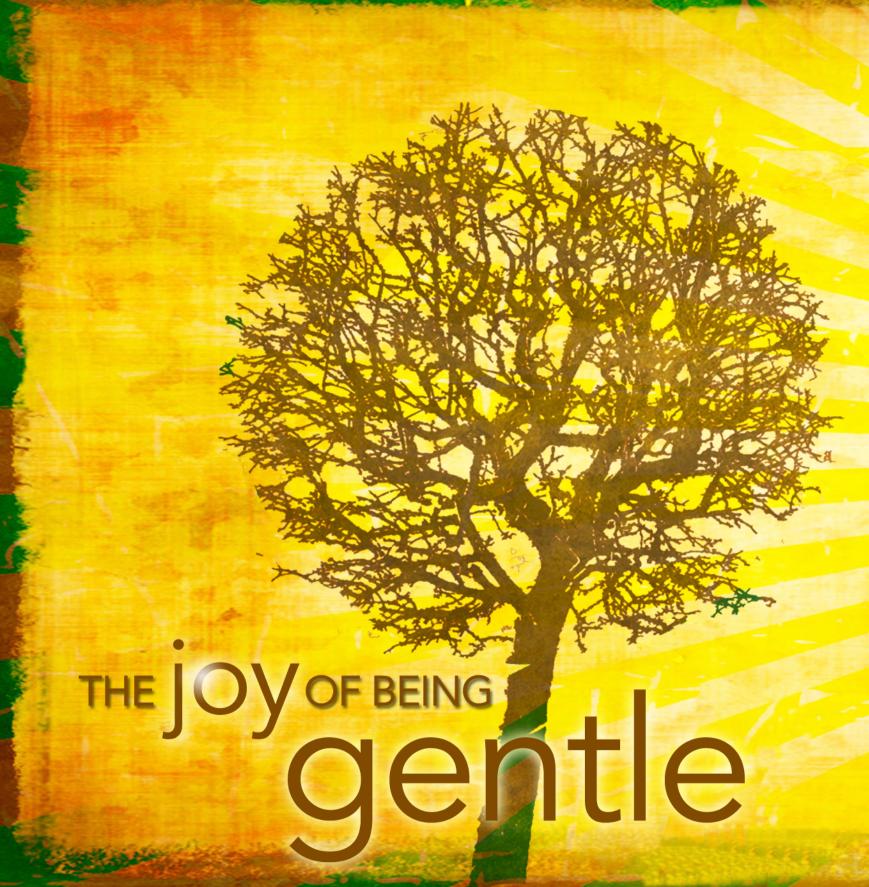


What makes people act HARSHLY?

What do HARSH people hope to accomplish?

What does the HARSH approach actually accomplish?



"A GENTLE answer turns away wrath."

Proverbs 15:1

What does Jesus mean by the word MEEK?

**GENTLENESS** is exercising power within my relationships in a kind, Christ-like way.

I Have Power in my Relationships

- + As a PARENT
- + As a SPOUSE
- + As a CHILD
- + As a SIBLING
- + As a SUPERVISOR
- + As a NEIGHBOR
- + As a VICTIM



# What does Jesus mean that the Gentle INHERIT THE EARTH?

Psalm 37:10-11

"A little while, and the wicked will be no more; though you look for them, they will not be found. But the MEEK ("Praos") will INHERIT THE LAND and enjoy peace and prosperity."



## **How Do I Become one of the Blessed GENTLE?"**

To be Gentle, I must Forsake Internal ANGER

James 1:20-21

"A person's anger does not bring about the righteous life that God desires. Therefore...with "praos" (gentleness) accept the word planted in you, which can save you."



# **How Do I Become one of the Blessed GENTLE?"**

To be Gentle, I must Forsake Internal ANGER

#### **3 Steps to Forsaking Inner Anger**

- 1. REPENT I Ask God to forgive me for holding on to bitterness
- 2. REQUEST I Ask God to Heal me from my Harshness
- 3. RELEASE I Forgive those who have hurt me



## **How Do I Become one of the Blessed GENTLE?"**

To be Gentle, I must Forsake Internal ANGER
To be Gentle, I must Follow Jesus

Matthew 11:28

Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am PRAOS (GENTLE) and humble in heart."

