

The Sweet Life – Week 8
Gentleness
Rev. Todd Cullen
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Galatians 5:22–23 (ESV)

Gentleness is not weakness—it is strength under control.

Spirit-produced gentleness grows from understanding the heart of Jesus.

Matthew 11:28–30 (ESV)

John 21:15–19 (ESV)

When people fail, do I seek to restore them—or to remind them of what they did wrong?

Spirit-produced gentleness grows from putting others before ourselves.

Philippians 2:3–8 (ESV)

Romans 15:1–2 (ESV)

Do people sense humility when they're around me, or do they feel the need to defend themselves?

Spirit-produced gentleness grows from speaking words that give life.

James 1:19–20 (ESV)

Ephesians 4:29 (ESV)

Do my words make people feel condemned, or do they encourage them to become more like Christ?

The Holy Spirit cultivates gentleness in us, showing us how to use our strength to restore others instead of dominating them.