

FRUIT *of* the SPIRIT



GENTLENESS

- Prautas – gentleness. (humility)
- Definition – Self-forgetfulness.
- Opposite – Superiority: self-absorbed self-aggrandizement (Puffing up your chest).
- Counterfeit – Inferiority: self-absorbed, self-consciousness.
- Gentleness. Meekness is not weakness. Gentleness is not without power, it just chooses to defer to others. It forgives others, corrects with kindness, and lives in tranquility (peace).





“EXCUSES” FOR NOT BEING GENTLE

- I’m tired
- I’m just in a bad mood
- I’m sick
- I had a bad day
- Person X was mean to me
- That’s just how I am; deal with it
- I am a strong personality or have strong opinions



STEP UP MEN!

- Being gentle is not being weak
- Real men lead with gentleness; others will follow
- Society is longing for men to lead
- “Blowing Up” or “Losing It” is the opposite of being gentle and does more damage than good
- Follow the example of Christ



THE POWER OF JESUS

“In the beginning, the Word was already there. The Word was with God, and the Word was God. He was with God in the beginning. All things were made through him. Nothing that was made was made without him.” John 1:1-3

THE POWER OF JESUS

“We have a high priest who can feel it when we are weak and hurting. We have a high priest who has been tempted in every way, just as we are. But he did not sin.” Hebrews 4:15

THE POWER OF JESUS

“What I received I passed on to you. And it is most important of all. Here is what it is. Christ died for our sins, just as scripture said he would. He was buried. He was raised from the dead on the third day, just as scripture said He would be.” I Corinthians 15:3-4

THE POWER OF JESUS

“He himself carried our sins in his body on the cross. He did it so that we would die as far as sins are concerned. Then we would lead godly lives. His wounds have made you whole.”

I Peter 2:24

THE GENTLENESS OF JESUS

“...It says, Say to the city of Zion, See, your king comes to you. He is gentle and riding on a donkey. He is riding on a donkey's colt.”

Matthew 21:5

THE GENTLENESS OF JESUS

People were bringing little children to Jesus. They wanted him to touch them. But the disciples told the people to stop. When Jesus saw this, he was angry. He said to the disciples, “Let the little children come to me. Don't keep them away. God's kingdom belongs to people like them.” Mark 10:13-14

BENEFITS OF BEING GENTLE

- You will have more time
- Things won't bother you as easily
- You will be more likely to forgive
- You will be better at relationships
- Gentleness diffuses anger (turns away wrath)
- Gentleness builds bridges
- Gentleness earns credibility
- Better worker; better grades

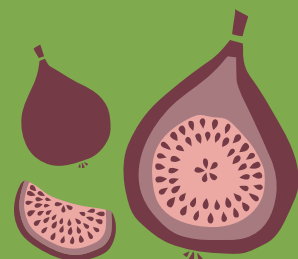
AM I GENTLE?

Gentle

- Confident
- Self-controlled
- Helpful
- Reserve judgment
- Positive
- Strong!

Not Gentle

- Insecure
- Unpredictable
- Self-centered
- Rash
- Negative
- Weak!



GENTLENESS IS STRENGTH

“Always be joyful because you belong to the Lord. I will say it again. Be joyful. Let everyone know how gentle you are. The Lord is coming soon.” Phil 4:4-5

I AM STRONG ENOUGH TO BE GENTLE!

