

DAILY READING: GENTLENESS

Gentleness is a fruit of the Holy Spirit. This means when I choose to live in obedience to God, as a follower of Jesus, the Holy Spirit produces gentleness in me.

Gentleness is strength controlled by the Holy Spirit. I surrender to the Holy Spirit my right to react with big feelings. I will allow the Holy Spirit to produce gentleness in me. I do not need to be loud or unkind when others are loud or unkind. Even when anger seems appropriate, I will respond with gentleness. His Spirit will keep my feelings steady and then I will be able to stand firm in gentleness. A gentle response keeps me focused on loving others as Jesus loves me. I surrender to the Holy Spirit my desire to hurt others. With the help of the Holy Spirit, I will give attention and care to growing gentle strength in my life. Today I will respond with gentleness to every person no matter what.

DAILY STUDY: GENTLENESS

DAY 1: The Strength of

Gentleness – Proverbs 15:1-4
(page 627); 1 Timothy 6:11-14
(page 1196)

DAY 2: Jesus and Gentleness –

Matthew 11:28-30 (page 953);
Luke 23:34 (page 1035); Hebrews 12:2 (page 1219)

DAY 3: Wisdom in Gentleness – James 3:17-18 (page 1224);

Proverbs 29:11 (page 642)

DAY 4: Gentleness and Authority – 2 Corinthians 10:1-4

(page 1149); Romans 15:1 (page 1121); Proverbs 15:1
(page 628)

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Gentle Giants

Manatees are called the gentle giants of the sea. They spend their days sleeping and eating plants. They are friendly, and even use hugging and kissing to greet and communicate with each other.

DAY 5: With One Another – Colossians 3:12 (page 1178);
Ephesians 4:2 (page 1164); Ephesians 4:32 (page 1165);
Ruth 2:20 (page 263)

DAY 6: Appropriate Response – 1 Thessalonians 5:15
(page 1184); 1 John 3:14-20 (page 1242); Deuteronomy 15:7
(page 192)

DAY 7: Reflected in Jesus – Matthew 12:19-20 (page 954);
1 Peter 2:21-23 (page 1230); Isaiah 40:11 (page 697)

**Take time to learn the memory verse
and have fun doing the activity.**

ACTIVITY: How to Handle an Egg

Gentleness takes skill. Treating others with gentleness is not the same as babying them. A gentle spirit does not intend to cause harm. Gentleness is expressed in the way we speak to others and the way we treat others. Here's a fun challenge to practice being gentle with your body. Consider how much self-control and patience are required to practice gentleness. It is best to do this activity outside.

YOU WILL NEED:

- A raw egg
- A spoon

STEPS:

1. Ask an adult if you can use an egg first.
2. Put a raw egg on a spoon.
3. Hold the spoon with the egg balanced in one hand.
4. Try and walk from one side of your yard to the other without dropping the egg.

MEMORY VERSE:

James 3:17
"But the wisdom from above is first
of all pure. It is also peace loving, gentle
at all times, and willing to yield to others. It
is full of mercy and the fruit of the good deeds."
James 3:17

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