

The Fruit of the Spirit: Gentleness

Part 1 of 2 - The Gentleness of Christ

In the Gospels we find the gentleness of Jesus Christ in every aspect of His life. He didn't come to dominate or oppress, but to serve and heal. In Matthew 11:29, He invites us to: "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." This invitation reveals the depth of His gentleness and also the peace that comes when we hold ourselves to His ways. His gentleness is an outflow of His deep love and care for humanity.

Unlike what the world might perceive as a weakness, Jesus Christ's gentleness is a true strength, a strength that is patient, understanding, and compassionate. When He encountered the broken, the weary, and the sinful, His response was never harsh or condemning, but was marked by mercy and grace. The gentleness of Lord Jesus is not just in His words but also in His actions, as He tenderly reached out to those that society rejected, offering healing and hope.

Paul echoed Jesus Christ's example, encouraging us in Philippians 4:5, "Let your moderation be known unto all men. The Lord is at hand." Gentleness should help to shape how we treat others, especially those in pain or in need of grace. As we follow Jesus Christ, we should hope to embody this same gentleness. In every moment whether in conflict or peace, let us reflect the gentleness of our Savior, bringing a gentle word where it is most needed.

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Part 2 of 2 - Gentle Correction

Gentleness is not only a characteristic we are to incorporate in everyday life, but is essential in how we offer correction to others. Paul, in Galatians 6:1, calls us to be mindful of our own position when approaching someone who has fallen to sin. He writes, “Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.” This spirit of meekness, gentleness, shows our own vulnerability and the grace we’ve received from God.

Correcting others, especially in spiritual matters, is not about proving someone wrong or acting superior. It is about restoring a brother, or sister, with humility and grace. We are called to be instruments of God’s healing, and it is through gentleness that this restoration can take place. Without gentleness, correction can become harmful, crushing the spirit instead of nurturing growth. The goal should always be to help the other person while preserving their dignity and encouraging them toward spiritual maturity.

Paul emphasizes this also in 2 Timothy 2:24-25, where he instructs, “And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, In meekness instructing those that oppose themselves...” By correcting others with gentleness, we allow room for God’s Spirit to work in their hearts, leading to repentance and growth. As we guide others, let us always remember our own need for grace and strive to extend the same gentleness that Christ has shown to us. Our aim should be always to lift up, never to tear down, trusting that in gentleness, God’s truth and love can bring lasting change.

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In Christ's embrace, so gentle and kind,
He calls us to follow His meek, loving way.
His strength is in mercy, His heart aligned,
With those who are lost, those gone astray.
In word and deed, His touch heals the soul,
Through gentleness, broken lives become whole.

To guide with grace when others may fall,
We must be gentle, restoring with care.
Correcting with meekness, not harshness at all,
So growth can flourish in hearts laid bare.
For God's tender love will work through our hand,
If we lift up in grace, and follow His plan.