



Galatians 5:22-23

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Gentleness is strength under control

Benefits of the Fruit of Gentleness

1. Gentleness Diffuses Conflict

Proverbs 15:1

A gentle answer turns away wrath, but a harsh word stirs up anger.

2. Gentleness is Attractive

1 Timothy 6:11

¹¹ But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness.

1 Peter 3:4

⁴ Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

3. Gentleness Earns Respect

Proverbs 11:16

A kindhearted woman gains honor, but ruthless men gain only wealth.

4. Gentleness is a Witness

1 Peter 3:15

¹⁵ But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect

5. Gentleness Makes us like Jesus

Matthew 11:28-29

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

These are fruits of the Spirit, not the fruits of good people.

In order for this fruit to grow in us
we must invite Him in and surrender to be like Him.