

## Day 9

# Gentleness

**Silence (2 minutes)** Take some time to be quiet, to calm down, and to listen. What has God been teaching you? What are the next steps He wants you to take? How is your spirit doing?

**Scripture** *“Pleasant words are a honeycomb, sweet to the soul and healing to the bones.”* Proverbs 16:24

**Discussion** The Bible has a lot to say about our speech. What we say and how we say it can heal and build up or it can destroy and stir up conflict. *“The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit”* (Proverbs 15:4). *“A gentle answer turns away wrath, but a harsh word stirs up anger”* (Proverbs 15:1). To speak with gentleness can be comforting and healing to others. *“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen”* (Ephesians 4:29). How does the Holy Spirit speak to us? He is certainly capable and willing to correct and rebuke when these are needed, but doesn't He more frequently gently whisper to us? Quiet promptings, reminders, or merely yearnings? Isn't His gentleness pleasant to us? Doesn't it bring us healing and build us up? How focused are we on what we say and how we say it? Is this an area that we regularly discuss with God, asking Him to assess how we speak, praying that He make us more like Jesus? *“Set a guard over my mouth, O Lord; keep watch over the door of my lips”* (Psalms 141:3). Disciplining when, how, and what we speak is a long-term project. *“We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check”* (James 3:2). And yet, as followers of Jesus, we are called to have Him shape our speech. Jesus says, *“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets”* (Matthew 7:12).

**Application** Before you go to sleep, take time to thank God for all the ways He was gentle with you today.

**Prayer** Father, You spoke creation into existence. At times Your voice has been like thunder and we were terrified. Jesus, at other times You spoke gently and tenderly to us. *“O Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how often I have longed to gather your children together, as a hen gathers her chicks under her wings, but you were not willing”* (Matthew 23:37) and *“When Jesus saw His mother there, and the disciple whom He loved standing nearby, He said to His mother, ‘Dear woman, here is Your son,’ and to the disciple, ‘Here is your mother.’ From that time on, this disciple took her into his home”* (John 19:26-27). Holy Spirit, thank You for how You speak to me. Thank You for Your gentle promptings. I commit myself to grow in listening to Your voice. I also commit myself to let my speech be guided by You; to listen for Your guidance as I speak. Father, *“May the words of my mouth, and the meditation of my heart be pleasing in Your sight, O Lord, my Rock and my Redeemer”* (Psalms 19:14). Thank You, Father. Amen.

**Silence (2 minutes)** Talk to God about what you are learning. What are your fears? Where are your hangups? Pray for direction.

**Scripture memory** for the week: *“Come to me, all you who are weary and burdened, and I will give you rest. 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. For My yoke is easy and My burden is light.”* Matthew 11:28-30

