



Series: Love First week 8

Sermon Title: The Power of Gentleness

Date: 6/2/2024

Proverbs 15:1, Titus 3:1-2

Big Idea: Change the world around you through the power of gentleness

Gentleness is an active trait that describes how we should treat others, and when it is present, it has the power to transform every interaction, every conversation, and every relationship we have. We will look at two aspects of gentleness.

THE ESSENCE OF GENTLENESS

1 Kings 19:11-13 Describes how God speaks to His followers. God could have spoken to Elijah in many powerful ways, but he chose to speak in a whisper

because He chooses gentleness and demonstrates His closeness.

Simply stated, gentleness is power and strength under control. Whether that is physical power and strength, the power of words, the power to demonstrate emotions and feelings, or the power to influence people. Gentleness is surrendering to the Holy Spirit your potential for aggression in order to obey God and value others. It's the strong hand, not the weak one, that must learn to be gentle. Gentleness does not exist without power.

God calls us to display this fruit in our lives because the Holy Spirit, who resides in all Christians, is the source of this fruit, and we are to reflect His character. The Holy Spirit displays gentleness. Despite His unlimited power, He interacts with us gently and tenderly.

In the Old Testament, we read that the Holy Spirit would empower certain judges, warriors, prophets, and people and give them temporary supernatural abilities. This happened to Gideon when he was battling the Midianites and Amalekites. Samson, we read in the book of Judges when the Holy Spirit moved upon Samson, he received supernatural strength –

The Holy Spirit is more powerful than most people imagine, yet He deals with us gently. Jesus described the Holy Spirit as our helper. **John 14:15-17**

THE IMPACT OF GENTLENESS

Jesus gave us the perfect picture of gentleness. **Matthew 21:5b NIV** reads, "See, your king comes to you, gentle and riding on a donkey." The gentleness of Jesus affected others, disarmed anger as with the woman caught in adultery, diffused a tense situation at His arrest when He restored the soldier's ear, He opened doors for meaningful conversation with Nicodemus, a religious leader. Jesus changed the world around him through the power of gentleness.

Philippians 4:5 When you allow the Holy Spirit to lead you, you will be filled with gentleness. When you are gentle you have the ability to reach into many different areas and positively impact someone's life. Gentleness offers you many things you desire that you may not have known come from gentleness. Some of the impacts of gentleness are:

1. Gentleness Calms Hearts

An argumentative person who constantly points out other people's faults shoves people away. Words that are spoken gently, even when challenging, calm hearts by enabling the listener to drop their defenses and open their ears to receive them. **Proverbs 15:1**

2. Gentleness Restores sinners

There are times in life when Christians wander down a path that does not honor to God. Berating and shaming them is not helpful for restoration. Speaking and acting with gentleness opens the door for them to repent and walk again in God's will. **Galatians 6:1**

3. Gentleness invites ongoing conversations

All around us, we encounter people experiencing fear, anxiety, and unrest. There are people looking for answers and hoping that only faith in Jesus offers them. Many times, people will come ready to argue in defense of their own worldview while rejecting the salvation that Jesus offers. Engaging in a prideful shouting match will shut the conversation down, but a gentle, respectful reply invites them to continue the conversation. **1 Peter 3:15, 2 Timothy 2:25**

4. Gentleness builds healthy relationships

Gentle people are key to diverting relational disasters because they refuse to attack under pressure. **Proverbs 15:4**

5. God values gentleness in His children

Many times, people struggle to know specifically what pleases God. If you ever find yourself asking that question, know that showing gentleness always pleases Him **1 Peter 3:3-4**

Gentleness is rare today, yet it is what the Apostle Paul instructs Christians to have.

Discussion Questions:

- What about the sermon stuck with you this week? What part challenged your thinking?
- How does our society view gentle people? Is gentleness viewed as a positive trait?
- Is there ever a biblically acceptable time to not be gentle? Explain. Do any biblical examples come to mind?
- Think of a gentle person that you know. How has their example influenced you?
- What areas in your life can you be more gentle?