) _____



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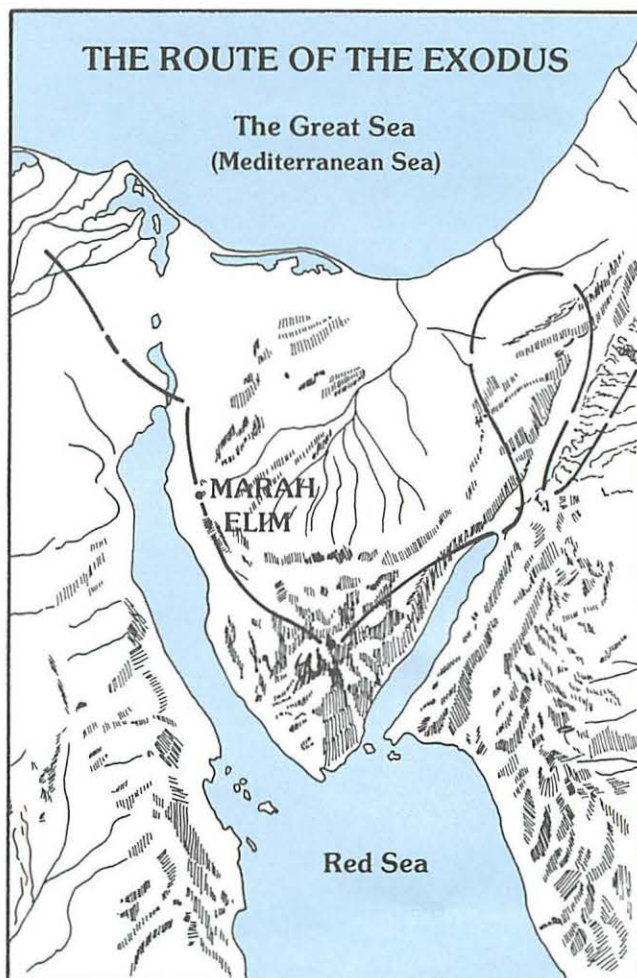
The school of meekness intensified for Moses shortly after the joyous deliverance of Israel from the pursuing armies of Egypt. (See Exodus 15:1-23.)

The multitude began to murmur against Moses saying, "What shall we drink?" (See Exodus 15:24.) Moses did not become contentious or exasperated with the complaining people because he was not dependent upon his own resources or his own resourcefulness. He had already learned how bankrupt he was in spirit; he had spent years in mourning over his own willful actions. Now he cried out to God in submissive meekness and patiently waited for God to give him directions.

God showed Moses a certain tree and instructed him to cast it into the bitter waters. The waters were then made sweet. It was at this point that God established a statute and an ordinance among His people.

HOW TO AVOID THE DISEASES OF EGYPT

"...If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee" (Exodus 15:26).



The vast multitude traveled from Marah to Elim. In this oasis where there were twelve wells of water and three score and ten palm trees, they set up camp.

CALCULATION 2

If all the people who came out of Egypt were equally divided between the twelve wells, how many people would be dependent upon each well for their drinking water?

ANSWER _____

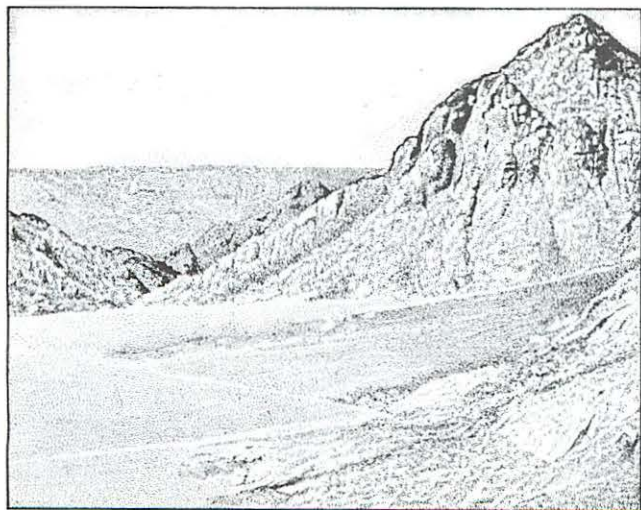


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Thirsting in wilderness

Soon the nation of Israel left Elim and traveled southwest to the wilderness of Sin. One month and fifteen days after leaving the land of Egypt, they were halfway between Elim and Sinai. Again they became irritable and contentious and murmured against Moses, "... Would to God we had died by the hand of the Lord in the land of Egypt, when we sat by the flesh pots, and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger" (Exodus 16:3).

Faced with this new crises, Moses again went to the Lord. God revealed two important messages to him: first, that God would provide food for the people; and second, that the murmurings of the people were not against Moses but against the Lord.



The Sinai Wilderness

The next morning when the dew evaporated, there remained on the ground "... a small round thing, as small as the hoar frost on the ground" (Exodus 16:14).

BREAD FROM HEAVEN

MANNA



"... The manna was as coriander seed, and the colour thereof as the colour of bdellium.... And the taste of it was as the taste of fresh oil" (Numbers 11:7-8).

CORIANDER SEED



The light brown seeds of the coriander had the faint smell of lemon and were less than a quarter of an inch in diameter. They were used as a secret ingredient in flavoring and often chewed as a breath freshener.

BDELLIUM



Bdellium (DEL-ee-em) is the gum from the commiphora plant. It is white and is used in perfumes and incense in much the same way that myrrh was used.

"And when the children of Israel saw it, they said one to another, It is manna: for they wist not what it was. And Moses said unto them, This is the bread which the Lord hath given you to eat" (Exodus 16:15).

INSTRUCTIONS FOR GATHERING

"This is the thing which the Lord hath commanded, Gather of it every man according to his eating, an omer for every man, according to the number of your persons; take ye every man for them which are in his tents. ... And they gathered it every morning, every man according to his eating ..." (Exodus 16:16, 21).

CALCULATION 3

How much manna did the average person eat each week in terms of quarts?
(1 omer = 2.087 quarts)

ANSWER _____



THE MAGNITUDE OF GOD'S PROVISION

ADVANCED CALCULATION

How many truckloads did God provide every day to feed the nation of Israel?

- A forty-foot truck trailer measures eight feet wide and eight feet high.
(1 quart = 67.2 cubic inches, 1 cubic foot = 1728 cubic inches)

ANSWER _____

How many truckloads did God provide during the forty years in the wilderness?

ANSWER _____

HOW DID STATISTICAL INTERPRETATION CAUSE MOSES TO FAIL A TEST IN THE SCHOOL OF MEEKNESS?

After God provided manna for the nation of Israel, they again began to be dissatisfied: they recalled the flesh pots of Egypt and began to weep.

"Then Moses heard the people weep throughout their families, every man in the door of his tent..." (Numbers 11:10).

God became angry, and so did Moses. God has a right to be angry because vengeance belongs to Him; however, the wrath of man does not produce the righteousness of God. Instead, God expects us to yield the right to get angry to Him in meekness. (See James 1:20.)

It was after Moses became angry that he changed the focus of responsibility for the people from God to himself, and he immediately became exasperated and irritable.

"And Moses said unto the Lord, Wherefore hast thou afflicted thy servant? and wherefore have I not found favour in thy sight, that thou layest the burden of all this people upon me?" (Numbers 11:11).

Moses continued with inappropriate questions, *"Have I conceived all this people? have I begotten them, that thou shouldest say unto me, Carry them in thy bosom? . . . Whence should I have*

flesh to give unto all this people? for they weep unto me, saying, Give us flesh, that we may eat" (Numbers 11:12-13).

In this perturbed state of mind Moses concluded that he was not able to carry the burden, and he asked God to kill him. God then informed Moses that He would provide meat for the entire nation for a whole month until they were sick of it.

At that point Moses engaged in analyzing the statistics. *"... The people, among whom I am, are six hundred thousand footmen; and thou hast said, I will give them flesh, that they may eat a whole month. Shall the flocks and the herds be slain for them, to suffice them? or shall all the fish of the sea be gathered together for them, to suffice them?"* (Numbers 11:21-22).

What Moses failed to do was recognize God's ability to fulfill His promise (even when the situation seemed impossible).

THE CONFIDENCE OF MEEKNESS

"And the Lord said unto Moses, Is the Lord's hand waxed short? thou shalt see now whether my word shall come to pass unto thee or not" (Numbers 11:23).



Quail

"And there went forth a wind from the Lord, and brought quails from the sea, and let them fall by the camp, as it were a day's journey on this side, and as it were a day's journey on the other side, round about the camp, and as it were two cubits high upon the face of the earth."

"And the people stood up all that day, and all that night, and all the next day, and they gathered the quails: he that gathered least gathered ten homers: and they spread them all abroad for themselves round about the camp" (Numbers 11:31-32).

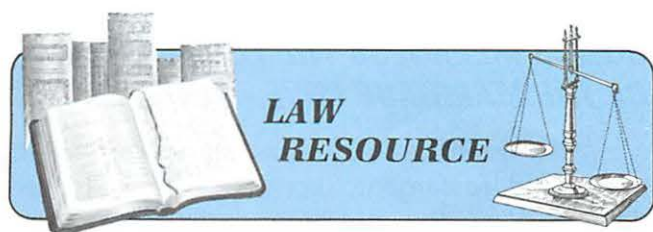
CALCULATION 4

How many bushels of quail did the multitude gather based on the least amount per person? (ten homers)

- A homer varied in size from 3.8 bushels to 6 bushels, depending upon who the king was. In older measurements during the time of the pharaohs, however, one homer was equivalent to about ten bushels.

ANSWER _____

Date completed _____ Evaluation _____



LAW RESOURCE

HOW IS THE COVENANT OF MARRIAGE A CLASSROOM FOR LEARNING MEEKNESS?



When a couple enters into a marriage, they are enrolling in one of God's most basic and most important classrooms for the development of meekness.

The marriage relationship requires that each partner yield his or her personal rights and allow God to accomplish His purposes through their life together.

This commitment is understood more clearly as we realize that marriage is a covenant rather than a contract:

HOW DOES A COVENANT DIFFER FROM A CONTRACT?		
COVENANT	vs.	CONTRACT
<ul style="list-style-type: none"> • Based on trust between both parties • Based on unlimited responsibility • Can only be voided by the death of one party 		<ul style="list-style-type: none"> • Based on distrust • Based on limited liability • Can be voided by mutual consent

WHAT IS THE LEGAL BASIS OF A COVENANT?

Covenants were established by God as the most binding legal relationship that is possible. God bound Himself to Abraham, Noah, David, and others in covenants. The covenantal agreements were sealed by the blood of sacrificial animals.

God also binds Himself to every Christian by covenant. The terms of this new covenant are defined in the document which He wrote, the New Testament. The words "testament" and "covenant" are identical. God sealed His covenant with us by the blood of His Son, just as He sealed the covenants of the Old Testament with the blood of bulls and goats.

The seriousness of breaking the marriage covenant is emphasized in Malachi 2:13-16. *"And this have ye done again, covering the altar of the Lord with tears, with weeping, and with crying out, insomuch that he regardeth not the offering any more, or receiveth it with good will at your hand."*

"Yet ye say, Wherefore? Because the Lord hath been witness between thee and the wife of thy youth, against whom thou hast dealt treacherously: yet is she thy companion, and the wife of thy covenant."

"And did not he make one? Yet had he the residue of the spirit. And wherefore one? That he might seek a godly seed."

"Therefore take heed to your spirit, and let none deal treacherously against the wife of his youth. For the Lord, the God of Israel, saith that he hateth putting away. . . ."



Courtesy of Texas Highways Magazine

The Texas State Capitol, in Austin

The first Chief Justice of the Supreme Court of Texas wrote the following statements regarding the permanence of the marriage relationship. (Sheffield vs. Sheffield, 3 Tex. 79, 85-86 (1848).

Note that although he does not use the word "covenant," he defines the terms of a covenant in his description of the "contract" of marriage.

"The contract of marriage is the most important of all human transactions. It is the very basis of the whole fabric of every society.

The parties have pledged themselves, not only for their own happiness, but for purposes important to society, to live together during the term of their natural lives.

This engagement is the most solemn and important of human transactions. It is regarded by all Christian nations as the basis of civilized society, of sound morals, and of the domestic affections, and the relations, duties, obligations, and consequences flowing from the contract are so important to the peace and welfare of society, as to have placed it under the control of special municipal regulations, independent of the will of the parties.

The mutual comfort and happiness of the parties are the principal, but not the only, objects of the engagement. It is intended also for the benefit of their common offspring, and is an important element in the moral order, security, and tranquility of civilized society.

The parties cannot dissolve the contract, as they can others, by mutual consent [because it is a covenant], and no light or trivial causes should be suffered to effect its rescission.

While full effect is to be given to the statute, it should be remembered that, according to the experience of the most enlightened nations, the happiness of married life greatly depends on its indissolubility, and that the prospect of easy separation foment the most frivolous quarrels and disgusts into deadly animosities.

Parties may not be able to live together very harmoniously, but they cannot be separated except for reasons approved of by the law. And when they know they must live together, except for causes prescribed by the law, they learn, in the language of Lord Stowell, 'to soften, by mutual accommodation, the yoke which they know they cannot shake off; they become good husbands and wives; for necessity is a powerful matter in teaching the duties it imposes.'

Such construction ought to be given the statute, and such weight allowed the acts of the parties, as would effect the legislative intention; but there should not be such looseness of exposition as would defeat the beneficial objects of the marriage institution and sunder its bonds with almost as much facility as if it were a state of concubinage, dependent alone on the will of the parties."

HOW IS MEEKNESS THE FOUNDATION OF THE MARRIAGE COVENANT?

In a blood covenant such as those carried out in the Old Testament, sacrificial offerings were divided down the middle and separated from one another.

The parties to the covenant would then walk between the divided sacrifices and make their vows to each other. As the parties approached each other, they would identify with the death of the sacrifices by realizing that they, too, were dying to themselves and the personal rights which they had.

Each one would then recite a list of all assets and all liabilities and state that what is his now also belongs to the other, and what belongs to the other is now also his.

This picture is portrayed in the Hebrew word used for covenant, *beriyth*, meaning "cutting, a compact made by passing between pieces of flesh."

God followed this procedure when He made His covenant with Abraham. God instructed Abraham to select several sacrificial animals and divide them down the middle. Then God passed between the pieces. "*In the same day the Lord made a covenant with Abram. . .*" (See Genesis 15:10, 17-18.)

When God led the Israelites out of Egypt, He established a covenant with them. In this covenant the people were to pass between the pieces of the divided calf. (See Jeremiah 34:13, 18.)



The symbolism of the divided sacrifices in the establishment of a covenant is contained in present day wedding ceremonies by seating the family and friends of the bride and the groom on opposite sides of the auditorium. These individuals have sacrificed over the years in order to make it possible for each marriage partner to enter into the marriage covenant.

As these witnesses have laid down their rights

in order to benefit each marriage partner, so the marriage partners are called upon to lay down their rights for one another.

WHY MUST EACH MARRIAGE PARTNER YIELD PERSONAL RIGHTS TO THE OTHER?

When a marriage takes place, it is not simply uniting two people. It is actually uniting "six people." All "six" must learn how to become one in the marriage.



The "six people" who come together in a marriage are as follows.

On the groom's side they are:

1. The person he thinks he is
2. The person she thinks he is
3. The person he really is

On the bride's side they are:

1. The person she thinks she is
2. The person he thinks she is
3. The person she really is

Among these "six people," there are many personal rights and expectations which will not be understood or fulfilled by the others. Unless these rights and expectations are yielded to the Lord, they will turn into irritation, frustration, anger, and bitterness.

WHAT RIGHTS MUST BE YIELDED BY EACH MARRIAGE PARTNER?

1 THE RIGHT TO PARENTAL SECURITY

In marriage both the husband and the wife must leave the control and security of their parents in order to cleave to each other. God made this clear when He established marriage. *"Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh"* (Genesis 2:24). (See also Matthew 19:5-6.)

Thus, in a choice between spending time with parents or with the spouse, a partner must choose the latter. In the matter of authority, the husband must make final decisions after seeking counsel from his wife and others, including parents and parents-in-law.

2 THE RIGHT TO OUTSIDE FRIENDSHIPS

A successful marriage is based on the husband and wife being best friends. No other friendship should supersede or interfere with this special relationship. All other friendships must strengthen the fellowship and oneness of the marriage partners.

Outside friendships which require excessive commitment of time and energy must be terminated if they cannot be brought into balance. This discipline would also be necessary with friendships that cause either spouse to feel uncomfortable.

The focus of each partner must be to please the other. *"But he that is married careth for . . . how he may please his wife. . . . She that is married careth for . . . how she may please her husband"* (I Corinthians 7:33-34).

3 THE RIGHT TO TIME

Friendships require time to be together. For this reason, God instructed the men of Israel to stay home the first year of their marriages so that they could spend time with their wives. (See Deuteronomy 24:5.)

The need for the husband to understand the wife and for the wife to understand the husband is also emphasized in I Peter 3:7. The husband is to dwell with his wife according to knowledge in order that their prayers be not hindered.

Yielding the right to time involves rearranging priorities around the needs of the marriage and the family.

4 THE RIGHT TO HOBBIES

Each partner should have many personal interests and skills. However, when any one of these activities becomes a consuming focus and requires inordinate amounts of time, money, effort, and loyalty, it must be set aside in favor of the mutual goals of the marriage.

The necessity of giving up such an activity is especially important when a hobby that one partner has is of little or no interest to the other partner. Often one partner will express interest in a hobby of the other before marriage as a means

of getting acquainted, only to resent it after marriage as an intrusion upon more important priorities.

The Scriptural responsibility for the husband to surrender personal hobbies such as baseball, football, golf, bowling, fishing, hunting, cars, etc. is established in the fact that he is to lay down his life for his wife in the same way that Christ laid down His life for the Church. (See Ephesians 5:25.)



The wife is to set aside personal hobbies which would interfere with her responsibility as described in Titus 2, to be wise, to love her husband, to love her children, to be discreet, to be managers of the home, that God's Word be not blasphemed. (See Titus 2:4-5.)

5 THE RIGHT TO DEMAND OR WITHHOLD PHYSICAL AFFECTION

The most intimate part of marriage requires the greatest surrender of personal rights. I Corinthians 7:3-5 begins with this fact as it discusses the marriage relationship.

"Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband. The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife. Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency."

There are significant physical, mental, emotional, and spiritual benefits which a married couple experience when they yield rights to physical intimacies during the wife's monthly cycle. (See Leviticus 15:28.)

When they do come together, it is important for them to express affection in the manner that God designed and to reject all other forms of physical intimacy. The idea that "anything goes in marriage" is not only false, but brings the wrath of God upon those who practice it. The most precise

translation of Hebrews 13:4 is "marriage is honorable for all; therefore, do not defile the marriage bed, for God will judge all whoremongers and adulterers."

6 THE RIGHT TO BE LOVED AND TO BE OBEYED

In a marriage relationship, the wife expects to be loved, and the husband expects to be honored. Each of these expectations is reinforced by Scripture. *"Wives, submit yourselves unto your own husbands. . . . Husbands, love your wives. . ."* (Ephesians 5:22, 25).

Each partner, however, must yield these expectations and instead, concentrate on his and her accompanying responsibilities. If the wife desires to be loved, she must first honor her husband. If she wants her husband to lead, she must first submit to him. If the husband wants honor from his wife, he must first humble himself and love her. If he wants her to submit to him, he must provide Godly leadership.

7 THE RIGHT TO PERSONAL TASTES

Each partner must learn to be sensitive to the personal tastes of the other and to show deference to him. Both the husband and the wife will bring into the marriage various preferences of design, color, and procedures, as well as varying standards of order and neatness.

Each must yield rights to his own preferences in the spirit of Romans 12:10. *"Be kindly affectioned one to another with brotherly love; in honour preferring one another."*

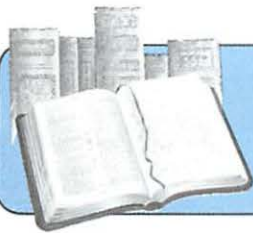
Once each has yielded his rights, a husband and wife gain freedom in assigning certain areas in which the wife's preferences will be chosen and other areas in which the husband's preferences will be followed. Even after guidelines have been established, partners need to be sensitive to one another, always willing to yield their "rights."

PROJECT

Ask each parent to trace a past argument to a personal right or expectation which the other violated or neglected.

Discuss how harmony in marriage can only come as each partner responds to the grace of God in order to obtain the desire and the power to live by God's principles.

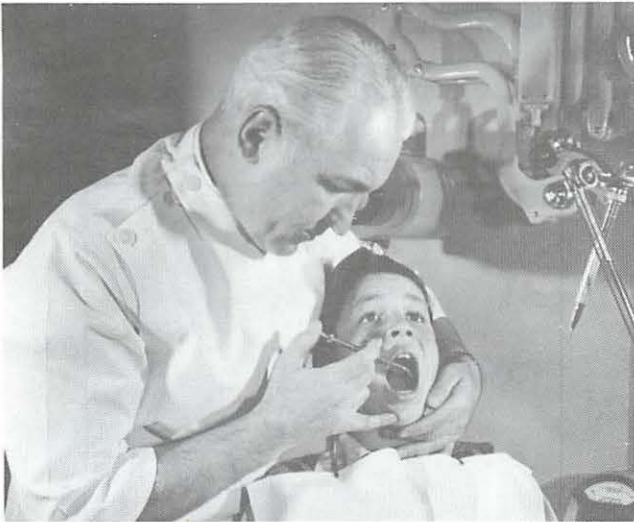
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MEDICINE RESOURCE



HOW CAN THE LACK OF MEEKNESS AFFECT THE TEETH AND THE JAWS?



Ewing Galloway

A person who fails to yield his rights will always be frustrated, angry, and bitter, for others will violate his "rights" or fail to meet his expectations. These harmful emotions of frustration, anger, and bitterness which he constantly experiences then cause physical problems—from sleeplessness to ulcers. A lack of mercy often manifests itself in physical tension of the entire body—even the teeth and jaws.

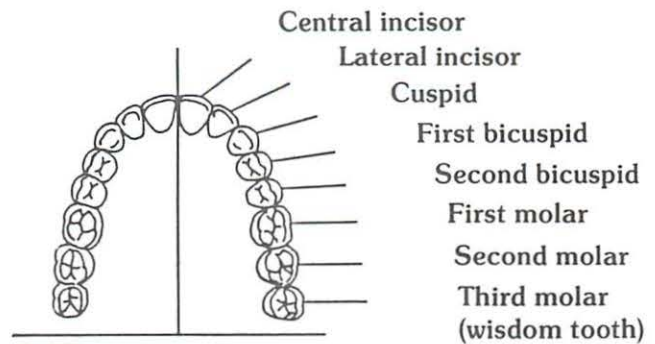
WHAT ARE THE NORMAL FUNCTIONS OF TEETH?

Teeth have several basic functions: First, they determine the appearance of the lower half of our face. Healthy teeth also enhance our smile.

Second, teeth aid us in speaking. We form many speech sounds, like *th*, *l*, *p*, and *f*, by positioning our tongue and lips against our teeth.

Most important, our teeth prepare food for digestion. Healthy teeth enable us to eat the variety of healthful foods which we need in order to maintain a balanced diet.

Four types of teeth work together to prepare food for digestion. *Incisors*, or front teeth, work as scissors, cutting off pieces of food to chew. *Cuspids*, or *canines*, are strong and more pointed; they tear



The Four Types of Teeth

A typical adult has thirty-two teeth, sixteen in the maxilla (upper jaw), sixteen in the mandible (lower jaw). By drawing an imaginary line from the tip of the nose to the chin, we can divide the teeth into four sections which should be exactly equal. Dentists refer to these sections as *quadrants*. In the diagram above, teeth in the upper (maxillary) left quadrant have been labeled.

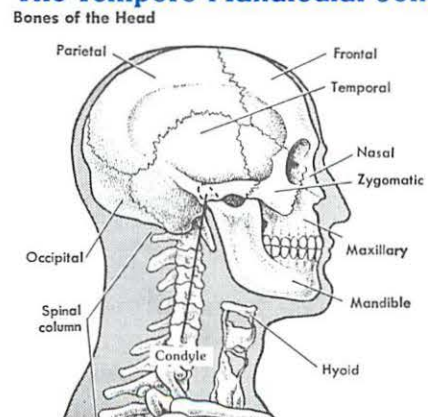
food into smaller pieces. *Bicuspid*s crush particularly tough or hard food. Finally, the *molars* shred and grind the small pieces of food into a fine pulp which is ready for digestion.

HOW DO THE JAWS WORK?

The upper jaw, called the *maxilla*, is stationary, while the lower jaw, or the *mandible*, can move up and down, back and forth, and from side to side.

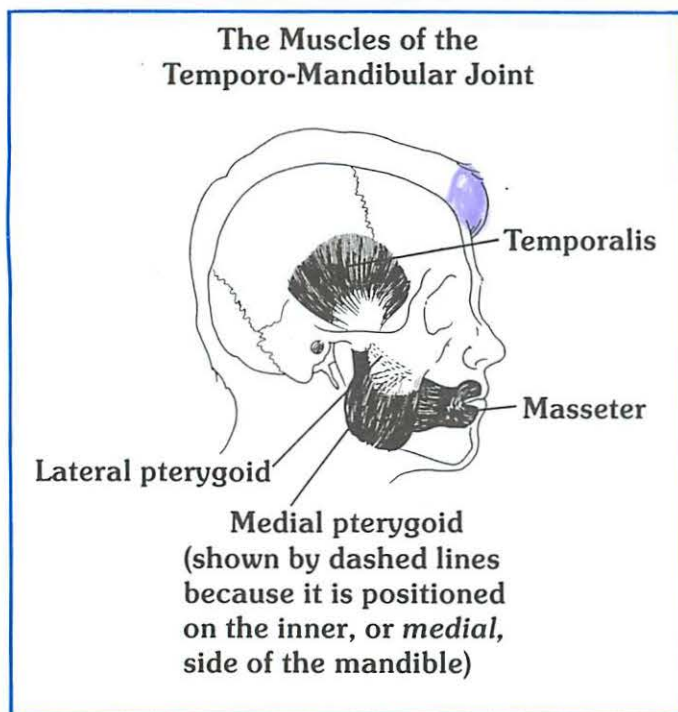
On each side of the mandible is a rounded head called the *condyle*. The condyles form joints in the sockets at the base of the skull just in front of each ear. Muscles and ligaments hold together the bony parts of these joints, which are called *Temporo-Mandibular Joints* (TMJs) because they join the mandible to the temporal bone of the head. Without these two joints, we would not be able to talk, laugh, yawn, bite, chew, or even swallow.

The Temporo-Mandibular Joint



©World Book, Inc.

Four powerful muscles operate the TMJs: The *lateral pterygoid* moves the jaw forward, and the *temporalis*, the *masseter*, and the *medial pterygoid* all position the jaw for closing and chewing.



When we are not using our jaws and teeth to speak, chew, talk, etc., the mandible should be in a resting position.

HOW DOES TENSION AFFECT THE TEETH AND THE JAWS?

Tension, no matter what the cause, often aggravates the normal work/rest pattern of the jaw by causing a person who habitually clenches his teeth to clench his teeth harder and/or more frequently than he did before. *Bruxomania* is the habit of clenching the teeth during the day, usually as a result of pressure and stress. A more common practice is that of *bruxism*, which is clenching and grinding the teeth at night. Bruxism sometimes leads to the following consequences:

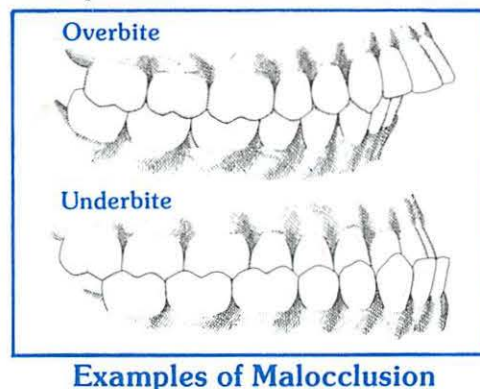
1 PRESSURE ON THE TEETH

When our teeth come together normally, they exert about 175 pounds of pressure per square inch against one another. When we are under tension, however, our teeth often exert from 300 to 100,000 pounds of pressure per square inch on each other!

2 SHIFTING OF THE TEETH

Occlusion refers to the fit of the teeth when they are in a closed, biting position. *Malocclusion* is an improper bite and tooth positioning. Badly shaped chewing surfaces, hereditary factors, tooth loss, a poorly filled tooth, or bruxism may all cause malocclusion.

A child whose permanent teeth are subjected to excessive pressure will probably suffer from malocclusion because his teeth will shift and move out of alignment under the pressure. They will then be more susceptible to decay or periodontal disease, and his temporo-mandibular joints will also be more susceptible to disease.



3 WEARING DOWN OF THE TEETH

A misaligned tooth irritates other teeth whenever it contacts them. Trying to reduce the irritation and make the bite more comfortable, a person may unconsciously grind away at the offending tooth. This grinding wears away the tooth enamel and exposes the dentin, which is very sensitive to pain and cold. The person will then probably unconsciously grind his teeth even more in an effort to lessen the pain in his mouth.

4 SORENESS IN THE JAW

Ninety percent of those who grind their teeth at night do so without knowing it. They might wonder why they often wake up fatigued, or with tired jaws. The muscles which operate the jaw are tired and sore from exercising so much during the night. Sometimes this soreness causes mysterious headaches, neckaches, "cheekaches," or pain around the ears. At other times, the overworked muscles may go into spasms and cramp so tightly that the person cannot open his mouth.

5 DISTURBANCE OF THE TMJ

Bruxism may also damage the articular disc which protects the TMJ, making chewing and opening the mouth both difficult and painful. A person who grinds his teeth may also hear annoying clicking or popping sounds or experience a buzzing or ringing in his ears.

Prolonged bruxism stretches the ligaments holding the TMJ, and the mandible will tend to dislocate if the mouth is opened widely. In some extreme cases, the disc tissue tears, degenerating and deforming the joint.

Clicking, popping

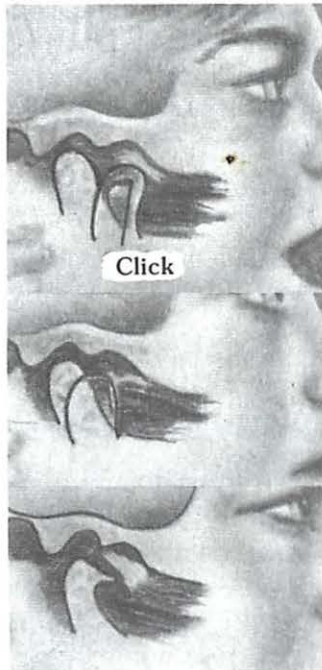
A click occurs when the mouth is opened and the condyle suddenly jumps over the thickened portion of the back of the articular disc.

"Catch" in the joint

Often a fold that develops in a dislocated disc mechanism and adhesions to the bone hinder the mouth in opening.

Degenerative joint disease

Damaged disc tissue can lead to deformation of the joint.



Chicago Tribune, Shlemon

6 ENLARGEMENT OF THE FACIAL MUSCLES

Sustained tension on the teeth will also harden and enlarge related jaw and facial muscles, especially the masseter muscle.



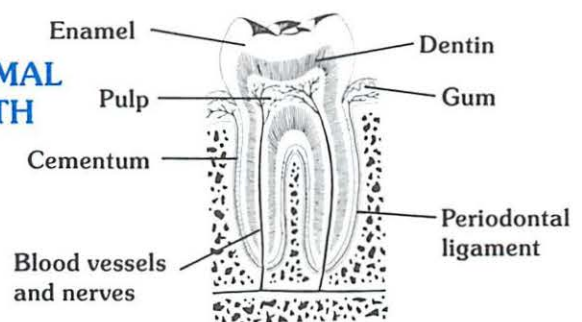
Enlarged masseter

The individual in this picture had the habit of grinding his teeth.

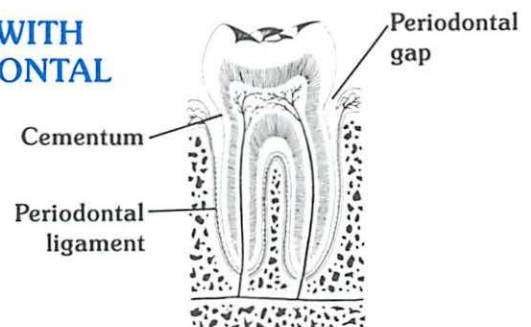
7 LOOSENING OF THE TEETH

A narrow gap called the *periodontal* (pair-eeh-oh-DAH-n-tull) *ligament* surrounds the root of each tooth. This ligament contains blood vessels, lymph vessels, nerve cells, and fibers which hold each tooth tightly in place. Bruxing injures these fibers and vessels by overloading the periodontal ligament, producing bleeding and localized *ishemia* (lack of oxygen). This brings into action *osteoclasts* which eat away the area bone which supports the teeth. Soon the periodontal gap between the tooth and bone widens, allowing the tooth to become loose.

NORMAL TOOTH



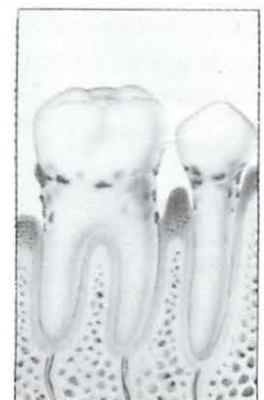
TOOTH WITH PERIODONTAL GAP



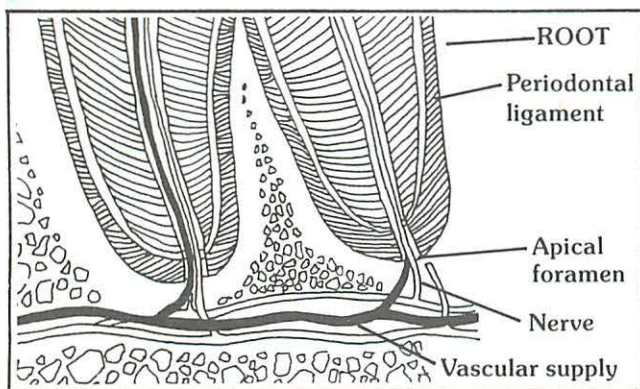
8 TOOTH AND GUM DISEASE

Although there are many causes of dental disease, such as diabetes, calculus, and plaque, a major cause is continuous grinding of the teeth and the damage to root linings which results from continuous grinding.

Periodontal disease



9 TEETH "STRANGULATION"



The Root of a Tooth

The root of each tooth contains a vein, an artery, a nerve, and lymphatic vessels which enter at its base. Constant clenching cuts off circulation in the tooth by compressing the vessels against the jawbone. Prolonged constriction of blood vessels can kill the inner living pulp of the tooth.

WHAT IS THE ROOT CAUSE OF BRUXISM?

Archaeologists have found signs of tooth grinding in the skulls of people who lived many years ago. Today, a large number of our population still brux, though few are treated.

When our mouths are closed, the condyle should fit into the TMJ, allowing all the muscles to relax and rest. When we bite, our teeth should fit together without shifting the jaw from this rest position. However, most people suffer from some sort of interference on the biting surfaces of the teeth which cause the jaw to shift, and therefore grind their teeth in an attempt to alleviate the discomfort.

The periodontal ligament contains special nerves called *proprioceptors* which sense when a tooth is being pushed off its long axis by a bite interference. The proprioceptors "warn" appropriate chewing muscles that certain teeth and their supporting structures are being damaged. The muscles, trying to protect the teeth, then realign the jaw, "remembering" this message from the proprioceptors so that they can realign the jaw in the same position the next time the tooth is pushed off its long axis.

Some doctors believe that the hypothalamus triggers bruxism as a response to the tension in our minds and bodies. The intensity with which we grind our teeth is directly related to our emotional and spiritual state. Our bodies automatically tense up particularly when we harbor bitterness, anger, unforgiveness, temporal values, immorality, and unyielded rights. Scripture associates tooth clenching

and grinding ("gnashing of teeth") with the guilt and anger with which an unbeliever responds to the Gospel (see Acts 7:54), and with the anguish of an unbeliever in hell (see Matthew 13:42, 50).



HOW CAN AN ARMY DENTIST DETECT WHICH SOLDIERS HAVE NOT YET YIELDED THEIR RIGHTS?

The obedience of new recruits in training camp can often be evaluated on the basis of which ones grind their teeth at night. Those who humble themselves through obedience to their drill sergeant are less likely to grind their teeth. But, those who do not accept the sergeant's authority are likely to rebel and spend much of the night grinding their teeth.

During the first few weeks of basic training, the dentist's office is often filled with complaints of aching jaws and sore teeth. The stream of new cases continues until the question of authority is resolved. Many of those who do not submit to authority wind up with serious dental problems.

WHAT IS THE CURE FOR BRUXISM?

We grind our teeth when our proprioceptors signal to our jaw muscles to realign the mandible. Therefore, the key to stopping teeth-grinding is to prevent the proprioceptors from sensing the bite interferences, or to remove the bite interferences which push our teeth off their long axis and trigger the proprioceptors to realign the jaw.

Dentists use soft vinyl or hard acrylic splints (tooth guards) to prevent the proprioceptors from sensing the bite interference. The splints fit over loose teeth, stabilizing them and correcting the malocclusion. However, splints are effective only as long as they are worn.

A more permanent solution is the removal of the bite interferences which trigger the proprioceptors to realign the jaw. This is done by a process called *occlusal equilibration* in which the biting surfaces of the teeth are reshaped. Occlusal equilibration is usually a permanent cure for bruxism.

Bruxism is a serious condition, especially when it goes unchecked for prolonged periods of time. Happily, it can be cured. However, if we do not correct the spiritual problems which aggravate and may even cause bruxism, and we persist in rebellion, our health and our life will be destroyed.

Date completed _____ Evaluation _____