

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.)

