

Gentleness, Humility, Meekness

πραότης (*praotēs*)

Meekness, gentleness of mind, kindness,

πραῦς (*praus*) 'gentle'

Gentle, meek, the positive moral quality of dealing with people in a kind manner, with humility and consideration

As we start this study is good to think on how/when we use the term “gentleness”.

Typically, we use it in a relational context, how someone interacts with another.

There are few different words throughout the Bible, but they are referring to gentleness, humility, meekness that act of dealing with others in a kind manner, with humility, consideration, and kindness. As we study the fruit of the Holy Spirit, we need to keep in mind that the fruit of gentleness is the result of the Lord’s work in our own nature, that is started, empowered, and finished by the Holy Spirit.

What does "gentle strength", "gentle force" look like? Let us look for examples in the scriptures.

With each of the numbers below you want to fill information for these 3 questions:

- Who:
- What does the Bible say?
- What do you know about his life and testimony (use other scripture references from personal study).

1. Numbers 12

2. Matthew 11:29

Isaiah 40:11

Jeremiah 11:19

Isaiah 53:7

3. 2 Corinthians 10:1

1 Thessalonians 2

The above scriptures were given as an exercise to learn and look more into gentleness and what it looks like in a person that is walking with the Spirit.

In the example of Moses, the author states that Moses was the more *meek* than all people on the earth. The life of Moses and his ministry gives an example of a man that was gentle, humble, and meek under God. In Moses ministry we see how he accepts God’s decisions and is content with them. In the circumstances where he is opposed by others he turns to God and remains humble under God entrusting the personal outcomes into god’s control.

Now being meek does not mean you are to be abused or walked all over and at the opposite side that you respond with rash, volatile responses. It is the inward commitment to entrust God’s righteous judgement and validation over your life and the work you are doing. We seek gentleness in the way that Moses Fears God rather than Fears Man.

In our second example we see Jesus and how he is the perfect example of gentleness and God's character of being gentle. In Matthew we hear Jesus describe his heart that he is "gentle and lowly in heart". He is addressing the yoke that the Jewish people felt burdened under, which was the law that the Pharisees were making heavier. But Christ was declaring that when we come under his authority, under his yoke he will give us rest and peace. We see gentleness in his desire to help lead and grow our faith and sanctification.

Just as Christ shares his gentle heart to help others grow, we read of his gentleness in the response to unfair and unjust circumstances. Gentleness is evidenced in the willingness to yield, the submission of the silent lamb before the hands of the one in control. In our own lives we are also called to have a willing heart to yield under God's control.

The final example of Paul is to remind us that all of us as "ministers of the gospel" are called to be gentle. As a minister of the gospel, we are not to be demanding of others but instead desiring that the gospel grow in the hearts of others. We are to offer gentle correction to encourage growth, its an outward treatment of others and inward in our thoughts and prayers over others.

Why should we seek/pursue gentleness?

In 1 Timothy 6:11 we are called to pursue gentleness. What are some results of this pursuit?

1. Zephaniah 2:3

2. James 1:19-21

We may experience protection from God's wrath as we learn to align ourselves under his commands and submit with a humble, meek, gentle heart.

A humbled heart under the LORD is also able to receive and hear God's word and be saved.

The expression of gentleness in our lives is a revelation of our relation not to those around us but to God over us.

The opposite of Moses humility was evidenced by Miriam and Aaron. We see the inward heart of "Why is it not me? Why him?" and as a result the judgement from their own mouths is harsh and cruel. Without Moses saying a word God steps in to correct this heart issue. He reminds them of who he is and that Moses is acting as God has called and told him.

When our attitude towards God is correct and we align ourselves under his authority we will then exhibit gentleness towards man around us.

To build a strong tower and keep good "alignment" of the blocks on top of each other we need a stable base. The stable base that we stand upon is Jesus Christ and the work that he has done. I would encourage you to check your hearts and if you are struggling refer to the sheet Becky handed out: THE WAY OUT and Works of the flesh.

Spend time in the following scriptures to study and compare what is pulling us out from under God and in result heeding our ability to be gentle and what can put us back under God.

Submission to God produces gentleness (attitude toward others) What pulls out of alignment from under God and what puts us back in alignment under God?

	OUT	IN
Colossians 3		
Ephesians 4		
2 Timothy 2:22-25		

There were a lot of verses in the above boxes, but I hope you found this to be challenging and encouraging. We so easily answer “sin” as the reason we are out of alignment with God. True, however, the right exercise is to name the sin, identify, confess it and ask for help so that you are not allowing it to reign in your life.

It is interesting that in Colossians 3 we see the importance of Unity and again it comes up with Ephesians 4. When we allow sin to reign especially in the form of covetousness, anger, wrath, malice, slander, obscene talk, greed, corrupting talk, ignorant controversies, and quarrels it is easy to understand how the fruit of gentleness is impeded. If gentleness is the outpouring of kindness and desire for growth in others, how can we allow these other things to reign in our life?

Unity is stressed in Colossians 3 and we see that the fruit of gentleness will be produced as we submit and yield under God, his plans for marriage, parenting, working, the church and every aspect of our life. As we strive to submit and yield under God’s authority and control, we will exhibit gentleness in these areas.

As women it is interesting to consider that in 1 Peter 3:4 we are told “let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God’s sight is very precious.”

A struggle that I feel most women have is with their inward thoughts and the outpouring speech in their lives along with the submission and yielding in their marriage. Is their evidence of the fruit of gentleness in your marriage?

As we have studied the above scriptures, we have observed that gentleness, humility, meekness will be truly evident with others when we demonstrate humility before God. In this we will experience:

- Ability to teach and lead others to repentance – 2 Tim 2:25
- We are able to hear God's Word – James 1:21
- UNITY within the body: Under Christ, under our church, under our families
- It does not mean you are timid or shy. Christ demonstrated clear spoken responses to accusations. However, in contrast to a quarrelsome nature (running tongue) Christ also demonstrated the choice to not speak at times, not the inability to speak.

Gentleness, Humility, Meekness is not a low opinion of self, it is the correct perspective of self in Christ. Consider Jesus who submitted himself under God's will and was used for God's plan.

1. Do you truly believe that you have been saved for the good works God has prepared for you? Ephesians 2:8-10
2. Part of God's good work for Christ was his own death, which as the lamb he did and demonstrated gentleness, humility, and meekness.
3. How are you doing?

Questions to think on: How are you doing?

1. Do you have a yielding, teachable spirit?
2. Do you submit under Christ the good, gentle Shepherd? And as a result, is your gentleness seen in your submission under others (church leaders, under your husband, under your employer)
3. Do you endure misunderstanding and injustice without retaliating? Being defensive or offensive.
4. Are you easy to approach about difficult matters?
5. Are you willing to approach others in a gentle nurturing manner to encourage growth?