

FRUIT SALAD SERIES — WEEK 8

Gentle Jesus, Meek and Mild

FIVE-DAY DEVOTIONAL

The Fruit of the Spirit: Meekness
Galatians 5:22-23

Pastor Andrew Chung-Ying

How to Use This Devotional

Over the next five days, you'll walk through the fruit of meekness one layer at a time — from the childhood prayer that first introduced you to a “gentle Jesus,” to the discovery that meekness is actually strength under control, to the promise made to those who let God hold the reins. Each day includes a scripture to read, a short reflection, a Digging Deeper section for a bit more theological depth, questions to search your heart, a practical step to take with you, and a closing prayer. Space is provided for you to write. Take your time — fruit doesn't ripen in a hurry.

Where We Are in the Harvest — Week 8

TOWARD GOD	TOWARD OTHERS	TOWARD SELF
✓ Agapē — Love ✓ Charā — Joy ✓ Eirēnē — Peace	✓ Makrothymia — Longsuffering ✓ Chrēstotēs — Kindness ✓ Agathōsynē — Goodness	✓ Pistis — Faith ▶ Prautes — Meekness — THIS WEEK ○ Enkrateia — Temperance

HOW THE FRUITS FEED EACH OTHER

Pistis (faith) taught us to trust the Hand that is shaping us. Prautes (meekness) is what that trust looks like on the outside — strength fully surrendered. Next week, enkrateia (self-control) will take this yielded strength and put it to work.

DAY 1 The Prayer We Prayed Before We Understood It

READ

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. (Matthew 11:29, KJV)

REFLECT

Most of us prayed “gentle Jesus, meek and mild, look upon a little child” long before we understood a word of it. It was a lullaby before it was a theology. But Jesus Himself chose that same word to describe His own heart — not weak, not soft in the way we assumed as children, but meek. If we are being shaped into His image, this fruit isn't optional. It's the shape of Christ Himself, growing in you.

DIGGING DEEPER

Charles Wesley wrote “Gentle Jesus, Meek and Mild” in 1742 as a children's hymn. Its simplicity has let generations of children pray it — and let generations of adults forget to ever grow past it. This week is an invitation to finally grow up into a prayer you first prayed in a crib.

SEARCH YOUR HEART

- What did I picture “meek” meaning as a child? How does it compare to what Jesus meant by it?
- Where in my life have I confused meekness with being a pushover — and avoided it because of that confusion?

TAKE IT WITH YOU

Say the childhood prayer out loud today, slowly, as an adult. Let each phrase mean something instead of just sounding familiar.

PRAY

Gentle Jesus, meek and mild, look upon this grown child. I prayed these words before I understood them. Teach me now what Your meekness really means, and grow it in me. In Jesus' name, Amen.

DAY 2 Power Under Control

READ

Blessed are the meek: for they shall inherit the earth. (Matthew 5:5, KJV)

REFLECT

The Greek word behind “meekness” is *prautes* — the same word the ancient Greeks used for a wild horse that had been broken for battle. Its ferocity wasn't removed. It was harnessed. All the same power, all the same fire, now answering to a rider's hand. That is what the Holy Spirit is doing in you: not stripping away your strength, but teaching it to answer to Him.

DIGGING DEEPER

William Barclay, drawing on Aristotle's use of the word centuries before Paul, defined *prautes* as the quality of a person who is “always angry at the right time, and never angry at the wrong time.” David Guzik summarizes it in three words: power under control. It is the God-governed middle between rage on one side and a person who never stands for anything on the other.

SEARCH YOUR HEART

- Where is my strength currently running wild instead of answering to God's hand — my temper, my tongue, my need to be right?
- Have I ever avoided growing in meekness because I mistakenly thought it meant losing my strength altogether?

TAKE IT WITH YOU

Identify one place today where your strength wants to run ahead of you — an argument, a reply, a reaction — and consciously hand the reins to the Holy Spirit before you act.

PRAY

Holy Spirit, You are not asking me to become weak. You are asking my strength to finally answer to You. Break and train me the way a warhorse is trained — not less fire, just a Rider I can trust. In Jesus' name, Amen.

DAY 3 The King on a Colt

READ

Tell ye the daughter of Sion, Behold, thy King cometh unto thee, meek, and sitting upon an ass, and a colt the foal of an ass. (Matthew 21:5, KJV)

REFLECT

A conquering king rides a warhorse into his capital — armor gleaming, a display built to be feared. Jesus rode into Jerusalem on a borrowed donkey's colt. All the authority of Heaven entered that city, and it entered on the most unthreatening animal available. That is meekness in public view: unmistakable power, deliberately restrained, chosen on purpose.

DIGGING DEEPER

Zechariah prophesied this scene roughly 500 years before it happened (Zechariah 9:9). The same verse that calls Him “just, and having salvation” also calls Him “lowly.” Scripture never separates Christ's authority from His meekness — it presents them as the same King, viewed from two angles.

SEARCH YOUR HEART

- Where have I used position, title, or strength to make an entrance instead of choosing the lowlier road, the way Jesus did?
- Is there a situation this week where I have the standing to demand something, but meekness is asking me to choose the donkey instead of the warhorse?

TAKE IT WITH YOU

Choose one moment today to take the lower, quieter path on purpose — even when you have the standing to take the louder one.

PRAY

Lord Jesus, You had every right to enter as a conqueror, and You chose a colt instead. Teach me to recognize when strength should stay quiet. Let my life reflect a King who never needed to prove Himself. In Jesus' name, Amen.

DAY 4 Moses and the God Who Defends the Meek

READ

(Now the man Moses was very meek, above all the men which were upon the face of the earth.) (Numbers 12:3, KJV)

REFLECT

This is the same Moses who stood before Pharaoh without blinking, led roughly two million people out of slavery, and spoke with God face to face. Meekness was never his weakness — it was the restraint that governed his considerable strength. When his own siblings, Miriam and Aaron, rose up to challenge his authority, Moses did not fight back. He didn't have to. God Himself stepped in and defended him.

DIGGING DEEPER

Numbers 12 records that God heard Miriam and Aaron's challenge directly and summoned all three to the tabernacle Himself — Moses never argued his own case. The pattern holds throughout Scripture: meekness doesn't mean you're never vindicated. It means you trust the right Person to be the One who vindicates you.

SEARCH YOUR HEART

- When I'm challenged or falsely accused, is my first instinct to defend myself, or to trust God with the outcome the way Moses did?
- What would it look like this week to let God fight a battle I've been trying to fight on my own?

TAKE IT WITH YOU

Name one situation where you've been carrying your own defense, and consciously hand it to God today — in prayer, out loud, as an act of trust.

PRAY

Father, like Moses, I want to trust You with my defense instead of fighting my own battles. Grow in me the kind of meekness that can stay quiet because it knows exactly who is watching. In Jesus' name, Amen.

DAY 5 The Inheritance of the Meek

READ

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. (Galatians 5:22-23, KJV)

But the meek shall inherit the earth; and shall delight themselves in the abundance of peace. (Psalm 37:11, KJV)

REFLECT

Notice the word Jesus and David both reach for: inherit. Not conquer, not seize, not earn — inherit. You don't fight for an inheritance; you receive it because of whose child you are. The world rewards the loudest voice and the sharpest elbow. The Kingdom runs on the opposite currency, and Jesus stakes His own credibility on the promise that the meek will end up owning what the aggressive spent their whole lives fighting for.

DIGGING DEEPER

Eight fruits in, a pattern is emerging: pistis gave you the trust to keep believing God is at work, and now prautes takes that trust and turns it into strength that no longer needs to defend itself. Next week we turn to enkrateia, temperance, the final fruit — because a life that has learned to yield its strength is finally ready to govern its appetites.

SEARCH YOUR HEART

- Looking back over this week, where did God grow meekness in me the most?
- Where did I actually let my strength answer to the Holy Spirit this week, instead of running on its own?

TAKE IT WITH YOU

The next time you catch yourself reciting “gentle Jesus, meek and mild” — whether in memory or out loud — let it become an adult prayer: a request for His strength, fully surrendered, to grow in you.

PRAY

Father, thank You for growing this fruit in me this week. Let my strength always answer to Your hand. I want to be counted among the meek who inherit what You promised. In Jesus' name, Amen.

Eight Weeks in Review

Take a few quiet minutes to look back — not just over this week, but over all eight weeks of Fruit Salad so far.

- Agapē (love), charā (joy), and eirēnē (peace) turned my heart toward God. Which of these three still needs the most tending in me?
- Makrothymia (longsuffering), chrēstotēs (kindness), and agathōsynē (goodness) turned my heart toward others. Where have I actually seen growth, and where am I still more aware of the need than actually changed?
- Pistis (faith) and prautes (meekness) have now turned my heart toward myself — toward how I trust God and how I hold my own strength. Which of these two is harder for me to live out?
- Which day's scripture challenged me the most this week, and why?
- What is one way I sensed the Holy Spirit producing meekness in me, rather than me forcing it?

A Closing Word

Fruit is grown, not manufactured. If meekness has felt more like striving than growing this week, go back to Day 2 and remember: this is not about losing your strength — it's about handing the reins to the One who has always known how to use it. Blessed are the meek, for they shall inherit the earth.