For some road ragers, it’s a need for control, to counter to other drivers who they feel violate their proxemic space, or their need for possession of their lane or their part of the road. For others, it’s unchecked anger and aggression.

It’s hormone-based, primitive, small-brain thinking, bringing a lack of emotional intelligence or the need to dominate someone else and their unsharable space. Add in unchecked egos, the need for superiority, narcissistic pride, and male one-upmanship: my vehicle is bigger than yours.

“Allow for extra time in case you run into delays, adjust your schedule to avoid driving through the worst traffic, and listen to music while you drive. If you start to feel angry, it’s vital to relax, breathe deeply, and consider taking a break to stretch your legs or sip some water.”
22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control.

- The quality of being kind and careful.
- Not weakness, but might restrained. Humility and grace given to another.
Redemption is always the goal.

14 But even if you should suffer for what is right, you are blessed. “Do not fear their threats; do not be frightened.”

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,

16 keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander.
A gentle answer turns away wrath, but a harsh word stirs up anger.

Redemption is always the goal.

Gentleness requires humility.

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.

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.
Ephesians 4

2 Be completely humble and gentle; be patient, bearing with one another in love. 
3 Make every effort to keep the unity of the Spirit through the bond of peace.

Keys To Gentleness

1 Redemption is always the goal
2 Gentleness requires humility
3 Start with your heart then follow with your words

Luke 6

45 The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

Proverbs 18

21 Death and life are in the power of the tongue, and those who love it will eat its fruits.