
SERMON NOTES AND SCRIPTURE

Matthew 11:28–29

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

Dane Ortland, *Gently and Lowly*

“‘Gentle and lowly.’ This, according to his own testimony, is Christ’s very heart. This is who he is. Tender. Open. Welcoming. Accommodating. Understanding. Willing. If we are asked to say only one thing about who Jesus is, we would be honoring Jesus’ own teaching if our answer is, gentle and lowly. If Jesus hosted his own personal website, the most prominent line of the “About Me” dropdown would read: Gentle and Lowly.” (p. 21)

“His yoke is kind and his burden is light. That is, his yoke is a nonyoke, and his burden is a nonburden. What helium does to a balloon, Jesus’s yoke does to his followers. We are buoyed along in life by his endless gentleness and supremely accessible lowliness. He doesn’t simply meet us at our place of need; he lives in our place of need. He never tires of sweeping us into his tender embrace. It is his very heart. It is what gets him out of bed in the morning.” (p. 23)

Gentleness ≠ Weakness

1 Thessalonians 2:1–2

1 You know, brothers and sisters, that our visit to you was not without results. 2 We had previously suffered and been treated outrageously in Philippi, as you know, but with the help of our God we dared to tell you his gospel in the face of strong opposition.

John 16:33

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

1 Thessalonians 2:3–12

3 For the appeal we make does not spring from error or impure motives, nor are we trying to trick you. 4 On the contrary, we speak as those approved by God to be entrusted with the gospel. We are not trying to please people but God, who tests our hearts. 5 You know we never used flattery, nor did we put on a mask to cover up greed—God is our

witness. 6 We were not looking for praise from people, not from you or anyone else, even though as apostles of Christ we could have asserted our authority.

7 Instead, we were like young children (gentle) among you. Just as a nursing mother cares for her children, 8 so we cared for you. Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well. 9 Surely you remember, brothers and sisters, our toil and hardship; we worked night and day in order not to be a burden to anyone while we preached the gospel of God to you. 10 You are witnesses, and so is God, of how holy, righteous and blameless we were among you who believed. 11 For you know that we dealt with each of you as a father deals with his own children, 12 encouraging, comforting and urging you to live lives worthy of God, who calls you into his kingdom and glory.

- 1. Being gentle is relying on God's strength despite my weakness.**
- 2. Gentleness is power under control.**

GROUP DISCUSSION

- 3. Read the passage of Scripture together as a group.**
- 4. Please read 1 Thessalonians 2:8. Who in your life has been willing to share the gospel and also their life with you? What did that mean to you? Why are both so crucial?**
- 5. Who can you in turn share the gospel and your life with?**
- 6. What illustration does Paul use in this passage to show gentleness?**
- 7. How has the Lord shown you gentleness?**
- 8. Read Titus 3:1–7 before answering this question. In what ways is God encouraging, comforting and urging you to be more gentle with yourself and others?**