

## Nine Secrets of Healthy Relationships

### Gentleness – Part Nine

**Galatians 5:22-23 (NLT)** <sup>22</sup> But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, and self-control. Here there is no conflict with the law.

**Matthew 18:4 (KJV)** Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven.

**Matthew 23:11-12 (KJV)** <sup>11</sup>But he that is greatest among you shall be your servant. <sup>12</sup>And whosoever shall exalt himself shall be abased; and he that shall humble himself shall be exalted.

**PRAOS** (*NIV: meekness, humility, gentleness*) – “a disposition that is even tempered, mild, tranquil, unpretentious; passions under control”

### Five Qualities of a Gentle Person (P.O.W.E.R.)

#### Personality

**Ephesians 3:20 (KJV)** Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

**Ephesians 3:20 (TM)** God can do anything, you know – far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us.

**John 15:4 (LB)** Take care to live in me, and let me live in you. For a branch can't produce fruit when severed from the vine. Nor can you be fruitful apart from me.

#### Outlook

How we see other people will determine two things:

- (1) our **attitudes** toward them
- (2) our **actions** toward them

**Philippians 2:4-8 (NLT)** <sup>4</sup> Don't think only about your own affairs, but be interested in others, too, and what they are doing.<sup>5</sup> Your attitude should be the same that Christ Jesus had. <sup>6</sup> Though he was God, he did not demand and cling to his rights as God. <sup>7</sup> He made himself nothing; he

took the humble position of a slave and appeared in human form. <sup>8</sup>And in human form he obediently humbled himself even further by dying a criminal's death on a cross.

**2 Peter 1:6-7 (LB)** <sup>6</sup> Next, learn to put aside your own desires so that you will become patient and godly, gladly letting God have his way with you. <sup>7</sup> This will make possible the next step, which is for you to enjoy other people and to finally you will grow to love them deeply.

**James 3:16 (CEV)** Whenever people are jealous or selfish, they cause trouble and do all sorts of cruel things.

## Words

**James 3:6-8 (NLT)** <sup>6</sup> And the tongue is a flame of fire. It is full of wickedness that can ruin your whole life. It can turn the entire course of your life into a blazing flame of destruction, for it is set on fire by hell itself. <sup>7</sup> People can tame all kinds of animals and birds and reptiles and fish, <sup>8</sup> but no one can tame the tongue. It is an uncontrollable evil, full of deadly poison.

**Luke 6:45b (LB)** Whatever is in the heart overflows into speech.

**Proverbs 15:4 (NLT)** Gentle words bring life and health; a deceitful tongue crushes the spirit.

**Ephesians 4:29 (TM)** Watch the way you talk. Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift.

## Expectations

**Ephesians 4:2 (NLT)** Be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.

## Response

**Proverbs 16:32 (NKJV)** He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.

**James 1:21(NKJV)** Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls.

**1 Peter 3:4 (KJV)** But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

**Psalms 34:18 (KJV)** The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

**James 4:6 (KJV)** But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.