

One Step to Freedom  
Chapter 6: The Fruit of the Spirit

Lesson 7  
Gentleness

“*The fruit of the Spirit is ... gentleness*” (Galatians 5:22).

The original Greek word for gentleness in Galatians 5:23 is *praotes*. This word is also translated meekness and humility, depending upon the context of its use in Scripture. *Praotes* is not the action of being gentle towards others; it is the mindset and attitude of esteeming others as more important than yourself.

In Matthew 11:29, Jesus is our example of *praotes*—yet to associate meekness as being weak is incorrect. True meekness is being the servant of others. Jesus said, “He who is the greatest in the kingdom of God is the servant of all” (Matthew 23:11).

**Read James 1:21.** We are to put away our wicked attitudes and change our mindset to be obedient and faithful to God’s Word.

**Read 2 Timothy 2:24-25.** Gentleness in verse 24 is the physical action of showing kindness or gentleness. Meekness in verse 25 is *praotes*. It shows how our attitude needs to be toward the unsaved.

**Read Galatians 6:1.** When dealing with a sinning brother or sister in Christ, we need to have the *praotes* attitude towards them, esteeming them above ourselves.

In the Sermon on the Mount (Matthew 5-7, Luke 6), Jesus taught that His physical actions were governed by the attitude of His heart and mind. In choosing the Greek word *praotes* for a fruit of the Spirit, Paul is showing us that true gentleness towards others begins in our attitude and thoughts.

1. Compare Matthew 11:29 with Matthew 20:25-27. Comment on your findings.
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2. Read James 1:21. What should be our attitude for receiving the Word of God?
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3. How is the servant of the Lord to act toward all men? See 2 Timothy 2:24.
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4. What does 2 Timothy 2:24 say in instructing those who oppose the gospel?
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5. Referring to Galatians 6:1, how are we to restore a sinning brother? Why?
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