

**Maintaining Happiness in Life**  
**Part 3 - "The Strength of Gentleness"**

"God blesses those who are gentle. The whole earth will belong to them!" Matthew 5:5

Gentleness is strength under control

**BENEFITS OF BEING GENTLE**

**1. GENTLENESS DIFFUSES CONFLICT**

"A gentle answer turns away wrath, but a harsh word stirs up anger." Proverbs 15:1 (NIV)

"If your boss is angry with you, don't quit! A quiet, gentle spirit can overcome even great mistakes." Ecclesiastes 10:4 (NLT)

**2. GENTLENESS DISARMS CRITICS**

"We respond gently when evil things are said about us." 1 Corinthians 4:13 (NLT)

"The Lord's servant must never quarrel; instead, he must be kind and gentle with everyone, He must be able to teach effectively and be patient with difficult people Those who oppose him he must gently instruct, in the hope that God will grant them repentance leading them to know the truth." 2 Tim. 2:24-25 (NIV/LB)

**3. GENTLENESS COMMUNICATES LOVE**

"Husbands, love your wives and be gentle with them." Col. 3:19 (NCV)

"Fathers, do not irritate and provoke your children to anger. Do not exasperate them to resentment, but rear them tenderly in the training and discipline and counsel of the Lord." Eph. 6:4 (Amp)

**4. GENTLENESS IS A WITNESS TO UNBELIEVERS**

"Believers should never speak evil of ANYONE, nor be quarrelsome. Instead they should be gentle and show courtesy to everyone." Titus 3:2 (GW)

"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)

"Yes, whatever a person needs in life, I try to find common ground with him so that he will let me tell him about Christ and let Christ save him." 1 Cor. 9:22 (LB)

"While Paul was waiting for them in Athens, he was deeply troubled by all the idols he saw everywhere throughout the city. So Paul, standing before them at the Mars Hill forum, addressed them as follows: "Men of Athens, I notice that you are very religious, for as I was out walking I saw your many altars, and one of them had this inscription on it—'To the Unknown God.' You have been worshiping him without knowing who he is, and now I wish to tell you about him. . ." Acts 17:16; 22-23

**5. GENTLENESS MAKES ME LIKE JESUS**

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." Matthew 11:28-29 (NIV)

"The fruit of the Spirit is . . . gentleness!" Gal. 5:22-23 (NIV)

**WITH WHOM CAN I PRACTICE GENTLENESS THIS WEEK?**