

## Gentleness - a Form of Love

Fragile: Handle with Care – How often have these words been put on a shipment to protect the contents of a package. In an ideal perfect world such boxes would be gently moved from place to place and nothing would ever be damaged.

I wonder if God were to have placed a “Handle with Care” label on people if it would likewise be ignored? How often is the heart of an individual crushed or the spirit of a child broken? Words and actions damage and wound every day. Healing and restoration to the human heart can be a slow difficult process; sometimes only God can make the wounded new again.

**2 Timothy 2:24-26** “And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil, correcting his opponents with gentleness. God may perhaps grant them repentance leading to a knowledge of the truth, and they may come to their senses and escape from the snare of the devil, after being captured by him to do his will”.

Gentleness or meekness is not weakness, but is strength under control. Therefore, gentleness is the fruit of the Spirit that brings us under God's control; it is power under control – submitted strength. Without love there is no fruit. GENTELNESS IS LOVE TOUCHING.

Without gentleness love does not touch others. Without gentleness or meekness our touch is harmful instead of helpful, painful rather than pleasing, selfish instead of selfless.

Only as our strength is submitted to God, only as power is brought under the control of the Spirit through love, can we reach out and touch one another.

### How is gentleness developed?

When a horse is tamed it can be done in **one of two ways: forcefully or gently.**

- A- God teaches us Gentleness through His Gentle Touch
- B- God develops Gentleness in us through forceful and difficult circumstances

Gentleness can develop through **people who oppose you.**

2 Timothy 2:25 Those who oppose him he must gently instruct. . .

Gentleness grows when **people fail you.** Let God truly strengthen you through gentleness.

### Would you rather be around someone who is gentle or someone who is not?

- **Would I treat Jesus the way I treat others?** Jesus is in everyone we meet so how we treat them is how we treat Jesus. Would we treat Jesus' property like we treat our own or those of others?

The beginning of divine wisdom is clemency and gentleness, which arise from greatness of soul and the bearing of infirmities. **St. Isaac of Nineveh**

### Am I a gentle person or not? Why or why not?

Great men tend to be gentle men.

Treating people with gentleness shows them that we value and respect them. Likewise treating things with gentleness, we show others and God, that we want to take care of what with we have been entrusted and that we desire to leave it to others in good condition.

Gentleness corrects whatever is offensive in our manner. **Hugh Blair**

**Gentleness is a way of life, showing our love in how we interact with people and things.** Like any way of life, gentleness has to be practiced for us to become more gentle. If we want to become more gentle, we must take active steps, that is (1) choosing to be more gentle, (2) keeping this resolution in mind, (3) acting in gentleness, and (4) catching ourselves when we are not gentle so that we can be more aware of our gentleness or lack of gentleness in the future.

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