

Compass Bearing #3
Devotions to Navigate the Coronavirus Pandemic
“Choosing Gentleness”
Saturday, March 28, 2020
By Pastor Jeremy Duncan

Ephesians 4:2 says, “Be completely humble and gentle; be patient, bearing with one another in love.”

What comes to your mind when you think of gentleness? Possibly a mother’s soothing hand, Mother Teresa’s kind nature, a baby deer, or the feeling of a fleece blanket on your skin? All of these things summon into our minds and hearts a sense of comfort and peace don’t they?

But, when talking about our own lives, the world presses us to see gentleness differently. The world often sees gentleness as meekness, causing us to confuse gentleness as weakness or passivity.

As Christians, this couldn’t be farther from the truth. Gentleness is, in fact, strength under control. There is nothing strong about the person who is quick to lose temper, choosing aggression or violence in their spirit, words, and action. This is anything but strength. It is in fact a display of profound weakness. Those who are gentle attract the trust of others because of this quiet strength. Their character is consistent, reliable, and steady. They are aware of the needs of the people around them and willing take steps in love to meet those needs.

There is no better example of gentleness than Jesus Christ. God in the flesh, He was powerful enough to breathe life into this world, yet He chose gentleness each day that He walked the earth.

In his book *Grace for the Moment*, Max Lucado pens the following words that we could all put into practice within our lives. He says, “Nothing is won by force. I choose to be gentle. If I raise my voice, may it only be in praise. If I clench my fist, may it be only in prayer. If I make a demand, may it be only of myself.”

In these unsettling times, it could be easy for us to be self-centered, frustrated, short-tempered, and agitated. After all, none of us have experienced a pandemic before. It seems that the unknown can throw us into a whirlwind of negative emotions and actions. Or, we can walk in the Father’s steps, choosing kindness, humility, and gentleness as we love on those around us. Make this your prayer today.

Prayer

Thank you, Father, for being the gentle shepherd that tenderly cares for His sheep. Show us today your ways as we navigate through troubling times. When we begin to get anxious, uncertain, or frustrated, guide and convict us instead to be gentle, showing your love, just as you have been gentle with us. Amen.