

Study Guide

Monday, July 19- Read Galatians 5:22. (You should have it memorized!) Throughout this series on the fruit of the Spirit we have been reminded that it is FRUIT and not fruits. The fruit of the Spirit is one fruit that develops and grows within our lives; it is not a fruit market from which we can pick and choose the fruits we want and leave the others behind. Love is the blossom through which the fruit of the Spirit is produced. Without love there is no fruit. GENTELNESS IS LOVE TOUCHING. Love expresses gentleness through a tender touch. 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. Gentleness is a balance between extremes; it is strength submitted to God – power under control. Gentleness is love touching.

Tuesday, July 20 – From memory, recite Galatians 5:22. Do we understand gentleness? Charles Swindoll writes: *In our rough and rugged individualism, we think of gentleness as weakness—being soft and virtually spineless. Not so. Gentleness includes such enviable qualities as having strength under control, being calm and peaceful when surrounded by a heated atmosphere, emitting a soothing effect on those who may be angry or otherwise beside themselves, and possessing tact and gracious courtesy that causes others to retain their self esteem and dignity. Instead of losing, the gentle gain; instead of being ripped off and taken advantage of, they come out ahead. Are you seeking to be a gentle person?*

Wednesday, July 21 – Gentleness is not a fruit that too many of us come by naturally. We really need the Spirit to work with us in developing this beautiful fruit in our lives. HOW DO WE CULTIVATE THE FRUIT OF GENTLENESS? We must be submissive to the will of God.

Read Philippians 2:1-8. This is where it all has to begin. If we are going to be gentle, we must relinquish our power to another, that one is God. If we cannot be submissive to the will of God, we will have trouble being gentle because we will be under our own control. Jesus was the best example of being submissive to the will of the Father. In the garden before His crucifixion, He told God He would be submissive to His will. In Matthew 26:42 we read: *He went away again a second time and prayed, saying, “My Father, if this cannot pass away unless I drink it, Your will be done.”*

Thursday, July 22 – HOW DO WE CULTIVATE THE FRUIT OF GENTLENESS? Have a teachable Spirit. **Read James 1:21.** If we do not have a teachable spirit, we will not be able to receive the instruction we need to be able to be like Jesus. If we think we know it all already, we will never grow, and if we cannot grow, we will not be able to be the gentle person God wants us to be. We must be willing to learn, we must be willing to grow. Too many of us do not have teachable spirits; we are more concerned with being right than we are in possessing the truth. We will nit pick at things but we will let the more important matters of faith slip through our fingers. A teachable spirit is part of being submissive to the will of God. It is God’s will for you to grow, are you willing to learn so you can be submissive to His will for you?

Friday, July 23– HOW DO WE CULTIVATE THE FRUIT OF GENTLENESS? Consideration of others. **Read Ephesians 4:1-2.** When you re-read the Philippians 2 passage from Tuesday, you see that we are to put others first. We need to be considerate of others feelings, we need to be able to put ourselves in their shoes, we need to be able to empathize with others. Our walk with Jesus is not worthy if we are not showing tolerance for one another. You can call yourself anything you want, but if we cannot show tolerance, patience, love, and gentleness, we cannot call our walk worthy. Talk means nothing without walk!