

WORD

The Bible lists gentleness as one of the fruits of the Spirit of God. This is to say that gentleness is the natural outworking of the nature of God. God is gentle by nature.

God is not like us, at least to a large degree. Gentleness may be His nature but it is not always our nature. The truth is, in our world today, for us to be gentle can make us feel fearful and even threatened. We fear that if we are gentle we will be taken advantage of, pushed around, hurt or even physically harmed. God does not have to worry about this does He? However, sometimes instead of God being admired for being gentle, people often hold it against God because they want Him to do more to stop those who are violent. Sometime we want God to be violent in order to stop the violence. Crazy isn't it!

Gentleness is admirable. It is not easy though. It is also counterintuitive. Even though it "goes against the grain," gentleness is needed in our world today.

APPLICATION

1. Work on your thought life this week. Think of all the wonderful qualities of gentleness and how we need more of it in the world today.
2. Choose to be the change that you see is needed in the world.
3. Make a specific, simple, gentle act toward another this week.

Prayer: Lord, thank You that You are gentle towards us, even when we don't deserve it. Help us to not see gentleness as weakness and avoid it. Help us to believe in the power of Your goodness and nature to make things right and to be gentle as You are gentle. In Your Name we pray. Amen

Freedom Groups were created with the belief that we are all on a journey through life and that our heart's desire is to be free to be all that we can be. We all want to find effective ways of living and be successful. Trying to find these effective ways to overcome the challenges we face by ourselves just does not work well. We are all the same, no one is different. We need others to help us successfully walk our journey to effective living. Everyone is invited to freedom groups so we can journey together. Join in!



Gentleness

NOTES

WARM-UP

- Wearing pajamas in public is one of those weird, growing trends. Pajamas are made to be comfortable so that we can sleep well in them. I am sure all of us have those days when we just want to wear our pajamas all day. I am sure there are days when we have each done exactly that. For most of us, those pajama days are days when we did not leave the house! Now people are leaving the house and going out in public wearing pajamas. They now make clothes that look like normal pants or shirts but are actually made out of typical pajama materials.
- Would you wear your pajamas out in public?
- Do you know anyone who does?

Gentleness is defined as: mildness of manners or disposition; sensitivity of disposition and kindness of behavior; the quality or state of being gentle.

Gentle is defined as: kind; amiable; tender; mild; not severe, rough or violent.

Gentleness is the perfect way to describe the way that someone acts when they are soft, calm, kind and sweet to other people. Gentleness is such an admirable quality to have. A gentle person is seen as kind, sweet, nice and polite. We admire people who are gentle. We love for people to be gentle towards us. Hopefully, we enjoy being gentle towards others.

Unfortunately, at least at times, a gentle person is also seen as weak and even naive. A gentle person is not always respected by our society. A gentle person is often seen as one who can be taken advantage of and even "pushed around." This is sad and very unfortunate. At times we will see the gentle being "pushed around" and we want to stand up for them and defend them. We see the inherent good quality of gentleness and want to defend it.

Gentleness is not weakness however. Gentleness is simply the way a person chooses to act. Gentleness is not strength or weakness. Instead it is how we choose to act, especially how we choose to act towards others. In today's world we need more people who choose to act gently towards others.

All we have to do is think of the opposite of gentleness to realize how much we need more gentleness. The opposite of gentleness is: rough, hard, aggressive, severe, and even violent. We see plenty of this type of behavior in our world today. Many people (and even nations) are rough, aggressive and violent.

Gentleness Rejected

What are some of the reasons that so many choose to be rough, rude, aggressive and even violent?

Gentleness Desired but Doubted

The reason people like wearing pajamas all day is because they are so comfortable. They are soft and gentle on the skin. We all like gentle things. This isn't just true of the things we wear. We also like and admire gentle people. We may even aspire to be gentle ourselves.

Since gentleness is an admirable quality, why do we feel the need to turn away from gentleness to some other behavior?

What do you fear about being gentle?

Gentleness: Naive or Weak?

Who is the most gentle person you know?

What blessings have you seen gentleness bring into their lives?

Would you say that this person is naive or weak?

Why is a gentle person sometimes seen as naive or weak?

Developing Gentleness!

Gentleness is the way we act, especially how we act towards others. Therefore gentleness is in large part a choice we make. It is how we choose to act towards others.

What are some ways we can choose to be gentle towards others?

How would your thinking have to change in order for you to be a more gentle person?
