



# The Forgotten Fruit of the Spirit: Reversing Our Neglect of Gentleness

## Galatians 5:23

**But the fruit of the Spirit is love,  
joy, peace, patience, kindness,  
goodness, faithfulness, <sup>23</sup>**

**gentleness, self-control;  
against such things there is no  
law.**



The fruit of the Spirit  
are the indications or  
manifestations of the  
Spirit's work in my  
life.



Love	Joy	Peace
<b>Patience</b> Long-suffering	<b>Kindness</b>	<b>Goodness</b>
Faithfulness	<b>Gentleness</b> <b>Meekness</b>	Self-Control



## Galatians 5:23

- **gentleness**, self-control; against such things there is no law.

**meekness**



## **Meek (Gentle)**

**enduring injury with patience and without resentment**

**Merriam-Webster**

## **Gentleness (Meekness)**

**free from harshness, sternness, or violence**

**Merriam-Webster**

**gentleness, by implication, humility:**



Is there a fruit of the  
Spirit more  
neglected in the  
church than  
'gentleness'?



# Meekness (Gentleness)

- **But not timidity**
- **But not weak**
- **But not deficient in spirit and courage**
- **But not absent of strength**
- **But not passive submission to fate**





# Christ is Our Example

2 Corinthians 10:1



## 2 Corinthians 10:1

- I, Paul, myself entreat you, by **the meekness and gentleness of Christ**—I who am humble when face to face with you, but bold toward you when I am away!—

the meekness

PHRASE

G4236

πραότητος  
πραότης  
*praotēs*

and

G2532

καὶ  
καί  
*kai*

gentleness

G1932

ἐπιεικείας  
ἐπιείκεια  
*epieikeia*

of Christ

PHRASE

G5547

Χριστοῦ  
Χριστός  
*Christos*



# Once Again

I am confronted with  
a fruit of the Spirit  
that I need to work  
on MORE.



# Matthew 5:5

- “Blessed are the meek,  
for they shall inherit the earth.

**Stop thinking  
‘weak’ or ‘timed’ or ‘passive’**



# Jesus describes Himself as having this fruit of the Spirit

## Matthew 11:29



# Matthew 11:29

- Take my yoke upon you, and learn from me, **for I am gentle** and lowly in heart, and you will find rest for your souls.



# Jesus Wasn't Weak or a Bully

He submitted  
perfectly to the will  
of the Father.





*Proclaiming* **CHRIST**

BEREAN BAPTIST CHURCH

# Gentle



Strong's Definitions [?]

(Strong's Definitions Legend)

† πρᾱος prâios, prah'-os; a form of G4239, used in certain parts; gentle, i.e. humble: —meek.

**I think understanding this attribute and its application requires being in step with the Holy Spirit.**

**Was Jesus always gentle?**



# Turn to

## John 2:13-17



The Passover of the Jews was at hand, and Jesus went up to Jerusalem. <sup>14</sup> In the temple he found those who were selling oxen and sheep and pigeons, and the money-changers sitting there. <sup>15</sup> And making a whip of cords, he drove them all out of the temple, with the sheep and oxen. And he poured out the coins of the money-changers and overturned their tables. <sup>16</sup> And he told those who sold the pigeons, **“Take these things away; do not make my Father’s house a house of trade.”** <sup>17</sup> His disciples remembered that it was written, **“Zeal for your house will consume me.”**





# Matthew 23:27

- “Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs, which outwardly appear beautiful, but within are full of dead people’s bones and all uncleanness.



## John 8:44

- **You are of your father the devil,** and your will is to do your father's desires. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies.



# **I think our goal must be to:**



- 1) Always say what must be said. Recognizing somethings don't need to be said.**
- 2) Strive to say what must be said in the way it needs to be said.**
- 3) Be characterized as possessing the meekness and gentleness of Christ.**

# Five Different Scenarios



- 1) A rebellious son**
- 2) A rookie underperforming subordinate**
- 3) A lazy soccer player**
- 4) Your wife**
- 5) A veteran underperforming subordinate**





# Look Back @

## Galatians 5:18ff



<sup>18</sup> **But if you are *led* by the Spirit,**

you are not under the law. <sup>19</sup> Now the works of the flesh are evident: sexual immorality, impurity, sensuality, <sup>20</sup> idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, <sup>21</sup> envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. <sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, self-control; against such things there is no law. <sup>24</sup> And those who belong to Christ Jesus have crucified the flesh with its

passions and desires. <sup>25</sup> **If we *live* by the Spirit, let us also keep *in step* with the Spirit.** <sup>26</sup> Let us not become conceited, provoking one another, envying one another.

**Meekness toward God is that disposition of spirit in which we accept **His dealings with us as good**, and therefore without disputing or resisting.**

## **Question:**

**Do you believe God deals with you? Is God interacting with you? Is He bringing things into your life to conform you to the image of His Son?**

**In the OT, the meek are those wholly relying on God rather than their own strength to defend against injustice.**

**Thus, meekness toward evil people means knowing God is permitting the injuries they inflict, that He is using them to purify His elect, and that He will deliver His elect in His time (Isa 41:17, Luk 18:1-8).**

**THINK about last Sunday's sermon text with Paul's potential deliverance from impending death.**

**Gentleness or meekness is the opposite to self-assertiveness and self-interest. It stems from trust in God's goodness and control over the situation. The gentle person is not occupied with self at all.**

**This is a work of the Holy Spirit, not of the human will (Gal 5:23).**

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# Galatians 6:1

- Brothers, if anyone is caught in any transgression, you who are spiritual should **restore him in a spirit of gentleness.**  
Keep watch on yourself, lest you too be tempted.



**What does it this look  
like?**

**Restore him in a spirit of  
gentleness**



# 1 Timothy 6:11

- But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, **gentleness.**



## Gentleness (prätēs)



**This word connotes a submissive and teachable spirit toward God that manifests itself in genuine humility and consideration toward others. It is regrettable that the English word “gentleness” has come to have the popular connotation of a wimpish weakness and nonassertive lack of vigor. As an expression of the fruit of the Spirit, gentleness is strength under control, power harnessed in loving service and respectful actions.**

Timothy George, *The New American Commentary*



# 5 worldview perspectives that contribute to striving for gentleness

**Worldview Perspectives that contribute to  
striving for Gentleness**



**1. There is a God to whom I  
will give an account**

# Worldview Perspectives that contribute to striving for Gentleness



1. There is a God to whom I will give an account
2. Each and every human is an image bearer of God deserving of respect and dignity







# 1 Thessalonians 2:7

- But we were gentle among you, like a nursing mother taking care of her own children.

# Worldview Perspectives that contribute to striving for Gentleness



**1. There is a God to whom I will give an account**

**2. Each and every human is an image bearer of God deserving of respect and dignity**

**3. I am dealing with someone  
Christ died for**

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4. When I fail and I will—I want God and others to be gentle with me



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4. When I fail and I will—I want God and others to be gentle with me

**5. God has been gentle with me in my sin and failures through Christ Jesus**



to be more  
**GENTLE/MEEK**  
what do I need  
to focus on?



# #1 Self-control (temperance)

**This may be the most important of all the virtues to focus upon to be more gentle.**

**I don't think it is an accident that it is the next fruit of the Spirit.**



## #2 Humility

**If self-control is #1, eradicating  
arrogance from my character is #2**

**Arrogant people are never thought of  
as gentle or meek.**

# Matthew 18:4 & Luke 14:11



- Whoever humbles himself like this child is the greatest in the kingdom of heaven.
- For everyone who exalts himself will be humbled, and he who humbles himself will be exalted.”



# 1 Peter 5:5

- Likewise, you who are younger, be subject to the elders. **Clothe yourselves, all of you, with humility toward one another,** for “God opposes the proud but gives grace to the humble.”

## #3 Teachable



**Ask yourself can a subordinate teach me something? Can a student or player teach me something? Can I learn from someone younger than me?**







**Everyone has been in a room or situation with someone who is assured they are the smartest person in the room.**

**This person is not thought of as being meek or gentle.**

**Let others discover you are the smartest one in the room or on the field.**



## #4 Submissive

**The gentle person possesses the self-control and humility to submit to the authority of others.**

**And the greater degree to which they do this is the greater degree in which they are meek.**

## #5 Kindness



**Kindness was our 4<sup>th</sup> fruit of the Spirit.  
You can't be gentle without being kind  
and kind people are gentle with  
others.**

**Ephesians 4:32**

# Ephesians 4:32



- Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.



# tenderhearted

easily moved to love,  
pity, or sorrow:  
compassionate,  
impressionable

Merriam-Webster

## #6 Sympathetic | Empathetic



**To possess a gentle spirit I must do all I can to put myself in someone's shoes or to see things from their perspective.**

**Meek people are compassionate.**



## Matthew 9:36

- But when he saw the multitudes, **he was moved with compassion on them**, because they fainted, and were scattered abroad, as sheep having no shepherd.



## #7 Tolerate



**Forbearing; patient—to put up with**

**Humans have peculiarities,  
perspectives, ways of doing things—  
which are neither moral or immoral**

## Ephesians 4:1–2 (NASB95)



- Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called, <sup>2</sup> with all humility and gentleness, with patience, **showing tolerance for one another in love,**





## **Focus On**

- 1. Self-Control**
- 2. Humble**
- 3. Teachable**
- 4. Submissive**
- 5. Kind**
- 6. Sympathetic | Empathetic**
- 7. Tolerate**