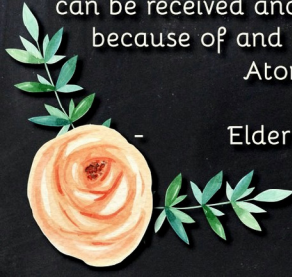


Meekness is a defining attribute of the Redeemer and is distinguished by righteous responsiveness, willing submissiveness, and strong self-restraint.

The Christlike quality of meekness often is misunderstood in our contemporary world. Meekness is strong, not weak; active, not passive; courageous, not timid; restrained, not excessive; modest, not self-aggrandizing; and gracious, not brash. A meek person is not easily provoked, pretentious, or overbearing and readily acknowledges the accomplishments of others.

The Savior declared, "Blessed are the meek: for they shall inherit the earth." Meekness is an essential aspect of the divine nature and can be received and developed in our lives because of and through the Savior's Atonement.



- Elder David A Bednar