

Gentleness

**Nothing is so strong as true gentleness;
nothing is so gentle as true strength.**

Ralph Sockman

Well here we are looking at the 8th manifestation of the Fruit of the Spirit. We have arrived at Gentleness. In many translations including the KJV, the word here for gentleness is translated as “meekness”. For the purposes of our study we will explore these words and their various forms in both the Old and New Testament.

To switch things up a bit...for our last two studies we are going to take a detour from our Synonym/ Antonym format and do another type of Vocabulary exercise. WAIT!!!! Don't toss this homework page into the fireplace...HAHAHA. Bear with me ...I think you will enjoy this.

I want you to think first of the word gentle/gentleness. List some things in life that are gentle.

Ex: gentle whisper

In day to day to life when are the times you really appreciate being treated gently.

Ex: at the dentist

In the instances above, what is your reaction to gentleness...how does it make you feel?

Let us look at “meekness”

Describe how you think a meek person would behave:

Do you have anyone in your life that you would describe as meek and gentle?

In a secular world that rewards strength, boldness, assertiveness, splash, glitz and glamour; the qualities of gentleness and meekness can seem to lack value. Gentleness and Meekness are truly rare gems to behold. When we encounter someone, who is truly gentle and meek, we often find ourselves inexplicably drawn to them, despite their seeming lack of effort to promote themselves.

In the world of true Christian faith, it is meekness and gentleness that are esteemed and should be fervently sought after.

Write out the verses below in the space provided:

Colossians 3:12

1 Timothy 6:11

Gentleness and Leadership

Due to a misunderstanding of what true meekness/gentleness is; many might not include it in a list of necessary qualities for a good leader.

Paradoxically, two of the most important leaders in the history of the world, whose lives and ministry have impacted millions were described as meek.

Fill in the missing words in the following verses:

(Numbers 12:3 KJV) Now the man _____ was very _____, above all the men who were on the face of the earth.

(Matthew 11:29 KJV) Take my yoke upon you, and learn of me; for I am _____ and _____ in heart: and ye shall find rest unto your souls.

Who is speaking these words? _____

(2 Corinthians 10:1 KJV) Now I _____ myself beseech you by the _____ and _____ of Christ, who in presence am base among you, but being absent am bold toward you:

Who is speaking? _____ **About whom?** _____

***Sometimes we can view gentleness or meekness as slightly wishy-washy or weak.
But it certainly is not.***

The definition of gentleness is: Even tempered; considerate, honorable, strength under control.

These all sound like excellent qualities in a leader. Whether that leader is in the board room, the classroom, or the home, having the qualities described above will lead to an amazing leadership style.

Have you personally worked with a leader who was like this? Have you known leaders who lacked this important quality? How did the presence or absence of this quality in the one you were following affect your reactions and performance?

Gentleness and the Savior

Thinking of Jesus, the perfect example of meekness and gentleness. Let us think of ways Jesus exhibited these beautiful qualities. Here are some prompts to get you thinking of Jesus' gentleness. Write down how He demonstrated meekness/gentleness in the following situations:

His birth

His submission to his parents

His baptism

His dealings with the outcasts and sinners (lepers, demon possessed, adulterous woman)

His dealings with the disciples (their quarrels over position, their unbelief)

His arrest/betrayal

His crucifixion

Gentleness and the Believer

*In keeping with our Savior, we are called to be gentle and meek people in whatever role God has called us to. I thoroughly believe that we are all a leader to someone....it might be our kids, our students, our friends, our siblings etc. Read the following verses and then **highlight** the reference to this fruit of the Spirit in each exhortation.*

Nor did we seek glory from men, either from you or from others, when we might have made demands as apostles of Christ. But we were gentle among you, just as a nursing mother cherishes her own children. (1 Thessalonians 2:6-7 NKJV)

Remind them to be subject to rulers and authorities, to obey, to be ready for every good work, to speak evil of no one, to be peaceable, gentle, showing all humility to all men. (Titus 3:1-2 NKJV)

And a servant of the Lord must not quarrel but be gentle to all, able to teach, patient, in humility correcting those who are in opposition, if God perhaps will grant them repentance, so that they may know the truth, (2 Timothy 2:24-25 NKJV)

Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel— rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God. (1 Peter 3:3-4 NKJV)

But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear; (1 Peter 3:15 NKJV)

But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. (James 3:17 NKJV)

What verse most impacted you today? How would you like to apply this to your life today?

Gentleness Is About Others

Like the other manifestations of the fruit of the Spirit, gentleness has its truest expression in the context of human relationships. It is in the realm of living among, interacting with, and loving on each other that the fruit of the Spirit can be observed in the life of each believer.

“Meekness is the right use of power and wisdom is the right use of knowledge. They go together. The truly wise and meek person will show in his daily life that He is a child of God. Attitude and Action go hand in hand together” Anonymous

List below the most significant interpersonal relationships of your life right now:

Examine your behavior in the context of these relationships. Referring to the definition of gentleness on previous pages, how are you doing in displaying this fruit in the context of these relationships.

Gentleness and meekness are defining qualities of “conversation”.
Gentleness is best displayed in the way we listen and the way we speak.

Look up the following verses and write them down in your own words.

James 1: 19-20

Proverbs 17:14 and v. 27

Proverbs 19:20

Do you know that there are over 500 places in the NKJ version of the Bible that the command “Hear” is used? Take some time and find an online concordance and look up the word “Hear”. Spend some time this week, praying and journaling about the importance of HEARING. I believe if we become better “hearers” and “listeners” to God, we will improve in our listening skills towards each other!!!!

Self Examination: What sort of listener are you? How do you speak to others? Ask God to forgive your shortcomings and empower you to do better in the future 😊

Promises to the Meek and the Gentle

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him. Hebrews 11: 6

God rewards the meek and the gentle. He is good and gracious Father. I want all my Father has for me...and I know you do too!!! Read the wonderful promises below. Thank Him for His promises!! Write a prayer of thanks to Him on the back of this page. Consider committing one of these promises to memory!!!

The meek shall eat and be satisfied: they shall praise the LORD that seek Him: your heart shall live forever. Psalms 22:26

The meek will He guide in judgment: and the meek will He teach His way. Psalms 25:9

But the meek shall inherit the earth; and shall delight themselves in the abundance of peace. Psalms 37:11

For the LORD taketh pleasure in His people: He will beautify the meek with salvation. Psalms 149:4

*Blessed are the meek: for they shall inherit the earth.
Matthew 5:5*

May the Lord adorn us with His meekness and gentleness by the power of the Holy Spirit!!

AMEN!

