

# The Meekness Test

## The Purpose of this Exercise

We want to grow together as a strong team unit. Pursuing meekness in our individual lives will help us to interact together with greater humility, integrity, and love.

## Instructions

Take time to read each question, then honestly and openly write down your answers. These questions are meant to be used as a tool for personal reflection and prayer. Nothing you write will be seen by others unless you choose to share it during the discussion time.

## Note

When assessing one's strengths and weaknesses, it's important not to get lost in introspection or to be overly critical of one's self. Try to give yourself the same grace you would extend to others. The key is to have a healthy, balanced view of your strengths and weaknesses. If you think you're strong in every area or weak in every area, you're not looking at yourself objectively. While there is always room for improvement, you also have God-given talents and strengths. You want to acknowledge both your strengths and your weaknesses with humility and look to the Lord to refine your character in the the weak areas.

## 1. Do you have a teachable spirit?

Humility is quick to listen and learn and slow to speak or correct others (Jas. 1:19). Pride seeks to speak quickly and teach others and is expressed in a condescending attitude with an inappropriate confidence that is not rooted in truth (1 Cor. 3:18, 8:1, Jas. 1:19).

Are you generally eager to learn from others?

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Do you receive correction with humility and a good attitude or do you feel angry or hurt when constructive criticism is offered?

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Why do you think that is? Does correction feel like rejection? Does criticism hurt your pride?

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Is it difficult for you to consider the truth in someone's criticism even though perhaps not everything they are saying is accurate? Ask Holy Spirit to show you whether there is anything valuable you can glean from words of criticism and correction.

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Is there anything you need to repent of in this area or anyone you need to make amends with?

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## **2. Do you see your personal faults?**

Humility is quick to take responsibility for personal faults. Pride does not see personal faults or acknowledge its errors. It is defensive (1 Tim. 3:6).

List a few of your personal faults.

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## **3. Do you have a grateful spirit?**

Expressing our gratefulness to others is an act of humility that builds relationship. Expressing our gratefulness to God is a form of praise and an act of warfare against grumbling. Humility sees that we are getting a better deal than we deserve (all the information in our lives considered). Pride complains much, feels mistreated, and has a bitter spirit.

Try to think of ways to give thanks for the things you are tempted to complain about. Instead of complaining that your job doesn't pay enough, thank Him that you are employed. Remember that while you can always be honest with God about your feelings, needs, and desires, it is important to remember all that He has already given you and to give thanks for His provision and His sovereignty.

What are some areas of your life that you're grateful for right now?

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Have you taken the next step of expressing your gratefulness to God and others?

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What are some areas where being grateful is a challenge right now?

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#### **4. Do you see the value of others?**

Humility has a deep awareness of others. Everyone has an important story that involves their joy, pain, lack, gifts, and agenda. Pride is self-absorbed and distracted with much emotional traffic generated by seeking to manage many of our negative emotions.

List three people you value and why.

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Have you taken the time to let these people know that you value them?

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Think of someone you have difficulty valuing and ask the Lord to show you His heart for that person and how much He values him or her.

#### **5. Do you operate in kindness with others' faults?**

Humility is kind and patient with the faults of others. It is not easily insulted, offended, or angered. Pride is quickly exasperated with the faults of others and easily offended and insulted. The measure of our anger is the measure of our unperceived pride.

List three people and scenarios that are challenging in this season.

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Have you responded in kindness and patience to these people or are you frustrated and irritated by their faults? Remember how patient and slow to anger the Lord is when dealing with you. Brainstorm ways to respond in kindness when you are feeling frustrated with someone.

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**6. Do you do good things in secret when no one's watching?**

Humility does good in secret because it first seeks approval and recognition from God instead of from people (Mt. 6:1-6, 16-18). Remember that no act of service goes unnoticed by Him. While the thanks and praise of man might feel good in the moment, it will fade away and be forgotten, but the reward of God is eternal.

If the practice of doing good anonymously is not a familiar one to you, begin to think of little ways you can bless others in secret. Financial and material blessings, notes of encouragement, and anonymous acts of service will bless you and invigorate your spirit. This is a muscle that grows as you use it. Start looking for ways to do good when no one's watching and you will find yourself noticing more and more opportunities to be a secret blessing.

When no one's watching, are you aware of God's eyes upon you?

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If you find it difficult to do good without being acknowledged, consider why this is the case. Do you long for the approval of man more than the approval of God?

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What is something good you can do in secret in the next few days?

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**7. Do you seek the benefit of others?**

Humility uses its position of influence to benefit others instead of treating others roughly and intimidating them (Prov. 2:3-5, Phil. 2:3-5). Stooping down to lift someone up is a way of imitating the Lord, who did that very thing for us.

What is one way others in positions of influence have helped you?

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List one or more ways your position has benefited others or can benefit others in the future.

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