

The leader or subordinate who would be meek must be "strong in the Lord and in his mighty power."¹⁷ A person who is confident in the Lord and what the Lord is doing in and through him does not need to crush or silence those who disagree with him. It is usually the person who is not sure of his ground who becomes caustic and aggressive.

Meekness is produced by the Holy Spirit. Gal. 5:23 includes meekness in the list of the fruit of the Spirit. The Holy Spirit's requirements for such production would include putting off hostility and all that accompanies it and yielding oneself to the Spirit's control. This implies that there must be a conscious effort to put the interests and welfare of others before one's own interests and to treat them with kindness.

Meekness is not self-assertion. Assertiveness Training is an outgrowth of Behaviorism. Andrew Salter, Joseph Wolpe and Arnold Lazarus developed the basic concepts of what is known as AT. Their starting point was the Pavlovian system of stimulus/response behavior. Training involves the removal of inhibitions which hinder an individual from gaining their rights. Counselees are taught to counter the anxiety that arises in threatening situations by expressing an emotion or concept that challenges the anxiety and asserts the real self. The popularity of this approach is largely due to the change people experience through receiving the training.

AT therapists do not look kindly on the Scriptural concept of meekness. A well known popularizer of AT, Herbert Fensterheim,

¹⁷Eph. 6:10