

# Gentle and Humble Meditations

Come to me, all you who are weary and burdened,  
and I will give you rest. Take my yoke upon you  
And learn from me, for I am gentle and humble  
in heart, and you will find rest for your souls.

—Matthew 11v28–29

## New Testament Scriptures:

Be completely humble and gentle; be patient, bearing with one another in love.

—Ephesians 4v2

Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

—Colossians 3v12–13

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

—Philippians 2v3-8

Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

—1 Peter 3v4

All of you, clothe yourselves with humility toward one another, because, 'God opposes the proud but shows favor to the humble.' Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

—1 Peter 5v5-6

Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom.

—James 3v13

## Church Fathers:

"Humility is the foundation of all the other virtues hence, in the soul in which this virtue does not exist there cannot be any other virtue except in mere appearance."

—St. Augustine

"I am amazed at [Jesus] gentleness; for He was silent more than He spoke, and His silence is more powerful than the words of others."

—Ignatius of Antioch

“The Lord Himself also was meek and lowly of heart; He did not command us to be proud, nor overbearing, but to imitate His own meekness.”

—Clement of Alexandria

“Let the servant of Christ imitate his Lord who bore injuries patiently, who was gentle in teaching, humble in conversation, steadfast in faith.”

—Cyprian of Carthage

“Do you see how He draws them by the gentleness of His invitation? ... Not by fear and threat, but by meekness and humility, He wins their souls.”

—Cyprian of Carthage

“Humility is the root, mother, nurse, foundation, and bond of all virtue.”

—St. John Chrysostom

“Humility is the storehouse of all the virtues.”

—St. Basil the Great

“He who teaches us to learn from Him, who is meek and lowly in heart, teaches us not by force, nor by terror, but by gentleness; for only by meekness is the soul made teachable for divine wisdom.”

—Origen of Alexandria

“The ruler of souls must be a pattern of meekness, that he may draw the hearts of his hearers by gentleness.”

—Gregory the Great

## Desert Fathers and Mothers:

"Humility is the root of victory over pride; it consists in becoming nothing before God and the brethren, and in acknowledging our weakness."

—Evagrius the Solitary

"I was very harsh and quick-tempered in my youth. One day I realized that gentleness brings more peace than anger, and humility makes one free. From then on, I sought to be gentle in heart."

—Abba Moses the Black

"A man who is meek and humble in heart will never be disturbed by the insults of others, but finds rest within."

—Abba Arsenius

"If you wish to see God, be humble in heart and gentle with all men, even those who persecute you. For the Lord dwells where gentleness reigns."

—Abba Macarius the Great

"The soul that is gentle and humble does not become disturbed by small things, but is peaceful as the Lord Himself is peaceful."

—Abba Lot

"It is better to be silent and humble than to speak in pride. Let your heart be gentle toward all, and God will teach you the secrets of His kingdom."

—Amma Syncletica

"Humility with poverty of spirit is more pleasing to the Lord than all the works of Charity."

—Amma Syncletica

## Church history:

“Learn from Him not to create the world, nor to raise the dead, but to be meek and humble of heart.”

—Bernard of Clairvaux

“Humility must always be doing its work like a bee making its honey in the hive: without humility all will be lost.”

—St. Teresa of Ávila

“Humility is nothing but truth, and truth is the foundation of all virtues.”

—Thomas à Kempis

“Humility is the willingness to take the lowest place, to bear the blame, and to give God and others the glory.”

—John Wesley

“Humility is not thinking less of yourself, it is thinking of yourself less.”

—C.S. Lewis

“Believe, claim in faith the death and the life of Jesus as thine. Enter in his grace into the rest from self and its work – the rest of God. With Christ, who committed his spirit into the Father’s hands, humble thyself and descend each day into that perfect, helpless dependence upon God. God will raise thee up and exalt thee. Sink every morning in deep, deep nothingness into the grave of Jesus; every day the life of Jesus will be manifest in thee. Let a willing, loving, restful, happy humility be the mark that thou hast indeed claimed thy birthright.”

—Andrew Murray

“Service is the most conducive means to the growth of humility.”

—Richard Foster

“Pride makes us artificial and humility makes us real.”

—Thomas Merton

“A servant Christian is the freest person on earth.”

—Eugene Peterson

“Let the heart of Jesus be something that is not only gentle toward you but lovely to you. If I may put it this way: *romance* the heart of Jesus. All I mean is, ponder him through his heart. Allow yourself to be allured. Why not build into your life unhurried quiet, where, among other disciplines, you consider the radiance of who actually is, what animates him, what his deepest delight is? When you look at the glorious older saints in your church, how do you think they got there? Sound doctrine, yes. Resolute obedience, without a doubt. Suffering without becoming cynical, for sure. But maybe another reason, maybe the deepest reason, is that they have, over time, been won over in their deepest affections to a gentle savior.”

—Dane Ortlund