

The Ingredient of Gentleness

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Philippians 2:3-8

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others. ⁵ In your relationships with one another, have the same mindset as Christ Jesus: ⁶ Who, being in very nature God, did not consider equality with God something to be used to his own advantage; ⁷ rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. ⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

praüs: A humble, controlled strength that is patient and trusting in God rather than resorting to force or self-assertion.

Matthew 21:5

See, your king comes to you, gentle and riding on a donkey.

epieikēs: refers to a spirit of gracious restraint, choosing kindness, patience, and mercy even when one has the right to demand justice or act harshly.

Luke 23:34

Father, forgive them, for they do not know what they are doing.

Colossians 3:18-19

Wives, submit yourselves to your husbands, as is fitting in the Lord. ¹⁹ Husbands, love your wives and do not be harsh with them.

Ephesians 5:24-25

But as the church is subject to Christ, so also wives should be subject to their husbands in everything [respecting both their position as protector and their responsibility to God as head of the house]. ²⁵ Husbands, love your wives [seek the highest good for her and surround her with a caring, unselfish love], just as Christ also loved the church and gave Himself up for her,

Philippians 4:4–9 (NIV)

Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near.

Matthew 5:44

But I tell you, love your enemies and pray for those who persecute you.

Proverbs 26:20-21

Without wood a fire goes out; without gossip a quarrel dies down. As charcoal to embers and as wood to fire, so is a quarrelsome person for kindling strife.

The Way of the Flesh

-Assume the worst

The Way of the Cross

-Don't assume people's motives or words (when unclear)

Proverbs 18:2

Fools find no pleasure in understanding but delight in airing their own opinions.

The Way of the Flesh

-talk about it with others first

The Way of the Cross

-Talk about it with God first

James 3:5-6

"So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire!

The Way of the Flesh

-Be quick to speak

The Way of the Cross

-Be slow to speak

James 1:19

"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry."

The Way of the Flesh

-React with harshness

The Way of the Cross

-Respond with gentleness and grace

Proverbs 15:1-4

A gentle answer turns away wrath, but a harsh word stirs up anger. ²The tongue of the wise adorns knowledge, but the mouth of the fool gushes folly. ³The eyes of the Lord are everywhere, keeping watch on the wicked and the good. ⁴The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.

Ephesians 4:29

Let no unwholesome word come out of your mouth, but if there is any good word for edification, according to the need of the moment, say that, so that it will give grace to those who hear.

The Way of the Flesh

-Curse

The Way of the Cross

-Bless

1 Peter 3:9 (NIV)

Do not repay evil with evil or insult with insult, but with blessing,

Luke 6:31

Do to others as you would have them do to you.

The Way of the Flesh

-Seek revenge

The Way of the Cross

-Forgive

1 Peter 2:23

When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.

Colossians 3:13

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

The Way of the Flesh

-Be impatient and irritable

The Way of the Cross

-Bear with them in love

1 Corinthians 14:4-5

Love is patient and kind; love does not envy or boast; it is not arrogant **5** or rude. It does not insist on its own way; it is not irritable or resentful

Colossians 3:13

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Romans 12:18

If it is possible, as far as it depends on you, live at peace with everyone.

The Way of the Flesh

-Hold grudges

The Way of the Cross

-Seek reconciliation

Matthew 5:23-24

So if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.

The Way of the Flesh

-Let their mistake mark them for life

The Way of the Cross

-Seek their restoration

Galatians 6:1

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently

Galatians 5:22-26

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.