

***The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. (Gal 5:22-23)***

## **Gentleness, also translated Meekness**

### **I. Jesus Christ, described as 'gentle'**

1. *Take My yoke upon you and learn from Me, because I am gentle and humble in heart, and you will find rest for your souls (Matthew 11:29)*
2. *See, your King is coming to you, gentle, and mounted on a donkey, even on a colt, the foal of a beast of burden. (Mat 21:5)*
3. *Now I, Paul, make a personal appeal to you by the gentleness and graciousness of Christ--I who am humble among you in person, but bold toward you when absent. (2Cor 10:1)*

### **II. Qualities of Meekness**

1. Meekness has to do with humility, mildness, even-temperedness, balanced in spirit, unpretentious.
2. Meekness is slowness to anger and take offense, it's not argumentative or boastful.
3. Gentleness includes true humility that does not consider itself too good or too exalted for humble tasks.

### **III. Meekness is not 'weakness,' it is actually strength, under control.**

1. All the examples of gentleness in the Bible are people who are strong and in control, not weak and out of control.
2. 'Strength under control' was surely evident in Jesus' life.
3. Moses was the meekest man in Israel, yet their greatest leader. He was humble, patient, firm with great courage.
4. "Nothing is so strong as gentleness, nothing so gentle as real strength" – Saint Francis de Sales.
5. *By long forbearance a ruler is persuaded, And a gentle tongue breaks a bone (Prov 25:15)*
6. "Only the weak are cruel. Gentleness can only be expected from the strong."

### **IV. Gentleness – Guiding character trait of followers of Jesus**

1. *Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted (Galatians 6:1)*
2. *I beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace. (Eph 4:1-3)*
3. *Let your gentleness be known to all men. The Lord is at hand. (Philippians 4:5)*
4. "When you encounter difficulties and contradictions, do not try to break them, but bend them with gentleness and time" – Saint Francis de Sales.
5. *A soft answer turns away wrath, But a harsh word stirs up anger (Prov 15:1).*
6. *He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city (Prov 16:32)*
7. *The discretion of a man makes him slow to anger, and his glory is to overlook a transgression (Prov 19:11)*
8. *So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath for the wrath of man does not produce the righteousness of God. (James 1:19-20)*