
GENTLENESS

Practice Guide

PRACTICE 1 - CHRIST'S GENTLENESS

Our first step towards gentleness is to receive Christ's gentleness for us. In Matthew 11:28-30 Christ tells us His very heart when He says:

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Our first step in gentleness towards others is to receive and be shaped by Christ's gentleness for us as His children. Spend intentional time this week reflecting on the following passages, allowing Christ's gentleness towards you to shape you towards gentleness.

- **Monday** - Matthew 11:28-30
- **Tuesday** - Psalm 23
- **Wednesday** - Psalm 103
- **Thursday** - Psalm 18
- **Friday** - Isaiah 43:1-17

PRACTICE 2 - HONEST CONVERSATIONS

Part of the deceptiveness of sin is that it can blind us to our own faults, failures, or shortcomings. In regards to gentleness, we can often think we deal appropriately with others, and be blind to our own faults.

In His mercy, God has given us a gift in other believers who can walk alongside us and serve us by lovingly pointing out our blind spots and faults.

This week, our second practice is to have honest conversations about how others are experiencing you. This is a chance for humility and grace to flow as we allow others to speak into our harshness, passivity, and gentleness.

Here's the practice:

1. Schedule a time to have a face-to-face conversation with a trusted Christian who knows you well. (CG leader, friend, spouse, etc)
2. Ask the person - How do you experience me? In our interactions, or in my interactions with others, do I lean towards harshness, passivity, or gentleness?
3. Receive their feedback, and resist the urge to justify, excuse, or explain.
4. Pray together.



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