



# Gentleness





## Core Truth: God gives GENTLENESS!

Scripture: “Let your gentleness be evident to all. The Lord is near.” Philippians 4:5

Let's  
start by  
talking  
about  
what gen-  
tleness is.



Gentleness is a characteristic of someone or something that shows kindness and consideration. In this verse, it is referring to being fair and mild.

This verse is telling us to be gentle to others (kind and considerate) and to let that gentleness be evident to all. For it to be evident to all means to let everyone see and experience your gentleness.

Let this verse be an encouragement to be gentle towards ALL- friends, family, coworkers, people you like, and even people you do not. We are called to be gentle to all. We know we can accomplish this because the Holy Spirit will equip us with gentleness, the same gentleness we are called to show in Philippians 4:5.

**God gives GENTLENESS!**

**Let's Talk About It!**

How do we know God is gentle?

- The way that He cares for His children.
- The way He loves us.
- His Word says so.

**Apply It!**

How can we show God's gentleness to others?

- Be patient when reacting to others.
- Be kind in the way that you interact with others.
- Give a hug, high five, fist bump, or a wave.

**Prayer**

Dear God,

Thank You for Your love and kindness. Thank You for Your invitation into gentleness and that You are near to us always. We love You so much.

In Jesus' name,

Amen

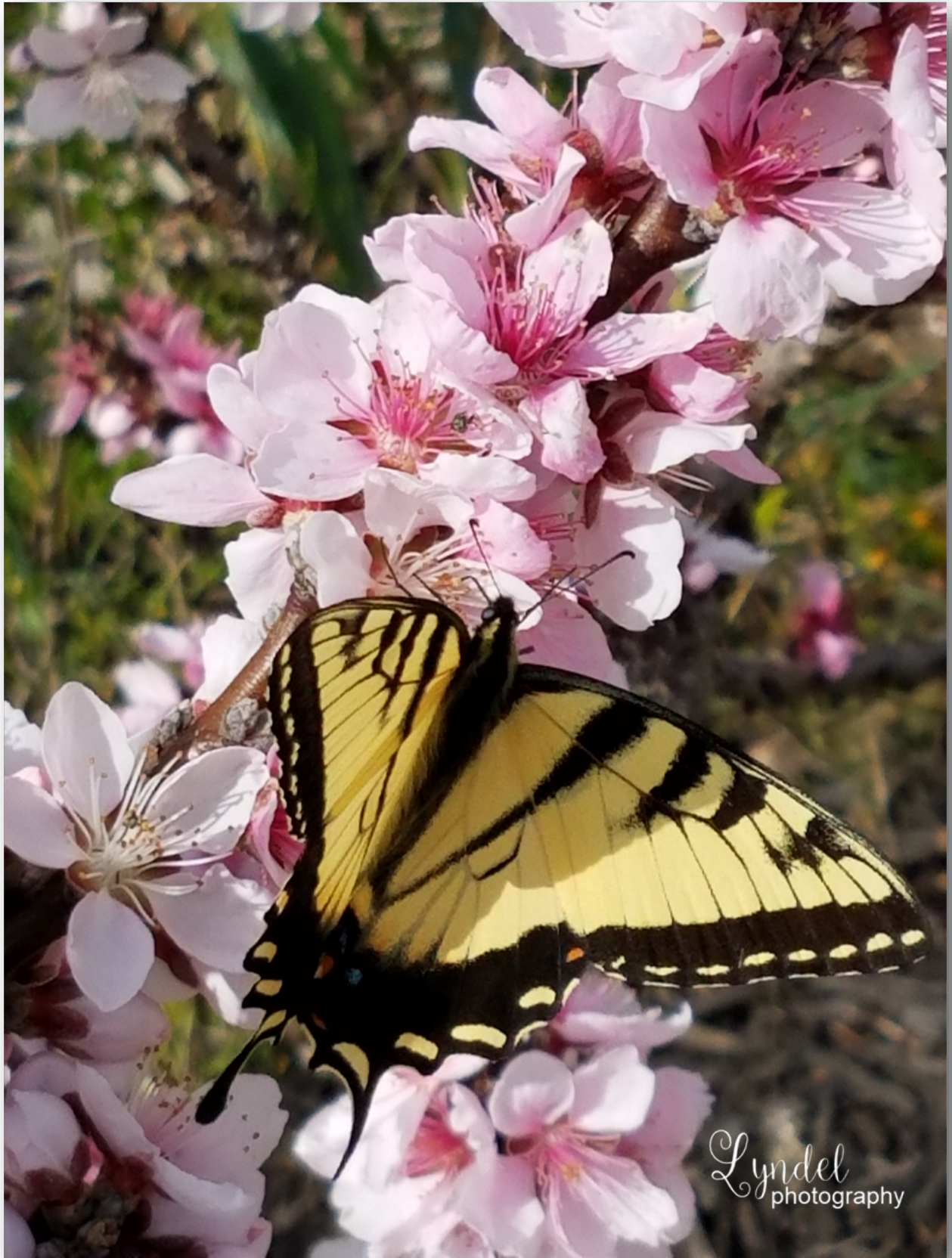
~ Rebecca Robertson Holloway

*All of you, take up My yoke  
and learn from Me,  
because I am gentle  
and humble in heart,  
and you will find rest for yourselves.*

*- Jesus*

*Matthew 11:29*





## Gentleness



In just the last few weeks, I have had the opportunity to celebrate with several friends who have birthed new babies or whose children have given them new grandchildren. I always love seeing the photos and videos of the first meeting of parents and newborns...there are few things more precious.

I especially love first time dads, who are big and strong, but who tremble at the thought of holding their tiny human in their arms for the first time. They quickly realize that a firm, but tender, touch is what they need to be successful. Babies require gentleness for sure.

But what happens as children grow? True, they become physically stronger, some tough as nails, as they tumble when learning to walk and scratch knees and elbows as they play. But still, a gentleness is required until they reach maturity and take on the tough exterior that many of us develop throughout our lives. Circumstances seem to require it. Heartbreak, disappointment, grief, loneliness, illness, relationships and the general reality of life as we know it makes gentleness often feel impossible and impractical. By the time we are adults, it seems to be a noble, but missing character trait.

Yet, scripture reminds us that our faith is to be childlike...and our fruit should include gentleness. Surely Jesus doesn't realize what we are up against to expect that, right? If we are gentle in this world we could get eaten alive. At the very least, mistreated or mistaken as weak. A gentle spirit doesn't seem to serve us well at all when climbing the ladder of success or trying to get ahead.

Gentleness with babies comes naturally for most of us. But gentleness with others will likely be far more difficult for us apart from the work of the Spirit. It is only when we surrender to His will and allow Him to work through us that we will be able to successfully practice gentleness.

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” Romans 12:2

The next time you feel yourself in a situation that calls for gentleness, visualize that big, strong dad holding his precious newborn. Remind yourself that this is the way your Heavenly Father cradles you. Then, out of the overflow of His love for you, gentleness will be your only response and to Him will be the glory.

~ Stephani Cook



## Be Gentle

*Let my teaching fall like rain and my word settle like dew,  
like gentle rain on new grass and showers on tender plants.*

*Deuteronomy 32:2*

*Blessed are the gentle, because they will inherit the earth.*

*Matthew 5:5*

*Brothers, if someone is caught in any wrongdoing,  
you who are spiritual should restore such a person with a gentle spirit,  
watching out for yourselves so you won't be tempted also.*

*Galatians 6:1*

*The Lord's slave must not quarrel, but must be gentle to everyone,  
able to teach, and patient.*

*2 Timothy 2:24*

*But the wisdom from above is first pure,  
then peace-loving, gentle, compliant,  
full of mercy and good fruits, without favoritism and hypocrisy.*

*James 3:17*

*Your beauty should not consist of outward things [like] elaborate hairstyles and  
the wearing of gold ornaments or fine clothes; instead, [it should consist of] the  
hidden person of the heart with the imperishable quality of a gentle and quiet  
spirit, which is very valuable in God's eyes.*

*1 Peter 3:3-4*





 Yellow Creek  
CREATIONS

When focusing on pain and hurt, you can easily miss the gentleness  
flowering among the thorns. ~ Heather Sugg



## **Gentle Proverbs**

*A gentle answer turns away anger,  
but a harsh word stirs up wrath.*

*Proverbs 15:1*

*A ruler can be persuaded through patience,  
and a gentle tongue can break a bone.*

*Proverbs 25:15*

