

Life on the Vine

Gentleness

August 31, 2014

Characteristics of true gentleness:

1. The word “gentleness” can also be translated as _____ and _____.
2. Most violence happens when prideful people use _____ and _____ to _____ take what they think is theirs.
3. The Bible on a new way of living:
 - Matthew 5:5, 9
 - 1 Peter 5:5
 - Colossians 3:12
 - 2 Timothy 2:24-25

Obstacles to true gentleness:

1. _____ and _____ - _____.
2. _____ to _____ of _____.

I cultivate true gentleness in my life when...

1. ...I _____ my life with _____.
2. ...I learn to _____. This includes:
 - _____.
 - The thought: _____ I am _____.
 - _____ I am _____.
3. ...I hang out with those of “_____.”

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Reflect and Respond

- Read Matthew 5:3-12. What does Jesus have say about his “upside-down” Kingdom? What, specifically, does this passage have to say about our culture’s view of aggression and self-promotion versus God’s definition of success?
- What more subtle effects on the cultivation of gentleness and humility are produced by a mindset that assumes that one can only make a real difference in the world if one is in a position of power (or one is in a position to set the agenda)? How does such a mindset encourage us to think about those in our society who are not now (and will likely never be) so positioned? How does our ambition to ascend to the top encourage us to treat those we pass up along the way?
- Reflect on the lives of those people you know whom you regard as gentle or humble. In what specific situations have you seen their gentleness or humility?
- Pray today (and from now on) for people who misunderstand, disappoint, irritate, or attack you. As you continue to pray this way, notice two things: any change in the situation, or (more to the point) any change in your attitude toward them.
- Think about any times when you’ve been “in charge.” In what ways were you tempted to “lord it over” others? Why do you think you were tempted to act this way?
- Pay close attention today to the amount of violence you interact with in the media (TV, internet, movie, news, etc.)? What are your observations? Do you need to regulate this more? What are the effects of all the violence we are subjected to via media?

...live a life worthy of the calling you have received.

Be completely humble and gentle; be patient, bearing with one another in love.

Make every effort to keep the unity of the Spirit through the bond of peace.

Ephesians 4:1-3 (TNIV)

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