

# WEEK 8 READ [GENTLENESS]

**Have you ever experienced a whisper that was more powerful than an earthquake? Why was it more powerful? Why would God whisper to us instead of shouting?**

**The word of God is powerful and living. It helps and directs us in all areas of life. Do you sometimes struggle with gentleness? Reading through these gentleness verses will help you to realize God has given you His peace through a victory already won.**

## **Colossians 4:5-6**

Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

## **Proverbs 16:24**

Gracious words are a honeycomb,  
sweet to the soul and healing to the bones.

## **1 Peter 3:15**

but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect,

## **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.

**After reading these scriptures about the importance of exercising gentleness in your life, choose one to memorize and make it a verse for the week.**

“I choose gentleness... Nothing is won by force. I choose to be gentle. If I raise my voice may it be only in praise. If I clench my fist, may it be only in prayer. If I make a demand, may it be only of myself. ”

— **Max Lucado**

# WEEK 8: LISTEN - GENTLENESS

**Listen to the song below. When finished reflect on the questions below:**

[https://youtu.be/o8Sx\\_UOZtr8](https://youtu.be/o8Sx_UOZtr8)

1. When you hear the words “I was made for this, one thing is to see and to seek Your goodness. Take me by the hand and lead me”, what kind of image does that paint of our Heavenly Father?
2. Has there been a time in your life where God’s gentleness was so felt, that it melted away the anger and hurt you had in your heart?
3. Imagine the comfort we feel knowing that we are surrounded by God’s arms...”to be wrapped up in Him”. Have you decided to follow His lead and go anywhere that Jesus leads you?
4. Make a short list of some situations or problem areas that you need to rest in God’s gentleness, knowing He’ll remain faithful.

**After you’ve completed these, take a listen to the song again. Listen with your new perspective, as a child looking and finding comfort in a Heavenly Father. He stands with his arms out stretched waiting for us to drop the cares and distractions of this world and just come home.**

# WEEK 8: BE - GENTLENESS

**This week might be one of the toughest challenges we've faced in the Be9 series. Gentleness in our society has always carried an overtone of "weakness". Its something we've pushed to advocate femininity and reduce masculinity, when in fact its something that is essential for all of us. As we have already read above, God's word advocates gentleness. Words spoken in gentleness ease tensions, grow relationships and can even be a tool to help people climb out of sin.**

## **Challenge #1:**

Think of 3 relationships that you have failed to exercise gentleness in your speech and actions. Pray about those 3 people and ask God to reveal ways you can be more gentle in the future. After that go ahead and set some reminders in your phone to pray for them at a specific time each day this week.

## **Challenge #2:**

Ask God to re-shape your tongue so that your words, whether spoken or written reflect the fruit of His Spirit. Before you speak this week, allow time for the Holy Spirit to guide what you'll say and continue to err of the side of grace.

## **Challenge #3:**

Jesus often when faced with tough tasks, especially dealing with people and relationships, always turned to God's word. Carve out some extra time this week to reread those scriptures verses in the other sections, but also try to dig a little deeper into those sections of scripture.

**[GO AND BE GENTLE**

