



## Gentleness

*Galatians 5:22-23, But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.*

*Matthew 21:5, "Say to Daughter Zion, 'See, your king comes to you, gentle and riding on a donkey, and on a colt, the foal of a donkey.' "*

*Matthew 11:28-30, "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."*

*Galatians 6:1-2, 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. 2 Carry each other's burdens, and in this way you will fulfill the law of Christ.*

*2 Timothy 2:25-26, Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth, 26 and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.*

1. Gentleness was not a universally accepted virtue in the ancient world and was even seen by some as weakness. Have there been times when someone's gentleness bothered you?
2. Read Matthew 21:5 and Matthew 11:28-30. In what ways is Jesus gentle? How is this a comfort to you?
3. Jerry Bridges writes in *The Fruitful Life*: *William Hendriksen says that the Syriac New Testament translates the word gentle as "restful"; accordingly, Jesus' expression is, "Come to me . . . and I will rest you . . . for I am restful . . . and you shall find rest for yourselves." Christ's whole demeanor was such that people were often restful in His presence. This effect is another outworking of the grace of gentleness. People are at rest, or at ease, around the Christian who is truly gentle. Have you ever found someone's gentleness to be a place of rest for you? Have you ever provided that rest for someone else?*
4. Read Galatians 6:1-2 and 2 Timothy 2:25-26. Paul applies the virtue of gentleness to restoring someone who is struggling and to relationships where there is conflict. How can you apply this teaching in your own life?

