

GENTLENESS



...Clothe yourself with **gentleness**... Colossians 3:12

Day 1: Using a thesaurus or dictionary, do a study of the word gentleness. List synonyms / antonyms / definitions.

Is it in human nature to be sweet-tempered? Who are/were gentle individuals in your life? Would you consider yourself sensitive in your responses to other people?

Read these examples of gentleness. Do they give a good description?

É 1 Kings 19:11-12

É Job 38:25-27

É James 3:17

É Jeremiah 6:2-3

É 1 Thessalonians 2:7

Day 2: What is the difference between gentleness and kindness? The natural world around us supplies many visual aids. Here are a few passages:

É Deuteronomy 32:1-2

É 2 Samuel 23:4

É Job 41:1, 3, 5

É Proverbs 27:25-26

É Matthew 24:32

É Acts 27:13

Day 3: Read a prophet's testimony in Jeremiah 1:5-10, 11:17-20, 20:7-18. How did gentleness help him? What can you learn from his personal account that you can apply in your own life?

Day 4: Why be gentle? Is it easy to do? Can you recall a time in your life when you wished you had been gentle rather than swinging swords and readying for battle? What would the outcome have been?

Read these passages and record a time when this advice would have helped you.

É Proverbs 11:2

É Proverbs 15:1-2

É Proverbs 25:15

É 1 Peter 3:15-16

É Psalm 119:130

Day 5: Read about the gentleness of Boaz to a Moabitess in Ruth 3:1-18; 4:13-17. Can you rewrite the incident to fit our present-day culture?

Day 6: Think of the many values we promote in our culture. Which ones do you think are the most important to a society? Is gentleness significant? How are ways a gentle person can respond in situations?

Consider these verses. Do they help to shape your viewpoint?

É Proverbs 14:29, 33

É Proverbs 17:28

É Proverbs 20:5

É Luke 14:8-11

É Acts 28:1-2

Day 7: Read more of Solomon's words in these passages. How do they apply to being gentle? Rewrite them in your own words.

É Proverbs 2:10-11

É Proverbs 3:34

É Proverbs 8:14

É Proverbs 12:10

É Proverbs 19:8

Day 8: Read 1 Kings 3:5-14 and think about Solomon's dream. What was his request to God? What would you have asked for?

Day 9: Have you known some instances where familiar, gentle people became hostile? What caused a change in their character? Did they ever return to their sweet-tempered manners? Write your thoughts.

Read these poignant Biblical examples when despair brought about such dark emotional expression.

É Deuteronomy 28:47-50, 52-56

É Judges 17:6

É Job 14:7-12

É Ecclesiastes 7:20

Day 10: What is the difference between gentleness and meekness? Do you know a truly meek person? Do you consider him/her weak? Make a list of the attributes of those who are meek.

Read Matthew 5:5 and Psalm 37:9-11. Do you agree with this argument? Why or why not?

Read these passages about meekness. Do they help strengthen your reasoning behind the question above?

É 2 Samuel 22:36-37; Psalm 18:35-36

É Psalm 138:6

É Proverbs 10:23

É Proverbs 12:16

É Proverbs 13:15-16

Day 11: Are people born with a propensity to gentleness more than others? What are ways to learn this quality? Can it be learned?

Trace Jacob's transformation from a deceiving person to a gentle one in Genesis 27:36, 41-45; 32:24-30; 33:1-11. What caused the change?

Day 12: Do you consider Jesus Christ a meek person or a strong person? Read these descriptions of Jesus's gentle actions. Do His examples act as a springboard to begin practicing gentleness? Record your thoughts.

É Isaiah 53:2

É Luke 18:15-17

É Matthew 11:28-29

É Matthew 21:1-5 (Zechariah 9:9)

É Matthew 27:11-14

Day 13: Write your thoughts about the description of Jesus given in Isaiah 11:1-16. What is said about the Jesus's reign? How can one person be both meek and strong at the same time?

Day 14: What metaphor does Jesus use in John 10:1-16? Retell His parable in your own words. Then read the following passages for further analogy study. Record your thoughts.

É Isaiah 53:7

É Isaiah 40:11

É John 1:29-33

Day 15: Trace John from a hot-headed reactionary to a gentle man under Jesus' example and tutelage.

É Mark 3:17

É Mark 9:33-37

É Luke 9:51-56

É Luke 22:24

É Mark 9:38-41

É John 20:2; 21:7, 20-25

É 1 John 1:8-10; 2:1-2, 12-14

Day 16: If you struggle with tenderheartedness, how do you become a gentle individual? Do you resolve to be serene, set a goal to count to ten before reacting, become a doormat? Can someone actually be gentle in today's dog-eat-dog world?

Allow these verses to shed some light on your thoughts. Reword each passage in your own way.

É Proverbs 9:10

É Proverbs 15:32

É Zephaniah 2:3

É Romans 12:14

É Galatians 5:22-23

Day 17: Read how a victorious nation turned its raging mania into thoughtfulness in 2 Chronicles 28:5-15. Where would you put yourself as a bystander in this story?

Day 18: Gentleness can also be learned in daily life experiences. God will chastise those He loves, and most of the time that is not a fun experience. Rephrase these passages. How has God ever disciplined you for a mean-spirited reaction?

É Psalm 40:11-12

É Ezekiel 17:22-24

É Luke 18:9-14

É 1 Corinthians 4:18-21

Day 19: How important is gentleness in the workplace. Can a CEO lead with gentleness? Can a meek worker direct his supervisor?

Read these verses. Decide how to implement them into your station at work or home.

É Hebrews 5:1-3

É Titus 3:1-7

É 1 Peter 2:18-25

Day 20: Read Jesus' commands to his twelve disciples before sending them out among the Israelites in Matthew 10:5-28. List His do's and don'ts. Can you apply His direction to your life today? Explain your answer.

Day 21: Read the zealous character of Saul (renamed Paul) in Acts 8:3; 22:3; Philippians 3:4-7. What kind of man was he at that time?

Now read his admonitions to churches and individuals in the following passages. Has the tone of his words changed? If yes, explain why.

É Galatians 6:1

É Ephesians 4:1-3

É Philippians 4:5

É 1 Timothy 6:11

É 2 Timothy 2:23-26