

**Praying the Fruit of the Spirit  
Week #8: Gentleness (Galatians 5:23)**

**February 28, 2021**

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**1. Gentleness is God's antidote to violence.**

- The ancient world was extremely violent & vengeful.
- Into this world came a gentle revolutionary: Jesus.

**2. Gentleness = power under control.**

- A strong animal is controlled by bit & bridle (James 3:3)
- Jesus was powerful, yet gentle.  
(Matt 21:5, Zech 9:9; John 2:13-16)
- Jesus described himself as gentle. (Mt 11:29)

**3. Jesus' followers are called to be gentle.**

(Phil 4:5; Col 3:12; 1 Tim 6:11)

**4. Some qualities of gentleness:**

- Gentleness is "stooping down" to help others. (Psm 18:35)
- Our gentleness should be "evident to all." (Phil 4:5)
- Gentleness is trusting vengeance to God." (Rom 12:19)
- "A gentle answer turns away wrath." (Prov 15:1)

**5. Gentleness is God's job (fruit); prayer is ours. (Rom 15:5)**

*Lord, in this violent and abusive world, I ask that you help me to be like Jesus, who was gentle and humble in heart (Mt 11:29). I pray that Christ would live in me, so his gentleness would also fill me and flow through me to others.*

*I am not asking you to condone weakness or fearfulness in my life, but instead to help me have strength under control. Like a strong animal that is led by a bit and bridle (James 3:3), I ask that the Holy Spirit lead and guide me, and take control of my words, thoughts, and actions (Rom 8:6-8). Amen.*