



# Fruit of the Spirit

(Galatians 5:22-23)

## "GENTLENESS"

**"Mildness of manners or disposition"  
(Merriam-Webster's Dictionary)**

- The word "gentleness" in the New Testament is translated from the Greek word "prautes" meaning 'mildness of disposition.'
- The word for "gentle" in the Old Testament is the Hebrew word "rak" which is translated; 'tender, soft, delicate.'

### Verses to consider:

- ▷ 1 Kings 19:11-13 (How did the Lord present Himself to Elijah in this passage?)
- ▷ Proverbs 15:1 (Describe how one expresses their words can effect others.)
- ▷ Matthew 11:28-30 (What is it about Jesus that gives us rest when we are weary?)
- ▷ Ephesians 4:1-3 (What are the qualities that are needed to keep the unity of the Spirit?)
- ▷ Colossians 3:12-14 (What are the virtues of God's chosen people? Can you add more?)
- ▷ 1 Peter 3:14-15 (How are we supposed to answer people when they ask us about the hope that we have?)
- ▷ Philippians 4:5 (Should gentleness be restricted to certain people or situations? Why?)
- ▷ 1 Timothy 6:11 (What are people of God supposed to pursue?)

### Questions to consider:

- ◆ Does gentleness mean weakness? Explain your answer.
- ◆ Explain how God is holy, powerful and truthful yet gentle and tender.
- ◆ The word "meek" comes from a Scandinavian word "mjukr" that means gentle. Meekness means 'enduring injury with patience and without resentment.' How do you generally respond when you are hurt?
- ◆ How do we become more gentle especially for those of us who "just say it like it is?" (Proverbs 15:1; 1 Peter 3:15; Ephesians 4:15; Colossians 4:6)
- ◆ In what areas of your life do you need to be more gentle?



**God desires Spiritual fruits,  
not  
religious nuts!**