

THE joy OF BEING  
gentle







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What makes people act HARSHLY?

What do HARSH people hope to accomplish?

What does the HARSH approach actually accomplish?



*"Blessed are the Meek, for they will inherit the earth." Matthew 5:5*

### **What does Jesus mean by the word MEEK?**

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

**"A GENTLE answer turns away wrath."**

**Proverbs 15:1**

### **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

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**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."

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*"Blessed are the Meek, for they will inherit the earth." Matthew 5:5*

## **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."

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### **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

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## **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."

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