



Gentleness When You're Treated Badly

Series: *Grow* Galatians 5:25

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Pastor Brian Erickson

"Since we live by the Spirit, let us keep in step with the Spirit."

Galatians 5:25

Three things that happen as you 'keep in step with the Spirit'...

1. You will grow in **gentleness**

Galatians 5:20, 25

2. You will grow in **the words you use**

Acts 2:4; Acts 4:8, 25, 31; James 2:26; 1 Peter 3:15; Philippians 4:5

3. You will grow in **how you see people**

Matthew 19:14; John 8:1-11; Luke 19:1-10; Ephesians 4:30; Matthew 11:28-29

Life Application Questions

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged or confused you?

MY STORY

1. What's your favorite fruit? What's your least favorite fruit? Why?
2. Brian mentioned that of all the 'fruit' in the 'fruit of the Spirit', 'gentleness' tends to be the one we desire the least. Who wants to hire a 'gentle' person, or who votes for a 'gentle' politician, or who hires a 'gentle' attorney? What are the positives of being 'gentle'?

DIGGING DEEPER

1. Brian told us that Galatians was written in Greek. And the Greeks didn't just want to define a word, they wanted to illustrate it. And the picture the Greeks gave us to illustrate 'gentleness' was a powerful horse or stallion that has been tamed. And the reins have been handed over to the owner to use the horse's power to accomplish his purpose. How do these verses define 'gentleness'?

Ephesians 4:2

² Be completely humble and gentle; be patient, bearing with one another in love.

Colossians 3:12

¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

James 1:21

²¹ Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

James 3:13

¹³ Who is wise and understanding among you? Let them show it by their good life, by deeds done in humility that comes from wisdom.

One definition of 'gentleness' is 'power and strength that is under control to benefit someone else.' When you find someone who fits this definition of 'gentleness', what is that person like?

Proverbs 15:1 says, "A gentle answer turns away wrath." Why do you think that's true? Have you ever given a gentle answer during a tense time? What happened?

2. Brian mentioned that the opposite of ‘gentleness’ is found in Galatians 5:20, and it is translated “fits of rage”. Another definition of ‘gentleness’ is ‘anger under the control of the Holy Spirit.’ What do these verses say about anger?

Psalm 4:4

⁴ In your anger do not sin; when you are on your beds, search your hearts and be silent.

Psalm 37:8

⁸ Refrain from anger and turn from wrath; do not fret – it leads only to evil.

Ephesians 4:31

³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

James 1:19-20

¹⁹ My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires.

Would you say that ‘anger’ was a part of your home life growing up? If so, what was that like? Do you sometimes struggle with anger? Explain.

Some people think of ‘gentleness’ as a ‘personality trait’ that’s part of their genetic make-up. And that may be. But ‘fits of rage’ is listed as a ‘deed of the sin nature’, so it’s not something we can explain away as ‘part of our genetic make-up.’ So if you struggle with ‘fits of rage’, what do you do?

3. Brian said, “When we think of anger, frustration, and aggravation, we usually think of how we talk. Anger comes out through the words we use. What do these verses say about how Christians are supposed to talk?”

Luke 6:45

⁴⁵ A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

James 1:26

²⁶ Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless.

Proverbs 15:28

²⁸ The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil.

Proverbs 16:23

²³ The hearts of the wise make their mouths prudent, and their lips promote instruction.

In 1 Peter 3:15, the Apostle Peter says that when we give an answer for the hope that we have, we are to do this “with gentleness and respect.” Why is this so important?

Brian said, “Your ‘gentleness’ is a ‘fruit’ to attract people to Jesus. Why is this true?”

4. As you grow in the ‘fruit of gentleness’ you will start to see people differently. People who used to annoy you, now you have compassion for them. Read these verses and describe the ‘gentleness’ of Jesus Christ.

Matthew 19:13-14

¹³ Then people brought little children to Jesus for him to place his hands on them and pray for them. But the disciples rebuked them. ¹⁴ Jesus said, “Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.”

Luke 19:5

⁵ When Jesus reached the spot, he looked up and said to him, “Zacchaeus, come down immediately. I must stay at your house today.”

John 8:10-11

¹⁰ Jesus straightened up and asked her, “Woman, where are they? Has no one condemned you?” ¹¹ “No one, sir,” she said. “Then neither do I condemn you,” Jesus declared. “Go now and leave your life of sin.”

Who is a very annoying person in your life that you need to start seeing through the eyes of Christ?

Who do you need to apologize to for your lack of gentleness?

TAKING IT HOME

Based on this week’s sermon and homework, what is the most important thing for you to remember and why?