

THE FRUIT OF THE SPIRIT IS GENTLENESS
GALATIANS 5:23

HOW WOULD YOU MEASURE THE FRUIT OF THE SPIRIT GENTLENESS IN YOUR LIFE?

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WHAT MARKERS WOULD YOU USE TO MEASURE IT?

IS IT HARD, A STRUGGLE TO MEASURE? WHY?

I. GENTLENESS IS OF GOD

A. God is declared to be gentle

1. Isaiah 40:11
2. Psalm 18:35

B. God demonstrates gentleness

1. Psalm 23:1-3
2. Deuteronomy 1:31
3. 1 Kings 19

II. JESUS AS GOD WAS GENTLE

A. He was declared to be gentle

1. 2 Corinthians 10:1
2. Matthew 11:28,29

B. He demonstrated gentleness

1. The Samaritan woman - John 4
2. The woman taken in adultery - John 8:1-11
3. His feeding of the crowds after a busy day
4. His various miracles
5. At his arrest - Matthew 20
6. At His crucifixion - Luke 22:34

C. The contrast between Christ and the Pharisees

The Pharisees	Jesus
Focused on their laws	Focused on the need
Focused on condemning others	Focused on grace
Focused on putting others down	Focused on lifting others up
Focused on bullying others	Focused on accepting others
Focused on self	Focused on others
Made people feel uncomfortable	Made people feel relaxed

D. What can we learn from Christ's gentleness?

III. THE MEANING OF THE WORD GENTLENESS

A. In the Hebrew "anvaw"

1. gentleness, mild (tamed animal)

B. In the Greek "prays"

1. Gentleness, reserve, to bear, endure
2. Strength under control

C. Descriptions of gentleness

1. "restful"
2. Aristotle described it as "the virtue of the mean between two extremes" with recklessness on one end and cowardice on the other
3. It includes self- restraint
4. Billy Graham, "Gentleness is mildness in dealing with others. It displays a sensitive regard for others and is careful never to be unfeeling for the rights of others."
5. It is an active trait in how we treat others
6. It is a recognition that the human personality is valued but fragile and must be handled with care
7. It is born of power and not weakness. The weak person is the one not gentle
8. It is being God-like

IV. THE RESULT OF THE HOLY SPIRIT DOMINATING OUR LIVES IS GENTLENESS

A. Galatians 5:16-23

B. We are commanded to display gentleness

1. Colossians 3:12

2. Philippians 4:5

C. The measure of our spiritual lives is the evidence of gentleness

V. THE DEMONSTRATION OF GENTLENESS

A. In marriage - 1 Peter 3:4

B. It is required to be a spiritual leader

1. 1 Timothy 3:3

2. 2 Timothy 2:24,25

C. In confronting others - Galatians 6:1

D. In how we treat everyone - Titus 3:1,2

E. In how we speak to unbelievers - 1 Peter 3:15

F. In how we live - Philippians 4:5

G. It is an evidence of our salvation - Colossians 3:12

H. It is a God-like characteristic - Ephesians 5:1

" We are never more like God than when we display gentleness"

VI. CHARACTERISTICS OF GENTLENESS

A. Shows a respect for others

B. It displays 1 Corinthians 13

C. It does not demonstrate blunt speech - Ephesians 4:29

D. It does not break down others but builds them up

E. It is not threatened by others but is secure

F. It flows from a faith in the sovereignty of God

G. It is not focused on self but others

VII. AN EXAMINATION OF OUR GENTLENESS

A. Am I sensitive to other people's feelings?

B. Do I condemn others or build them up?

C. Do I threaten and intimidate others or make them feel at ease?

E. Am I fair, considerate or rigid and exacting (Matthew 11:28,29)?

G. Do I focus often on myself or the needs of others?

H. Do I respond with strength but under control and restraint?