



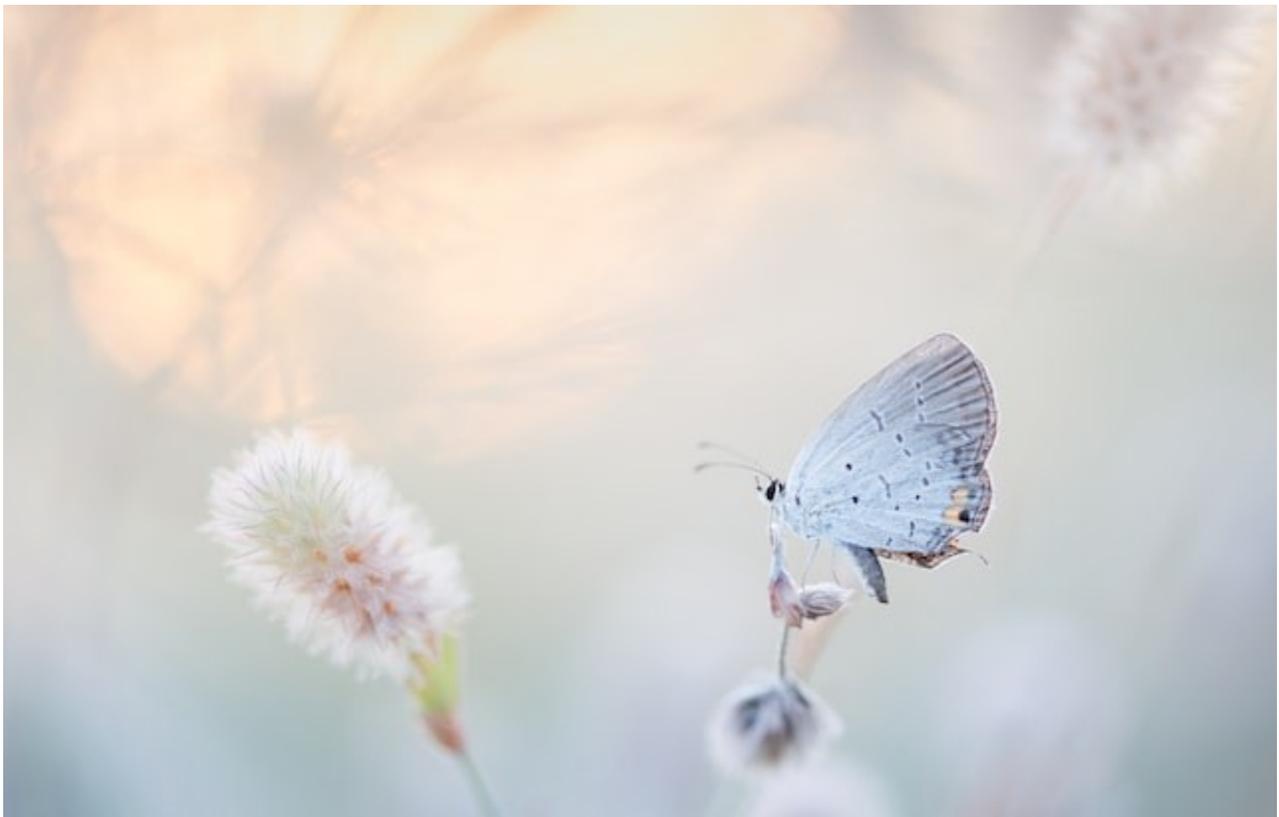
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*The Fruit of the Spirit*  
*Gentleness*



**Tuesday, March 7, 2023**

**Online Bible Study**

Zoom Meeting ID 973 678 1217, Passcode 6781293

Rev. Dr. Ho-Shing-Scott  
Ministerial Chief of Staff

# ***Gentleness***

Galatians 5:22-23 NIV

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law.

We may not always display the fruit of the Spirit, but one of the main purposes of the Christian life, is to gradually allow the Holy Spirit to produce more fruit in our lives, and also allow the Holy Spirit to overcome our sinful nature as we mature as Christians. The fruit of the Spirit is what God desires us to display, and with the Holy Spirit's help, it is possible!

## *Gentleness*

What do I think about first when I hear the word gentleness?

The first prayer I ever learned.

Gentle Jesus, meek and mild, look upon this (a) little child; Pity  
me (pity my) simple city (simplicity), suffer me to come to thee.

Amen!

Gentleness comes from a state of humility. Therefore, someone who lacks gentleness is often prideful and easily angered or feels the need for revenge.

Merriam Webster's dictionary

**Gentleness:** the quality or state of being [gentle](#)  
*especially* : mildness of manners or disposition.

Synonyms 😊 : tenderheartedness, kindness, affability, amiableness, tenderness...

Antonyms 😠 : harshness, strictness, firmness, rigidity, merciless, spitefulness, incivility, rudeness...

"Gentleness." Merriam-Webster.com Thesaurus, Merriam-Webster, <https://www.merriam-webster.com/thesaurus/gentleness>.

Gentleness does not mean weakness. It can also be defined as courage. **The courage to stand for what is right and the strength to fight for the right.** Jesus is often referred to in Scripture as "the Good Shepherd." He is described as a gentle faithful shepherd.



## *Is there any benefit in displaying gentleness?*

You reap many benefits by prioritizing gentleness. It must be important to us as Christians because it is important to God. Gentleness allows us **to interact** in ways that are **less harsh, more caring, considerate, and tender** both in our **movements/actions** and in **the way we speak**.

When you treat others gently **you gain trust and respect**. Being gentle makes others more willing to listen to you.

You can prevent provoking anger by choosing to respond with gentleness. Doing so creates a closer connection and will save you from hardships in your relationships. Fighting destroys relationships and takes so much time to repair.

God wants us to give Him control of our lives. Relying on our own logic, we do not submit to God's leadership. With the wisdom given to us by the Holy Spirit, however, we begin to see why we should completely submit to God as Lord of our lives. Human power under human control is a half-broken weapon in the hands of a child. But gentleness places our

strength under God's guidance; it is a powerful tool for God's kingdom.

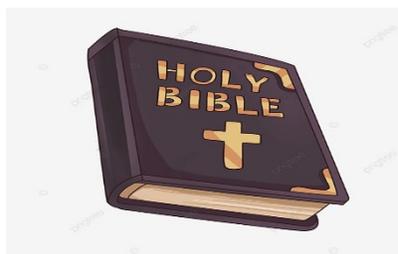
Gentleness also means giving up the right to judge what is best for ourselves and others. God is not as concerned with our comfort as He is concerned with our spiritual growth, and He knows how to grow us far better than we do.

Gentleness means that we accept that the rain falls on the evil and the just and that God may use methods we don't like to reach our hearts and the hearts of others.

### **Gentleness In The Bible**

In the Old Testament, gentleness is illustrated in the bible as **a stream or river** (Isaiah 8:6) and also to a **shepherd caring for his flock of**

God himself spoke **whisper** (1 Kings



**lambs** (Isaiah 40:11).  
to Elijah as a **gentle**  
19:11-13). Do these

examples make you think of a soft touch, calm reassurance, and a loving hand? What else do they make you think of?

In the New Testament Jesus is the perfect example of being “gentle and humble of heart” (Matthew 11:29). Paul then continues to model gentleness in the way he preaches (1 Thes 2:7 and 1 Cor 4:21). These great examples of gentleness help us to see practically what that looks like in everyday life.

There is a strong connection in the bible between **gentleness and the power of words**. (Proverbs 15:1,4). We can apply these verses to any relationship or interaction we have with others.

The power of our words **can be life-giving** and **diffuse a tense situation**.

In sharing the good news of the gospel we are to do so with gentleness and respect (1 Peter 3:15-16). This may help us bring others to God (Job 29:22, 2 Timothy 2:25). We are to be **calm and respectful** when speaking with others. Speaking the truth with a gentle tone may be better received, however painful.

## **Other verses about gentleness:**

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience” (Colossians 3:12).

“But you, man of God, flee from all this and pursue righteousness, godliness, faith, love, endurance and gentleness” (I Timothy 6:11).

“Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted” (Galatians 6:1).

“Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and always to be gentle toward everyone” (Titus 3:1-2).

“Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love” (Ephesians 4:2).

## *8 Verses to Memorize about Biblical Gentleness*

### 1.) *Psalm 18:35*

*You have given me the shield of your salvation, and your right hand supported me, and your **gentleness** made me great.*

God's gentleness brings greatness! There is a truth to remember here. Wherever we see evidence of greatness in our lives, we know God has been there first.

### 2.) *1 Corinthians 4:20–21*

*For the kingdom of God does not consist in talk but in power. What do you wish? Shall I come to you with a rod, or with love in a spirit of **gentleness**?*

In this instance, gentleness from Paul would be a confirmation of Christlikeness in the Corinthian church. He's not saying they don't have more to learn—for even Paul wasn't perfect (Philippians 3:12)—but with the church being humble, he could teach them with gentleness.

### 3.) *2 Corinthians 10:1–3*

*I, Paul, myself entreat you, by the meekness and **gentleness** of Christ...*

In Christ we find the greatest example of meekness and gentleness. If you want to see real, biblical gentleness, open your bible to one of the gospels, and reflect on Jesus's words and actions.

#### 4.) *Galatians 5:22–23*

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, **gentleness**, self-control; against such things there is no law.*

If we feel like there is a limit to our gentleness, we know that limit does not come from Scripture! Here Paul says there is no law against it. So, we all should be looking to increase our capacity for the fruit of the spirit. If God has not put a limit on it, why should we?

#### 5.) *Ephesians 4:1–3*

*I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and **gentleness**, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.*

The Bible teaches that, as Christians, we have been called by God. Whether in the front or the back of our mind, we can feel like we are

better than others. But Paul says that “the calling to which [we] have been called” necessitates we walk in humility and gentleness.

6.) *1 Timothy 6:11–12*

*But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, **gentleness**. Fight the good fight of the faith.*

Sin does not leave us alone, we have to flee from it. And we are also told to pursue righteousness and other good things including gentleness. To say we must pursue it implies we are not perfect at it right away—there is more room for growth. This verse is showing us that sin will try to keep us back from spiritual growth, but we have to fight for it! It may sound weird, but we have to fight for gentleness!

7.) *2 Timothy 2:24–25*

*And the Lord’s servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil, correcting his opponents with **gentleness**.*

Public speakers face a particularly tough test when it comes to gentleness. Having their ideas questioned in front of other people, they can be tempted to prove their rightness by showing their strength. But where does our power really come from? Our power is

in God's Word. Rely on these things, rather than your own display of strength.

#### 8.) 1 Peter 3:14–16

*But even if you should suffer for righteousness' sake, you will be blessed. Have no fear of them, nor be troubled, but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with **gentleness** and respect, having a good conscience, so that, when you are slandered, those who revile your good behavior in Christ may be put to shame.*

The biblical response to evil and suffering is gentleness. Gentleness is powerful enough to convert a person to Christ, while unrighteous anger and spite may only drive them farther away! In everything we do, we aim to bring glory to Jesus Christ.

<https://openthebible.org/article/8-verses-memorize-biblical-gentleness/>

#### **HERE ARE 13 BEST WAYS TO LIVE OUT GENTLENESS:**

1. Gentleness allows us to experience Jesus
2. Be considerate of others' feelings and needs. When you do this you can then look for ways to meet those needs and truly help work through those feelings.

3. Gentleness displays the Lord's wisdom
4. Show empathy. Empathy is acknowledging another person's point of view to understand their feelings.
5. Be Patient.
6. Remember the Golden Rule: Treat others the way you would like to be treated.
7. Gentleness characterizes a Godly leader. A godly leader encourages the gifts and talents of those entrusted to them. Throwing temper tantrums, music stands, or anything else slams the door of approachability shut. Gentleness is a powerful key to opening communication.  
  
"May my teaching drop as the rain, my speech distill as the dew, like gentle rain upon the tender grass, and like showers upon the herb" (Deuteronomy 32:2, ESV).
8. Speak respectfully to everyone. Consider others as important and worthy of kind regard. Watch your tone so that what you have to say will be well received.
9. Seek peace. Search for solutions and common ground
10. Be a calm presence.
11. Act with tenderness and love.
12. Listen more than you speak or act (James 1:19).

## 13. Be humble as you serve and care for others.

<https://www.artesianministries.org/faith/13-best-ways-to-live-out-gentleness-in-the-bible/>

### **Jesus gave us the perfect picture of gentleness:**

“See, your king comes to you, gentle and riding on a donkey” (Matthew 21:5), and now He offers us His gentleness as a gift. If we allow the Holy Spirit to lead us, we will be filled with fruit of gentleness.