

How We Deal with Others:
Finding a Middle Way with the Fruit of the Spirit

Week 8: The Fruit of Gentleness

Each day mark off 15-30 minutes (or more if you have the time) to pause, say the opening prayer, then read the passage and reflect on the questions. The scriptures were selected based on the New Revised Standard Version. As you reflect on the questions, you are encouraged to write your responses that come to mind. Be as specific as you can. You will find that capturing your honest, unfiltered thoughts will lead you to actions that become transformative. This is how the Holy Spirit grows within us.

Opening Prayer (to be said each day): *Lord, thank you for being with me right now. Settle my thoughts. Speak to me. I am open to whatever you say and however you direct me. And I trust that you want only what is best for me. Amen*

Monday: Read Psalm 23

Reflection: Although it's not overtly said, how does the Psalmist point toward the Gentleness of God?

What does God require of us to experience his gentleness?

Tuesday: Read Matthew 19:13-15

Reflection: In this passage what is Jesus' priority and how does he accomplish it?

A gentle savior who wants to be around children wasn't on the Jewish bingo card. Where in your life do you think you could stun others with gentleness?

Wednesday: Read Matthew 11:28-30

Reflection: A yoke was a wooden crosspiece that was fastened over the necks of two animals and attached to the plow or cart that they would pull. In essence it was also slang for a Rabbi's teachings about how to do life well. Jesus is saying that because of his gentleness and humility his yoke is easy. Why do you think gentleness makes living life easier?

Jesus also promises rest as a result of taking on his "yoke". How could your gentleness give rest to someone else today?

Thursday: Read Proverbs 25:15 (Read today's in the NIV)

Reflection: Patience and gentleness are often coupled together in the Bible. Can you think of historical examples of patience changing the course of history?

The topic is persuading a leader. A "gentle tongue can break a bone" is a curious phrase. In what way do you think gentleness can command the power to break something?

Friday: Read Ephesians 4:1-6

Reflection: What does it look like to use gentleness to bear with one another in love?

How can gentleness be used to preserve unity with others?

Saturday: Reflect on your reflections this week. Are there any action steps you feel God would want you to take? Do you struggle with gentleness or is it growing inside you?