

THE FRUITS OF THE HOLY SPIRIT

GENTLENESS



Memory verse: Galatians 5:22-23 (ESV)

'the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control'

BIG QUESTION: WHY DO WE NEED TO BE GENTLE?

Here's something to try out together (or you could just imagine it). Start playing music on your mobile phone, with the volume right down. Then set the phone down somewhere and slowly start to take steps away from the phone until you can no longer hear the music.

This is just like our relationship with God; the further away from God we get the harder it is to hear His voice. However on the other hand, the closer we come to God the easier it is to hear his clear direction for our lives. We expect God's direction to be like massive arrows along our pathway, bold and obvious; however, God's voice is more like a whisper. That's why we always need to maintain a super strong relationship with God; so that we can always be aware of what He's saying to us.



If you want to learn a little more about Gentleness why don't you watch this video: <https://www.youtube.com/watch?v=pxj0iD74MdY>

Now you may be thinking, why do we need gentleness? I thought we were supposed to be strong followers of God! Gentleness is one of the hardest fruits of the spirit to get to grips with because we think gentleness is just being soft and calm and or even weak! But the bible describes gentleness as having great power, and choosing to apply it in a compassionate way for the benefit of others. The best example of this was Jesus. God could of just sat up in heaven choosing to judge our sins because he has the power to so, but he doesn't, He sent Jesus, His only son to come down to earth and die for our sins and take them all away so that we can live free every day. This is God showing us His gentleness. God has all the power but He is chooses to apply it in a compassionate way and in doing so creates a love that stands strong and love that endures forever. This is why gentleness is a very important fruit of the sprit and one that we can all benefit from in our own lives.

SOMETHING TO TALK ABOUT

- How can we be more gentle in are lives?
- What can we do to become closer to god in are day to day lives?

PRAYER

Heavenly Father, Please help me to show love to people this week by being gentle. Amen.



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