

## The Fruit of the Spirit is Gentleness – Review

### From Thursday

1. What is a practical definition of Gentleness?
2. What impression might the unkind Christian leave on the unsaved?

### From Friday

1. Why might the kindness of Christians leave an impact on the world?
2. How would kindness change the way we react in conflicts?

### From Saturday


1. Why do you think we are the most unkind to those with whom we are familiar?
2. If we are kind to others, but unkind at home, how might this affect our children?
3. Why do you think the godly woman's character is called the *law* of kindness?

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### What is Gentleness?

Thursday


 Galatians 5:22 The fruit of the Spirit is love, joy, peace, longsuffering, \_\_\_\_\_.

The fourth fruit of the Spirit, and the first of the *relational* fruit is Gentleness. The word translated gentleness in this passage means *kind* and *useful to others*. To be gentle to others is to be gracious and kind to others. It is the ability to maintain a calm and gracious demeanor when provoked. This kindness is the active evidence of our love for people.


 1 Cor 13:4 Charity [love] suffereth long , and \_\_\_\_\_.

On December 10, 2004, Newsweek magazine reported the results of a poll on beliefs about Jesus. When asked if there would be more or less kindness in the world today if there had never been a Jesus, 61 percent of all those polled said there would be less kindness. These are interesting results, but as Christians perhaps we ought to consider a different question: How much more kindness would be in the world today if Christian's allowed Jesus to live on earth, through them, right now?

Paul exhorted the Corinthians who were prone to pride, in this way..

 2 Cor 10:1 Now I Paul myself beseech you by the meekness and \_\_\_\_\_.

Jesus was known and characterized by his gentleness and goodness.

 Acts 10:38 How God anointed Jesus of Nazareth with the Holy Ghost and with power: who \_\_\_\_\_..

Gentleness and kindness are virtues which Jesus Christ exhibited in his life, and they are virtues which he desires to exhibit in *our* lives. The way we deal with others, whether they be saved or unsaved, will be responsible for their impressions of not only us, but the Church and God as well.

To be good or gentle to others is not easy or natural, we must rely on the power of the Holy Spirit to produce this fruit in us.

**Why do you think Jesus told us to *do good to them that hate you* in Mat 5:44?**

**List some words that may describe the opposite of gentleness and kindness.**

## Gentleness in Action

## Friday

Kindness to others is a powerful tool to win people to Jesus Christ. In a world of war, hatred, racism and selfishness, many have come to expect to be dealt with deceitfully. A gentleman or a gentlewoman are rare occurrences in such a climate, therefore when Christ's gentleness is lived through us, it immediately lets the world see that we are different and that we possess something that the world does not have.

Here are a few areas in which we ought to show the kindness of God.

### In Conversation

📖 Colossians 3:12 \_\_\_\_\_ therefore, as the elect of God, holy and beloved, bowels of mercies, \_\_\_\_\_, humbleness of mind, meekness, longsuffering;

We are instructed to *put on* kindness like one would put on clothes in the morning. Our *daily walk* ought to be consistently characterized by gentleness and kindness toward others.

Is the way that you interact with others consistent in and outside of church?

### In Conflicts

📖 2 Timothy 2:24 And the servant of the Lord must \_\_\_\_\_; but be \_\_\_\_\_, apt to teach, patient,

📖 Proverbs 15:1 A \_\_\_\_\_ turneth away wrath: but grievous words stir up anger.

Have you ever found yourself in a conflict with a contentious person? Some seem always to have a harsh word or criticism. Our temptation in these situations is to become defensive, or offensive in order to *win* the argument, but the Bible teaches that we should not respond harshly to these people or try to win the argument, but that we should respond with a soft answer. When Christ's gentleness is displayed through us, it disarms the discussion and *turns away wrath*. 2 Tim 2:24 indicates that an argumentative personality (striving) is in direct conflict with a gentle spirit.

### In Charity

📖 Gal 6:10 As we have therefore opportunity, let us \_\_\_\_\_ unto all men, especially unto them who are of the household of faith.

Our gentle spirit means that we will do good to others whenever we can. Showing kindness will always be an interruption to our schedule, therefore we must make a direct effort to put aside ourselves in order to be kind to others. Don't allow your busy schedule to rob you of opportunities to show kindness!

## Kindness in the Home

## Saturday

📖 Ephesians 4:32 And \_\_\_\_\_ one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

It is a sad reality but if truth be told, we are probably the most unkind to those with whom we are the most familiar. Our most unkind statements are often directed toward those that we love the most. But a preacher has rightfully said "the religion that does not start a home – does not start!". If we are gentle and kind to men and women outside our family, while being unkind at home, we are hypocrites and misrepresent Christ to our families.

📖 Ephesians 5:25 Husbands, \_\_\_\_\_, even as Christ also loved the church, and gave himself for it;

Our marriage and family relationships ought to be the place where we practice our greatest kindness. A Christian husband and wife who speak harshly to one another, and allow a chaotic and unkind atmosphere in the home, misrepresent Christianity to their children.

📖 Ephesians 6:4 And, ye fathers, \_\_\_\_\_ your children to wrath: but bring them up in the nurture and admonition of the Lord.

As parents we must make our children objects of our kindness. Notice in Eph 6:4 that provoking our children to anger is placed in direct contradistinction to *bringing them up in the nurture and admonition of the Lord*. Father's who deal harshly with their children are directly undermining their spiritual growth and their view of God the Father.

Look now at how the Bible describes the *Proverbs 31 woman*.

📖 Proverbs 31:26 She openeth her mouth with wisdom; and in her tongue is the \_\_\_\_\_.

The godly woman is described as possessing the *law of kindness*. It is not simply a passing or occasional possession, but is her consistent character or *law*. Many mothers fail to display this daily kindness, instead frustration and irritation lead them to snap harshly at their children. The spirit-filled mother will seek to show kindness and gentleness to her children, as a result they will praise and bless her.

📖 Proverbs 31:28 Her children arise up, and call her \_\_\_\_\_; her husband also, and he \_\_\_\_\_.

Husbands and Wives ought to be kind to one another and children should be taught to be kind as well. When kindness becomes the law of our homes, it will naturally spill out into our churches and our interactions with the world.