

☐☐☐ FRUITS OF THE SPIRIT ☐☐☐

◆Galatians 5:22-23◆

- The fruit of the spirit is: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-Control

INWARD

Love, Joy, Peace

OUTWARD

Patience, Kindness, Goodness

FORWARD

Faithfulness, Gentleness, Self-Control

☐☐☐ Gentleness ☐☐☐

- Greek: Prautes = restraint of power
- Wild animal that had been tamed
- Even-Tempered, Balanced in Spirit
- Strength under control
- Rules their own spirit well
- Meekness, Humility
- People who are controlled in their behavior

◆James 4:6◆

- “God opposes the proud but gives grace to the meek and humble”

◆1 Peter 3:3-4◆

- “Don’t focus on adorning yourself with beautiful clothes or jewelry, but rather a peaceful and gentle spirit which is of great value to the Lord”

“Gentleness - (Righteous) Anger under control”

- Gentleness is not inactivity, its the ability to know the appropriate time to exercise our true power

◆Matthew 11:29◆

“Learn from me. Let me teach you, because I am humble and gentle(prautes) at heart, and you will find rest for your souls”

◆Ephesians 4:1-2◆

“Therefore lead a life worthy of your calling by God! Live with all humility and gentleness. Be patient with each other, making allowances for each others faults because of your love”

☐GENTLENESS IN...☐

LEADERSHIP:

▪Matthew 20:25-28

▪Without gentleness, power can become tyranny

FAMILY:

▪Colossians 3:18-20

SOCIETY

▪Titus 3:1-2

WITNESS

▪1 Peter 3:15

CORRECTION

▪Galatians 6:1

Jesus showed real power by:

- Giving up his power to take on flesh
- Washing the disciples feet
- Not my will, but yours
- Hanging on the cross with the power to come down, but chose to restrain that power and remain

◆◆◆ Questions ◆◆◆

1. How do humility and gentleness go hand in hand?
2. Why is gentleness (practices) talked about so much throughout Scripture?
3. When is it most difficult for you to display gentleness? (Leadership, Family, Society, Witness and Correction)
4. How has a lack of being gentle negatively affected you? How has your own lack of gentleness negatively affected those around you?