

THE FRUITS OF THE HOLY SPIRIT – GENTLENESS

Junior High Lesson August 23rd



Click button on left for video on gentleness!

Main Point: Last week we talked about the fruit of the Spirit called "faithfulness".

Faith is a gift given to us by God. Faith is trust in God's promises and trust Jesus is your Savior. This week we are going to look at the fruit of the Spirit called "gentleness". A common misconception is that gentleness is weakness or passivity. True gentleness, however, is just the opposite. It requires great strength and self-control. Gentleness comes from a state of humility. Therefore, someone who lacks gentleness is often prideful and easily angered, or feels the need for revenge. In order to be gentle, we must not view ourselves as better than someone else. Rather than asserting superiority, someone who is gentle wants to help others, even when they have been done wrong.

Read these verses out loud with your family.

*"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, **gentleness**, and self-control. There is no law against these things!"*
Galatians 5:22

*An example of gentleness can be seen in John 8, when the Pharisees bring a woman who was caught in adultery to Jesus. The Pharisees told Jesus that the Law of Moses commanded them to stone such a woman, to which Jesus responds, "**Let any one of you who is without sin be the first to throw a stone at her**" (John 8:7). After everyone left, Jesus did not condemn the woman, and said to her, "**Go now and leave your life of sin**" (John 8:11)*

"Let your gentleness be evident to all. The Lord is near". Philippians 4:5

"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." Matthew 11:29

Jesus is our model of faith. In every aspect of his life, Jesus acted in faith and trust in His heavenly Father, even to the point of giving his life for us on a cross! Jesus was gentle like a lamb, but he also could be strong like a lion, but not prideful or angry. We see this most on the cross when Jesus said to his executors, "Forgive them Father for they do not know what they do!**" Luke 23:34**

**What does gentleness look like for you?
Here are some practical ways to exercise faith:**

- Instead of reacting when someone says something which offends you, take a breath, say a prayer, and respond calmly. Proverbs 15:1 says, "*a gentle answer turns away wrath, but a harsh word stirs up anger*"
- When you catch someone doing something wrong instead of looking for a way to get revenge find a way to show them God's forgiveness.
- When the employee at the fast food drive in messes up your order, instead of getting angry and demanding to get the right order say, "*I understand no problem, we all make mistakes!*"
- ***Brainstorm some other ways to show gentleness in your family, at school (online lol), with your friends or people in your neighborhood.***

Parents: How do you model gentleness to you kids? What are the things your kids do which make you angry or frustrated? How can you change your response to one of gentleness?

Students: Think about the things that make you really angry which can make you say or mean things to the person you are frustrated with. How can you respond with gentleness and kindness? How can you be gentle with your brother or sister if you have one?

Share your highs and lows from this past week. Close in pray for each other giving God thanks for your highs and asking God to be with you in your lows.

Join us Wednesday @ 7pm on Zoom

BIBLE STUDY, GAMES AND FRIENDS

Click Here To Join the Meeting?

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WE ARE HERE FOR YOU

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