

## The Fruit of the Spirit 8 Gentleness

17/11/19

### Pray

So once again today we are thinking about the fruit of the Spirit

The diocesan vision statement is  
Becoming a more Christ-like church for the sake of God's world  
And this series is about you and me  
becoming more Christ like in our character

and I am hoping that you are all learning the fruit of the Spirit off by heart  
and I have a chocolate orange to give away  
so who wants to show me that they know all 9 segments in order!

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Today we come to Gentleness so....

### What is Gentleness?

Well it is important to know

**Gentleness and Meekness and Humility  
Are all translations of the same greek word**

### And I want to offer you three definitions

#### 1 Gentleness means strength under control

So for example this word was used for a horse when it was broken in  
It still had the same power and strength as a wild stallion  
but now this power and strength was under the control of the rider

#### 2 Humility means being down to earth

So Humility and Humus come from the same word  
Similarly Humility and Humour come from the same word  
And Humility and Human come from the same word  
Humility means being down to earth

3 Comes from CS Lewis and he says

#### Humility is not thinking less of yourself

#### But is thinking about your self less

So we should not think of ourselves as a doormat to be walked over  
But rather we should think about ourselves less  
Like Mums looking after a new born baby  
Tend to put the baby before themselves

So

### What is Gentleness?

**Gentleness and Meekness and Humility  
Are all translations of the same greek word**

## 2 Why? Why is Gentleness important?

### 1 Jesus was Gentle

And if we are followers of Jesus  
then we need to be like him in our character

#### So why is Gentleness important?

**Because Jesus was gentle**

**And if we are his followers then we need to be gentle too**

**2 Benedict** wrote his rule for monks about the year 516  
and the monks still read this rule every day in the chapter house  
so that they read the whole book three times a year  
and chapter 7 is the longest chapter and it is all about humility  
and Benedict uses a simple image the image of Jacobs ladder  
going from earth up to heaven with angels ascending and descending  
and he says **we ascend towards God through Humility**  
**and we descend away from God through Pride**

#### So why is Humility important?

**because Humility is a key foundation of godly living**

### 3 Jim Collins studies and teaches leadership at Universities

And in 2001 he wrote the book good to great  
Which is a study of the best leaders in the best companies in the world  
And he describes them as level 5 leaders  
And what he found is that all level 5 leaders have two characteristics

**1 They are determined and 2 They are humble**

#### So why is Humility important

**Because the best leaders in the world are Humble**

And then we come to HOW?

And for me HOW we can be gentle is not a simple question

So here are 4 top tips

### 1 Let's respect the people who serve us

*Philippians 2.3,4*

*<sup>3</sup> Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup> not looking to your own interests but each of you to the interests of the others.*

So     Respect the delivery man who comes to your door  
And    Respect the girl at the check out in the supermarket  
And    Respect your spouse  
and    Respect your child's teacher

### 1 Let's Respect the people who serve us

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### 2 Let's Be Gracious to those who let us down

*Romans 15.7*

*<sup>7</sup> Accept one another, then, just as Christ accepted you, in order to bring praise to God.*

Our Society is quick to judge and loves to apportion the Blame  
But the Christian way is when someone lets you down to be gracious

And the truth is this  
the more we grateful **we are for God's grace at work in us**  
**the more Gracious we will be** to those who let us down

once someone has discovered their mistake please don't rub it in  
One of the BIG principles of Christianity is that we are into forgiveness  
**And forgiveness is about rubbing it OUT Not rubbing it IN!**

### 2 Lets be Gracious to those who let us down

### 3 Let's be Gentle when we disagree

*Proverbs 15.1* is one of my favourite proverbs

And it says

*A gentle answer turns away wrath, but a harsh word stirs up anger.*

There will always be people who love to grumble and complain

But that is NOT the Christian way

**The Christian way is to respond with gentleness**

**To express your opinion**

**and to allow others to disagree with you**

In fact quite a good definition of Gentleness is

**the ability to disagree agreeably**

### 3 Let's be gentle when we disagree

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### 4 Lets be teachable when someone corrects us

*James 1.19*

<sup>19</sup> *everyone should be quick to listen, - slow to speak and*

*- slow to become angry*

It is wise to be willing to learn because none of us knows it all

In fact you can learn from anyone by asking the right questions

So let's be willing to admit our mistakes

And be willing to learn from others

### 4 Lets be teachable when someone corrects us

So the Fruit of the Spirit is

Love, Joy and Peace, Patience, Kindness and Goodness, Faithfulness,

**And all of us should be growing in all 9 segments**

**It is the Holy Spirit's work in us**

**to help us to become more Christ like**

**AND The Holy Spirit needs us to work with him**

**to Co-Operate with him**

And probably the best way to do that is **to weed out our bad habits**

To weed out our desire to be in control

To weed out our grumbling and complaining

To weed out blaming others

To weed out putting others down and rubbing in their mistakes

My desire like Paul in *Colossians 1.28* is

**to present everyone fully mature in Christ**

and that is why we are studying the fruit of the Spirit

with the hope that we will all

**become more Christ like for the sake of Gods world**

**Lets Pray**