



This week we continued our series thinking about the disconnect that we so often encounter where our words and actions don't match; the theory and the practice are out of sync.

This week it was Philippians 4v5:

Let your gentleness be evident to all. The Lord is near.

We focussed in on

- **gentleness** (intentionally using strength well as we engage with others, gentle being patient, generous, humble etc).
- **all** - not just the people we like or find easy, but all - even those who have caused us harm (it's not that we don't respond we just do so in a gentle way).
- **near** - with the context this is probably a comfort (see v6) rather than a challenge. You can respond gently because the Lord has you safely.

We noted we should

- **follow** gentle Jesus - he is gentle and lowly and kind to us. He won't snuff out a bruised reed.
- **fruit** of his Holy Spirit - there's an inevitability about our growing Christlikeness (see fruit of the Spirit in Galatians 5) as we grow in line with who we now are.
- **firm** (!) safe in Jesus - very often our lack of gentleness is an outworking of insecurity or confusion about where our identity lies

Some possible questions

- I would encourage your people to try and learn the verse so we can meditate on it in the week to come (and beyond)
- Why do you think there's a lack of gentleness in our world? Both generally and especially (perhaps) at the moment?
- When do you struggle with gentleness? Why do you think you do?
- How can the 3 'applications' (follow, fruit and firm!) help us?