

# **The Key to a Blessed Life**

## **SESSION 3 - THE STRENGTH OF GENTLENESS**

God blesses those who are gentle.  
The whole earth will belong to them!  
***Matthew 5:5***

### **GENTLENESS IS STRENGTH UNDER CONTROL**

#### **BENEFITS OF BEING GENTLE**

##### **1. GENTLENESS DEFUSES CONFLICT.**

A gentle answer turns away wrath, but a harsh word stirs up anger.  
***Proverbs 15:1***

**WHEN OTHER PEOPLE RAISE THEIR VOICE, LOWER YOURS.**

If your boss is angry at you, don't quit! A quiet spirit can overcome even great mistakes.  
***Ecclesiastes 10:4 (NLT)***

##### **2. GENTLENESS DISARMS CRITICS.**

We respond gently when evil things are said about us.  
***1 Corinthians 4:13 (NLT)***

Your conversation should be so sensible and logical that anyone who wants to argue will be ashamed of himself because there won't be anything to criticize in anything you say!  
***Titus 2:8 (TLB)***

##### **3. GENTLENESS IS PERSUASIVE.**

Gentle speech breaks down rigid defenses.  
***Proverbs 25:15 (The Message)***

A gentle word can get through to the hard-headed.  
***Proverbs 25:15 (NCV)***

A wise, mature person is known for understanding. The more pleasant his words, the more persuasive he is.  
***Proverbs 16:21 (GNT)***

**I'M NEVER PERSUASIVE WHEN I'M ABRASIVE.**

#### **4. GENTLENESS IS ATTRACTIVE.**

[As a] man of God...pursue what God approves of: a godly life, faith, love, endurance, and gentleness.

**1 Timothy 6:11 (GW)**

#### **THE FIVE MARKS OF A GODLY MAN OR WOMAN**

- 1) **Godliness:** Being Christ-like
- 2) **Faith:** Trusting God in every area of life
- 3) **Love:** Being unselfish
- 4) **Endurance:** Refusing to quit
- 5) **Gentleness:** Strength under control

You should be known for the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.

**1 Peter 3:4 (NLT)**

#### **5. GENTLENESS COMMUNICATES LOVE.**

Husbands, love your wives and be gentle with them.

**Colossians 3:19 (NCV)**

Fathers, do not irritate and provoke your children to anger. Do not exasperate them to resentment, but rear them tenderly in the training | and discipline and counsel of the Lord.

**Ephesians 6:4 (AMP)**

#### **6. GENTLENESS EARNS RESPECT.**

Moses was very meek and a gentle man. In fact, he was more gentle than anyone else on the face of the earth!

**Numbers 12:3**

#### **7. GENTLENESS IS A WITNESS TO UNBELIEVERS.**

Believers should never speak evil of anyone, nor be quarrelsome. Instead, they should be gentle and show courtesy to everyone.

**Titus 3:2**

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.

**1 Peter 3:15 (NIV)**

#### **8. GENTLENESS MAKES ME LIKE JESUS.**

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 gentle and humble in heart, and you will find rest for your souls.

**Matthew 11:28-29 (NIV)**

The fruit of the Spirit is... gentleness.

**Galatians 5:22-23 (NIV)**