

# The Bliss of the Disciplined-Self

**August 31, 2016**



# Matthew 5:5

- **“Blessed are the meek, for they shall inherit the earth.”**



# Hebrew background

- ***Praus (Greek)***  
**translates Hebrew**  
***anav***
- ***Humble, lowly, meek***

- **Psalms—describes loving & obedient humility that accepts the guidance of God and the providence of God, and who never grows resentful and bitter about anything which life may bring, in the certainty that God's way is always best, and that God is working in all things together so that His good may be brought about in our lives.**

# Background to PRAUS

- **Illustration of animal tamed, domesticated**
- **Illustration of horse, broken in and obedient to the reins**
- **Illustration of sheep-dog trained to obey vocal commands**
- **Describes that which is under control**

# Aristotles' Golden Mean

- **Anger** → *Praus* ← **Apathy**
- **“Neither too hasty nor too slow-tempered”**



# Greek Virtue

- **It is the virtue of the man who acts with gentleness**
- **It is also associated with strength under control**



# Attitude of Meek

- **An attitude toward God and man**
- **Job 1:21**
- **Job 13:15**
- **Luke 1:38--Mary**
- **Acts 9:6—Saul, all resistance broken**





# Direct Quotation of Psalm 37:11

- **“But the meek shall inherit the land and delight themselves in abundant peace.”**
- **Note context of Psalm 37**

# Conclusion: Putting it all together

- **Peace**
- **Power**
- **Control, self-discipline**
- **Gentleness**
- **“Oh, the bliss of the man who has so committed himself...”**

