

**AGAPE HOUSE OF WORSHIP
WEDNESDAY BIBLE STUDY**

Study Series: The Fruit of the Spirit
Lesson 9 - Gentleness
Texts: Galatians 5:22-23

Wednesday, August 15th, 2023
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The Nine Elements of the Fruit of the Spirit		
1	Love	Love (Agape) is the kind of love God has for His creation. It is pure, selfless and self-sacrificing; seeking the best for others (even enemies) at all times, at all costs.
2	Joy	The joy here is much deeper than a sense of happiness or gladness from life's circumstances. It is a profound delight and rejoicing that comes from knowing and serving God.
3	Peace	Peace is an unshakeable inner calm that can be a rare quality in turbulent times.
4	Forbearance	Also called longsuffering, forbearance has the common synonym "patience." It also means to delay repayment of a debt.
5	Kindness	Kindness is looking beyond our interests to the interests of others.
6	Goodness	This fruit of the Spirit is an attribute of action. It means living one's life with good morals and motives as well as doing good things for others.
7	Faithfulness	Faithfulness is steadfastness, constancy, or allegiance; it is carefulness in keeping what we are entrusted with.
8	Gentleness	Gentleness is the quality of being kind and careful. The way a Christian engages with others is what the fruit of gentleness is all about.
9	Self-control	Ability to control our thoughts, emotions, and actions.

Cultivating the fruit of the Spirit is essential. It reflects the character of Christ and enables believers to live out their faith in practical ways.

Emphasis regarding the Fruit of the Spirit

- By-product of what the Holy Spirit does in us but requires intentionality as well
- Cannot be produced by works or. Reliance solely on effort causes striving, failure, disappointment and regret.
- The more we allow the Holy Spirit to consume our lives, the more of these fruits we display. It is a result of a life surrendered to God and filled with the Holy Spirit.

Gentleness is defined in the dictionary as "the quality of being kind, tender, or mild-mannered." It involves polite, restrained and compassionate behaviour towards everyone else. It means showing love and care for others in how you act or speak.

Gentleness reflects the character of God, who is kind, compassionate, and gracious toward us.

Gentleness is the fruit of the spirit others need from us especially when they are hurting or have made a mistake.

Gentleness is NOT weakness or passiveness. Instead, it is the quality of having controlled strength. Gentleness is strength that is harnessed, channeled and controlled to produce the good God wants in your life. Gentleness is a strong hand with a soft touch.

"Let your gentleness be evident to all. The Lord is near". - Philippians 4: 5 (NIV).

Jesus himself connects gentleness to humility in Matthew 11:29, when He says: “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.” Gentleness comes from a state of humility. Therefore, someone who lacks gentleness is often prideful and easily angered or feels the need for revenge.

Gentleness is an unexpected, powerhouse response to a world that only expects more anger, violence, and strife. Gentleness helps us to build stronger relationships with others, as it allows us to communicate and resolve conflicts. As we seek to follow Christ and live out his love in the world, gentleness is an important quality to cultivate, one that can bring healing, reconciliation, and peace. *Proverbs 15:1 (NLT). A gentle answer deflects anger, but harsh words make tempers flare.*

Ephesians 4:2 (NLT). Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.

Proverbs 15:4. “Gentle words are a tree of life; a deceitful tongue crushes the spirit”.

Does your personality trait affect the way you display gentleness as a fruit of the Spirit?

Case Study of People known for Gentleness in the Bible

1. Moses
 - a. What scriptures/bible passages point to Moses displaying gentleness. Numbers 12: 3 (AMP)
 - b. What can you learn from this?

2. David
 - a. What scriptures/bible passages point to David displaying gentleness. Psalm 18:35.
 - b. What can you learn from this?

3. Jesus. John 8:1-11
 - a. What scriptures/bible passages point to Jesus displaying gentleness. John 8:1-11
 - b. What can you learn from this?

Would people who know you describe you as gentle? Or would they describe you as critical or brash?

If you're not sure whether you're growing in gentleness, ask these questions: 2 Timothy 2:24-25 (TPT)

- Am I easily angered?
- Do I hold on to grudges?
- Do I speak harshly to others?
- Do I react rashly in situations?

Ways to Grow in Gentleness

1. Meditate on the nature and character of God and how He displays gentleness towards us.
2. Grow in compassion and empathy for others.
3. Practice self-control. Practice a pause before you react especially when hurt or offended.
4. Think of others above yourself.
5. Listen more than you speak or act.
6. Ask for the help of the Holy Spirit.