

SpiritFruit

Lesson Nine • Galatians 5:22-26

The SpiritFruit of Gentleness

What Is the SpiritFruit of Gentleness?

Gentleness is the Christ-like response to the desire to LASH OUT or defend one's rights.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22-23 ESV

Bearing the SpiritFruit of Gentleness:

1. The ORIGIN: Where Does Gentleness Come From?

Am I Strong Enough to Be Gentle?

Gentleness isn't weakness; it's strength under CONTROL of the Spirit; it's self-control based on the Spirit's control.

Two Examples of Gentleness:

- MOSES is the best Old Testament example of gentleness.

Now the man Moses was very meek, more than all people who were on the face of the earth. Numbers 12:3 ESV

- JESUS is the best New Testament example of gentleness.

"Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls." Matthew 11:29 NIV

2. The OUTCOME: What Is the Result of Gentleness?

Four Results of Gentleness:

- Gentleness helps us RESPOND to people in Christ-likeness. *Proverbs 15:1 Ephesians 4:2, 29 2Timothy 2:24-25*
- Gentleness helps us RESTORE one another in sin. *Galatians 6:1*
- Gentleness helps us RECEIVE God's Word. *James 1:21*
- Gentleness helps us REACH the lost. *1Peter 3:15*

3. The OBLIGATION: How Do We Show Gentleness?

Showing Gentleness:

- PURSUE gentleness fervently.

But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. 1Timothy 6:11 NIV

- PUT ON gentleness daily.

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Colossians 3:12 NIV

The Gentleness Challenge: "Meek Week"

For the next 7 days strive to show gentleness in your life through the power of the Spirit.

Let your gentleness be evident to all. Philippians 4:5 NIV