

## A GENTLE MAN

**MOST MEN ASPIRE TO ONE DAY BE A GENTLEMAN, BUT NOT ALL MEN WANT TO BE A GENTLE MAN.**

The concept of being a “gentleman” emerged in the Middle Ages as a designation for a chivalrous man from a good family.

In the New Testament, there are two primary words used to describe a gentle man.

One is used by Paul in 1 Timothy 3 and Titus 3, the other is translated as “meekness.”

**2 Corinthians 10.1:** I, Paul, myself entreat you, by the **meekness and gentleness** of Christ.

### WHAT GENTLENESS IS NOT:

**A. GENTLENESS IS NOT \_\_\_\_\_.**

Gentleness or meekness is commonly defined as “deficient in spirit and courage.”

We think of a gentle breeze, a gentle mother, a gentle nudge.

Biblically, the concept of meekness is \_\_\_\_\_ under control.

A tame horse is just as strong, but he is now under the authority of his master.

Jesus was a blue-collar physical laborer. Physically, He was far from weak.

**Matthew 21.12:** Jesus entered the temple and drove out all who sold and bought in the temple, and He overturned the tables of the money-changers and the seats of those who sold pigeons.

Violence is weaker than gentleness – it is a form of \_\_\_\_\_.

**Ralph W. Sockman:** Nothing is so strong as gentleness. Nothing is so gentle as real strength.

**B. GENTLENESS DOES NOT MEAN BEING A \_\_\_\_\_.**

In the same breath, Paul instructs elders to be gentle and says that Cretans are “detestable, disobedient, unfit for any good work.”

**Jonathan Edwards:** All who are truly godly and are real disciples of Christ have a gentle spirit in them.” Preacher of “Sinners in the Hands of an Angry God.”

Being Gentle does not mean \_\_\_\_\_ all the hills you will die on.

Instead, it means carefully selecting those hills and standing firm upon them.

### WHAT GENTLENESS IS:

**A. BEING GENTLE MEANS BEING \_\_\_\_\_.**

**Philippians 4.5:** Let your reasonableness be known to everyone.

The true historical meaning of this Greek word means being fair by relaxing overly strict commands in order to keep the “\_\_\_\_\_ of the law.”

It expresses “moderation which recognizes the impossibility that cleaves to formal law.”

When formal law comes in tension with God’s Law, the gentle person will always choose God’s Law.

Something that is \_\_\_\_\_ right can be morally wrong.

A reasonable person can discern between the two.

### **B. BEING GENTLE MEANS BEING \_\_\_\_\_.**

**Proverbs 9.10:** The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding.

**Ephesians 5:15-16:** Look carefully then how you walk, not as unwise, but as wise, making the best use of time, because the days are evil.

**James 3:17:** But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.

A wise man recognizes that the more \_\_\_\_\_ he has, the more gentleness is required.

### **C. BEING GENTLE MEANS BEING \_\_\_\_\_ AT THE RIGHT TIME.**

**John A. Hardon:** Gentleness is the virtue that restrains the passion of anger.

**Ecclesiastes 3:** A time to kill, and a time to heal...a time to embrace, and a time to refrain from embracing...a time to tear, and a time to sew...a time to love, and a time to hate; a time for war and a time for peace.

Life is best lived in between two extremes, knowing when to exercise anger, and when to exercise peace.

Aristotle said the man who is gentle and meek is the man who is always angry at the right time and never angry at the wrong time.

The 5x5 Rule: If it’s not gonna matter in 5 \_\_\_\_\_, don’t spend more than 5 \_\_\_\_\_ being angry about it.

Anger never justifies violence.

Violence often has the opposite effect.

**John Locke:** Gentleness is far more successful in all its enterprises than violence; indeed, violence generally frustrates its own purpose, while gentleness scarcely ever fails.

### **C. BEING GENTLE MEANS BEING \_\_\_\_\_.**

**Matthew 5.5:** Blessed are the meek, for they shall inherit the earth.

**Psalms 10.17:** God will hear the desire of the meek.

**Psalms 37.11:** The meek will inherit the land.

**Isaiah 11.4:** The Messiah will give equity to the meek

**Isaiah 29.19:** The meek will obtain the fresh joy of the Lord

## HOW TO BE A GENTLE MAN

### 1. BEING GENTLE IN THE \_\_\_\_\_:

**Ecclesiastes 10.4:** If a ruler's anger rises against you, do not leave your post; calmness can lay great offenses to rest.

We all have \_\_\_\_\_ neurons in our brain. We will naturally mimic the mood and posture of those around us.

Gentleness is attractive: to your superiors, to your direct reports, even to your customers. Don't ever become too big for your \_\_\_\_\_.

**George Washington:** No, I am just the right size.

Ask yourself: How do I treat my coworkers?

Am I patient with them or demanding all the time?

Do I treat them with respect, or do I treat them with abruptness, like my time is much more valuable than theirs?

Am I willing to go the extra mile, to do something that is not explicitly on my job description, to help others?

Am I gentle?

### 2. BEING GENTLE IN YOUR \_\_\_\_\_:

Yelling and screaming at your children rarely, if ever, works.

Gentleness will speak louder than a raised voice ever could.

You may think that you're being gentle with your wife and kids, but it doesn't matter what you think; it matters what they \_\_\_\_\_.

**John Gottman:** You need \_\_\_ positive interactions to cancel out every \_\_\_ negative interaction.

Ask yourself: How do I treat my family? Am I patient with them or demanding all the time? Do I respect their wants and likes, or do I force my own way? Am I considerate of my family in my home? Am I gentle with my wife and children?

### 3. BEING GENTLE IN YOUR \_\_\_\_\_:

Everywhere you go, you are a representative of Christ and your church.

**Proverbs 15.1:** A gentle answer turns away wrath, but a harsh word stirs up anger.

Know when winning an argument is not worth losing a \_\_\_\_\_.

**Indian Proverb:** The way to overcome the angry person is with gentleness, the evil person with goodness, the miser with generosity, and the liar with truth.

Ask yourself: How do I treat people in my community? Am I patient and gentle with others I meet, whether in stores, in cars, in church parking lots, in restaurants, at school, at meetings, at sports events? Do I treat them with respect?