

BE GENTLE WITH ONE ANOTHER

Scripture : Eph 4:32 (MSG)

Everyone wants friends and everyone needs friends. It is a medical fact that those who have friends live longer.

Prov18:24 - A man who has friends must himself be friendly (NKJV)

One of the most likeable qualities of a friend is “gentleness”.

In Greek, GENTLENESS means ‘Strength under control’.

Eg: A wild horse which is tamed. It is tamed for the maker’s use in spite of having enormous strength.

In Bible, two people – Moses and Jesus are called Gentle; it means ‘Not weak’ and ‘Strong and masculine’.

Phil 4:5 – Gentleness is choosing your response rather than reacting to people.

Math 11:28,29 - Take my yoke upon you and learn from me, for I am gentle and humble in heart.

HOW TO LEARN GENTLENESS?

(1) BE UNDERSTANDING NOT DEMANDING

- Be understanding and not demanding towards people who serve you.

Phil 2:4 – Not looking at your own interests but each of you should look at the interests of others.

- The secret of getting a great service at the restaurant is to treat those who serve you with respect.

- Looking beyond your own needs and agenda takes much effort but the results are worth it.

- First place to learn and be gentle is at home.

Wife: 1 Pet 3:4 - beauty of a gentle and quiet spirit

Husbands: 1 Pet 3:7 - Husbands live in understanding with your wives, Treat them with respect.

(2) BE GRACIOUS AND NOT JUDGMENTAL

- When someone disappoints you be gracious not judgmental

- It is not the harsh things that happen which separate relationships but judging the other person.

Gal 6:1 – Temptation that Paul is talking about is ‘Judging’ Holier than thou attitude

Rom 14:1 – Accept those whose faith is weak

What is your reaction to people who mess up by not listening to you?

- Jesus’s reaction to the woman who committed adultery – defended her in public but dealt with her sin privately. He was gracious, not judgmental.

Why should we not be judgmental?

Rom 15:7 - “Accept one another as Christ accepted you”

When you feel like being judgmental towards another person, think how much Christ has been gracious to you!

(3) BE TENDER WITHOUT SURRENDER

- When someone disagrees with you, be tender without surrender. There will always be people who will disagree with you and who want to argue and quarrel with you.

- They will always want to contradict you; learn how to handle them

a) You can retreat in fear – Have your way (Normal behavior)

b) You can react in anger – become sarcastic and attack a person’s self worth.

c) You can respond in gentleness – maintaining your right to your opinion, respecting another

person's right to his opinion

- This is being tender without surrendering your convictions

Prov 15:1 – A gentle answer quiets anger, but a harsh one stirs it up.

AGREE to DISAGREE!

James 3:16-17: Where there is jealousy and selfishness, there will be disorder and evil of every kind. The cause of quarrels and arguments is selfishness, i.e., to have my way.

There are few people who think they know it all. They want to have a say in everything. They are not wise people.

- Never fight a battle where you will not gain anything by winning. Do you fight such battles in marriage? Relationship is much more than a point you are trying to prove.

- Gentleness is an ability to disagree agreeably Eg: Paul and Barnabas

(4) BE TEACHABLE

James 1:19 When someone corrects you, be a teachable person.

a) Quick to listen

b) Slow to speak

c) Slow to get angry

If you do a) and b) then you will be slow to get angry.

Prov 13:18 - "Whoever heeds correction is honored"

- Gentle people: use their ears more than their mouths and are willing to accept correction.

- Gentleness is equated to meekness in scripture

Math 5:5 - "Blessed are the meek, they will inherit the earth"

- the wisest people are the teachable people who are willing to learn from others.

- From whom to learn

- LONELY people

- never admit mistakes

- never learn from anyone

- never let anyone teach them,

- have a 'know it all' type of attitude

- Gentleness

- willing to admit when you are wrong

- willing to learn from others

- willing to learn from God's word

(5) BE PROACTIVE NOT REACTIVE

Proactive – initiates action

When someone hurts you, be proactive not reactive.

Eg: If you hit a mango tree with stone, it gives back sweet mangoes

1 Pet 2:23 – How Jesus acted at his trial before Pilate

- Jesus could have threatened

- Jesus could have commanded all his angels in heaven to come down and rescue him in an instant. But he endured everything in silence.

RESULT :

Jesus' silence

- threatened Pilate

- made Pilate nervous

- rather than reacting

Gentleness: Strength under control

- Don't let others hurt your emotions. To respond/react is in your control.

- Remember no one can take control from you
- You give it away the moment you start reacting
- When someone is unfaithful to you, you don't react by being unfaithful

Rom 12: 17, 21

- Do not repay anyone evil for evil
- Do not be overcome by evil but overcome with good

Do you let other people to control your emotional state?

Do you let other people raise your happiness level or plunge you into worry, fear or anger?
 Prov 16:32 NKJV - "He who is slow to anger is better than the mighty and he who rules his spirit is better than he who takes a city."

A person who can control his own moods is stronger than an army in the city that has a wall around it.

A person who has no control is like a defenseless city with no wall around it, is under the mercy of what anyone wants to do to you.

(6) **BE RESPECTFUL**

- When people don't accept your opinions, learn to respect them, not to reject them
- Don't put others down
- Respecting them means not putting them down
- You don't need to approve their lifestyle

1 Pet 3:15 - "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with **gentleness** and **respect**."

Jesus was gentle and He wants us to be gentle. Gentleness came naturally to Jesus. But it doesn't not come naturally to us, we must work towards it.

BLESSINGS OF GENTLENESS!

- Will help you to have a relaxed lifestyle
- Will make you more adaptable