



FRUIT OF THE SPIRIT: GENTLENESS

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, **gentleness** and self-control. Galatians 5:22,23

▶ FAITH FOCUS

Gentleness is an attitude. It is strength under control. It is showing kindness and love to all, including those who don't earn it.

Can you think of a time when someone hurt you and you chose to be kind instead of getting even? That was gentleness. Jesus is the ultimate example of gentleness. He loves us so much that He was willing to die for us.

What is gentleness?

Gentleness is power under perfect control. While gentleness might make others think we're weak, it is strength instead. Jesus is the perfect example of how to let the Holy Spirit help us to be gentle to those who are hard to be gentle to. Gentleness helps us choose to care for them when they mess up.

What does gentleness look like?

Gentleness is an attitude. It's measured by how we really feel about others, but we show it through our actions when we treat others with gentleness. Think about today's Bible Case File. Other people thought the woman deserved to be punished, but Jesus stayed calm and didn't punish either the woman or the people who were mean. He showed how much He genuinely cared for them through His kind actions and words.

Is gentleness important?

First Peter 3:4 tells us that a gentle and quiet spirit is of great worth in God's sight. Jesus' spirit was shining through, showing His gentleness to others. When we have true gentleness inside, we choose to let the Holy Spirit shine through us just as Jesus did.

CASE SUMMARY

FAITH FACT



Gentleness: I will care for others when they mess up.

TRUTH VERSE



Philippians 4:5
Let your gentleness be evident to all.

BIBLE CASE FILE



Jesus Shows Gentleness
John 8:1-11

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