Blessed Are You

**Blessed Are You Who Are Meek,**

**You Shall Have the Earth for Your Inheritance**

And to the meek, I said:

Tell me about this beatitude

It doesn’t sound like a blessing

To me, it looks like the face of weakness.

A face out in the crowd of lowly ones

shone forth with strength

Her smile reached the door of my heart.

Then this lowly one spoke,

To be meek is to be so full of truth

that everyone is comfortable

in your presence.

It is to have a spirit young as the dawn

a heart old as the evening.

It is to know yourself so well

and live yourself so fully

that your very presence

calls forth gifts in others.

It is to be comfortable

with your anger

and with your compassion.The meek one drew silent for a moment.

Then lifting her eyes, she said:

When you are meek

you don’t need a lot of followers

you just need a lot of truth.

The lowly ones are able

to stand out in the open and speak the truth

sometimes quietly

sometimes loudly.

The truth will be spoken

even if no one listens

even if no one hears.

For the meek person doesn’t need followers

The meek need to be true to themselves.

No greater truth was ever spoken.

The meek shall inherit the earth.

(This prayer is quoted from *Seasons of Your Heart: Prayers and Reflections,* by Macrina Wiederkehr [New York: HarperCollins, 1991], pages 99–100. Copyright © 1991 by Macrina Wiederkehr. All rights reserved. Used with permission.)