

Finding Strength in Gentleness

Stressed to Blessed



Inspired by Rick Warren's "Keys to a Blessed Life"

Blessed are those who are gentle. They will inherit the earth.

Matthew 5:5 (GW)

"... the Lord God is coming with mighty power; he will rule with awesome strength . . . He will feed his flock like a shepherd; he will carry the lambs in his arms and gently lead the ewes with young" **Isaiah 40:9-11(TLB)**.

"Gentleness invites God's friendly approach and his generosity. Ultimately gentle people will come out on top.

Matthew 5:5 (PRPV) Pastor Ray's Paraphrase

Ways to practice Gentleness

☉ When Someone Serves You-

Be _____ not _____

☉ When Someone Disappoints You

Be _____ not _____



"Treat others as you want them to treat you. **Luke 6:31 (The Living Bible)**

"... husbands must give honor to your wives. Treat your wife with understanding as you live together...**1 Peter 3:7 (NLT)**

"your beauty should come from within you-the beauty of a gentle and quiet spirit that will never be destroyed and is very precious to God.**1 Peter 3:4 (NCV)**

"Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord. **Ephesians 6:4 (NIV)**

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. **Galatians 6:1 (NIV)**

Accept one another, then, just as Christ accepted you...

Romans 15:7 (NIV)

Ways to practice Gentleness

- When Someone Corrects You

Be _____ not _____

- When in Conflict

_____ without being _____



My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, **James 1:19 (NIV)**

A person who refuses correction will end up poor and disgraced, but the one who accepts correction will be honored. **Proverbs 13:18 (NCV)**

Ways to practice Gentleness

- When Someone hurts You

Be _____ not _____

- When sharing your faith

Be _____



A gentle answer will calm a person's anger, but an unkind answer will cause more anger. **Proverbs 15:1 (NCV)**

"He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly." **1 Peter 2:23 (NLT)**

But in your hearts set apart Christ as Lord. 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)**

"Come to me, all of you who are tired and have heavy loads, and I will give you rest. Accept my teachings and learn from me, because I am gentle and humble in spirit, and you will find rest for your lives. **Matthew 11:28-29 (NCV)**