

## Lesson 10

# WHAT IS GENTLENESS?

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

The original Greek word for *gentleness* in Galatians 5:23 is translated as “meek and humble.” It’s a word that suggests emotional moderation and the restraint to get angry. It is the mindset and attitude of esteeming others as more important than you. Jesus is our example of gentleness.

1. Write what Jesus says in Matthew 11:29.

2. List the attributes of Jesus’ gentleness found in Isaiah 42:1-4.

Jesus reveals a character of gentleness by encouragement, justice, and truth. When someone feels broken, bruised or burned out, God will tenderly pick them up. Through God’s Spirit, we can show this sensitivity to others around us.

3. Write Matthew 23:11 and share how you can apply this in your life.

To Jesus, greatness comes from serving—giving of yourself to serve God and others. Service keeps us aware of others’ needs, and it stops us from focusing only on ourselves. Jesus came as a servant. What kind of greatness do you seek?

4. Write Psalm 139:23-24.

The fruit of gentleness is open to being teachable by God. Gentleness comes from God who works within us, and we cannot have gentleness apart from Him. What happens within us is more important than what happens to us, and we are content with God regardless of circumstance.

5. Write 1 Timothy 6:11.

A gentle person carries a temperament that accepts all God's dealings as good. He endures anything that may come his way because he accepts adverse circumstances as from God for his growth and maturity. He realizes that God is gentle, and everything is a gift from God, and therefore, he does not fight God on any issue.

6. Write 2 Samuel 22:36.

The opposite of gentleness is pridefulness and self-assertiveness. In the Jewish tradition, gentleness is among the greatest of virtues, while pride and arrogance are among the worst of vices.

7. Write Proverbs 16:18-19.

The fruit of gentleness is open-minded toward others and patient with others' faults and mistakes. When dealing with a sinning brother or sister in Christ, we need to have a gentle attitude toward them, esteeming them above ourselves.

8. Write 2 Timothy 2:24-26.

A gentle spirit listens to people's questions and treats them respectfully. If you do this, those who oppose you will be more willing to hear what you have to say and perhaps turn from their error.

No one is ever going to be perfect here on earth, so we must accept and love other Christians despite of their faults. When we see faults in fellow believers, we should be patient and gentle. Then do even more—spend time together and see if you can learn to like him or her.

9. Write Ephesians 4:2-3.

The fruit of gentleness keeps unity by the power of the Holy Spirit in a believer's life. To do that, we have to be willing to be led by the Holy Spirit, and do our part to keep the peace. We do that by focusing on God, not on ourselves. Without a spirit of gentleness, we could fall prey to bitterness and unforgiveness.

10. Write 2 Peter 1:5-7.

11. Write Philippians 4:5.