

# FRUIT of the Spirit -Gentleness

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## *Prayer for the Fruits of the Spirit*

*O Bounteous Spirit, we ask you to bring forth in our lives your fruits: the fruit of love, so we may love you above all things and all others for your sake; the fruit of joy, that we may find our delight in your service; the fruit of peace, that we may be pardoned through your mercy and find our rest in your love; the fruit of long-suffering, so that we may bear with patience all afflictions; the fruit of gentleness, that we may subdue all anger and take calmly and sweetly all trials and provocations; the fruit of meekness, that we may forgive freely all who hurt us and endure with patience all burdens that are laid upon us; the fruit of temperance, that we may restrain all desires and bring them into the subjugation of your holy will. Amen.*

## The Meaning of Gentleness

- ❖ Gentleness means to be “gentle or meek”, to be lowly or humble. **It manifests itself in a submissive spirit toward both God and man.** Gentleness is the *opposite* of self-reliant arrogance.
- ❖ There is a high price to pay for gentleness!
  1. ***Gentleness Means Trusting the Lord*** - “*Blessed are the gentle, for they shall inherit the earth.*” (Matthew 5:5) What do you think He means here? (Discuss)
    - The “meek” [or gentle] describes the person who is not resentful... bears no grudge.
    - “*Meekness is not weakness*- It is *submissiveness under provocation*, and is not involved in holding grudges over injuries.
    - **Faith believes that everything that happens in our life is allowed by God and that He is able to help us handle our situations.** –“*God will fight for us*” (Psalm 60:12)
  2. ***Gentleness Means Submitting to the Master***
    - **Gentleness is highly revered by God in His women (1Peter 3:4)** “... *Let it be the hidden person of the heart with the imperishable jewel of a gentle and quiet spirit, which in God’s sight is very precious.*”
    - In what, if any areas of your life are you resisting God’s will? What would help you bow before God in submission? (Discuss)
  3. ***Gentleness Means Following Christ’s Example*** – Hear how Jesus describes Himself: “*Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls.*” (Matthew 11:29)

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4. *Gentleness Means Bowing the Soul*
5. *Gentleness Means Putting on a Gentle Spirit* – Wearing this gracious garment call for a decision from us. God loves the quality of gentleness in His women.
6. *Gentleness Means “Take It”* – to bear with tranquility the disturbances others create.

## What Can You and I Do to Walk in Gentleness

- ❖ *Accept* –accept everything in your life as allowed by God.
- ❖ *Pray*- prayer develops the proper posture of gentleness in us –the habit of bowing, bending, kneeling, yielding, and submitting to God.
- ❖ *Refuse to complain and grumble.*
- ❖ *Refuse to manipulate* –Let God resolve the issue for you. Put your faith in Scriptures like these:
  - Psalm 57:2 – “*I will cry to God the Most High, to God who accomplishes all things for me.*”
  - Psalm 138:8 –“*The Lord will accomplish what concerns me.*”

## Taking the First Step

- ❖ If you can, identify the greatest issue in your life- something from the past, or some current situation that God is asking you to live with, to bear, to take.
- ❖ Grab the garment of gentleness and meekness and put it on.
- ❖ Adorn yourself with this spirit of loveliness, His spirit of gentleness.
- ❖ Bow your head in the posture of prayer.
- ❖ Allow yourself to lie face down and trust in the lord
- ❖ Wait for His action and His solution.

