

## Day 2

# 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** *“But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness.”* 1 Timothy 6:11

**Discussion** Paul writes instructions to Timothy about how to lead the Church. He has just explained how damaging the love of money is to a person’s faith. Paul then tells Timothy to run away from that pitfall and to chase after six characteristics, four of which are listed in Galatians as fruits of the Spirit; one of these is gentleness. Paul expects Timothy to put a lot of effort into this; “flee” from love of money and “pursue” gentleness. Gentleness might seem like a strange addition to this list. After all, righteousness, godliness, faith, love and endurance all seem much more important to the Christian walk than simple gentleness. Gentleness might seem like a small addition to that list, something we might even be able to force in our own strength, but the truth is that it is a Fruit of the Spirit just like love and faith! Pursuing gentleness is not just a matter of trying *really* hard to be kind, it’s something we grow in as we draw closer to God and abide in His love and grace. Would we try and chase after righteousness, faith, or endurance without clinging tightly to God in prayer, through Scripture memory, and through community in the Church? Let us chase after gentleness the same way, not simply through human effort but with the assistance of the Holy Spirit. Then, and only then, will we truly begin to exhibit a gentleness born of God.

**Application** How do you define gentleness? Is it a simple kind of behavior perhaps synonymous with “nice” or “soft?” Do you think of gentleness as equal with other Fruits of the Spirit, such as faith or love? Consider: gentleness is more than mere niceties, but a humble and content spirit that treats everyone with godly graciousness that glorifies God and acts as a witness to Christ’s love and sacrifice. Think of at least one situation this week that you can pray about and ask God to help you pursue gentleness in all its fullness in that situation.

**Prayer** Lord God, I commit myself to be the person You want me to be. You have adopted me and I am Your child. Father, as Your son / daughter, may I live out Your values and character. As I submit myself to You and work on being gentle as You wish, please use Your power to change me and make me gentle as You are. 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

