

08/28/16

the FRUIT
of
the SPIRIT

is

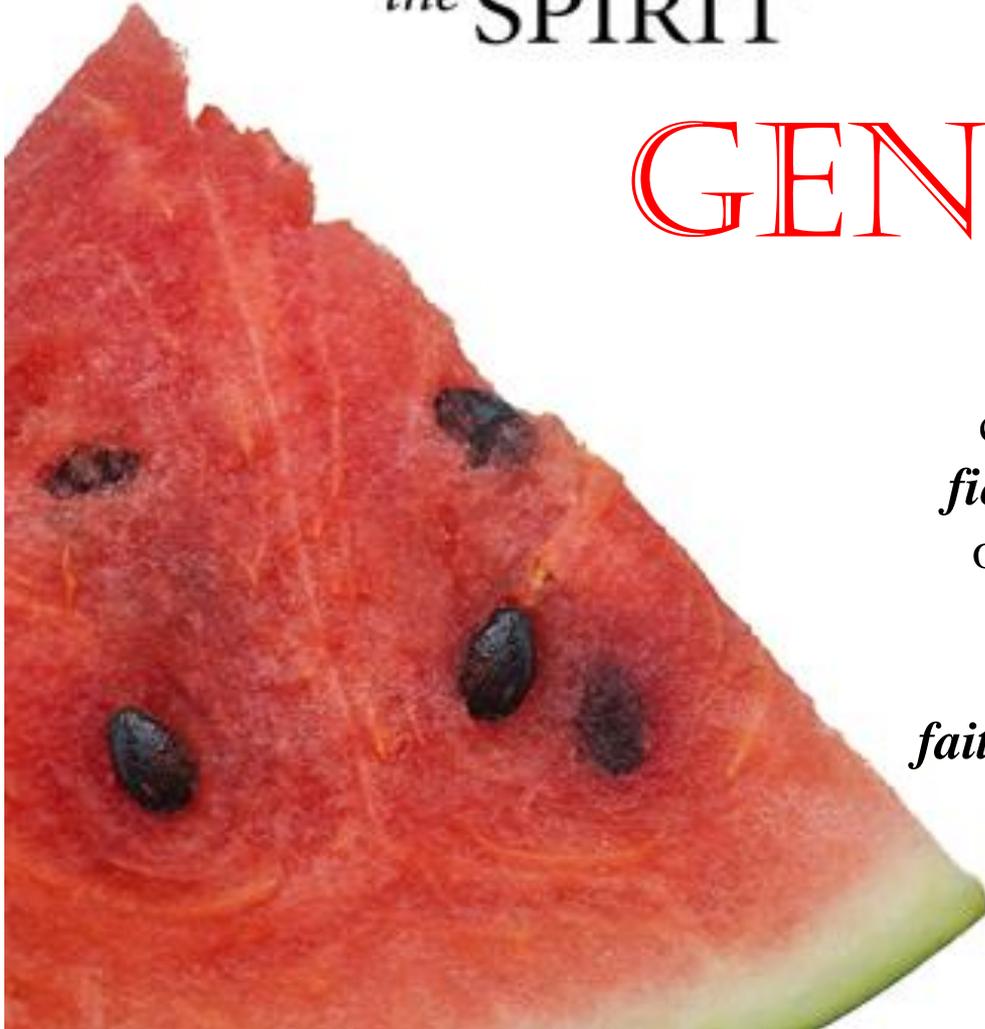
GENTLENESS

Lord Jesus, as the season of Pentecost continues *and as the crops grow in the fields all around us*, may a great harvest of the fruit of the Spirit grow within us:

love, joy, peace,
patience, kindness, goodness,
faithfulness, gentleness and self control.

May our lives be filled with what truly lasts: *faith, hope and love.*

And the greatest of these is love.

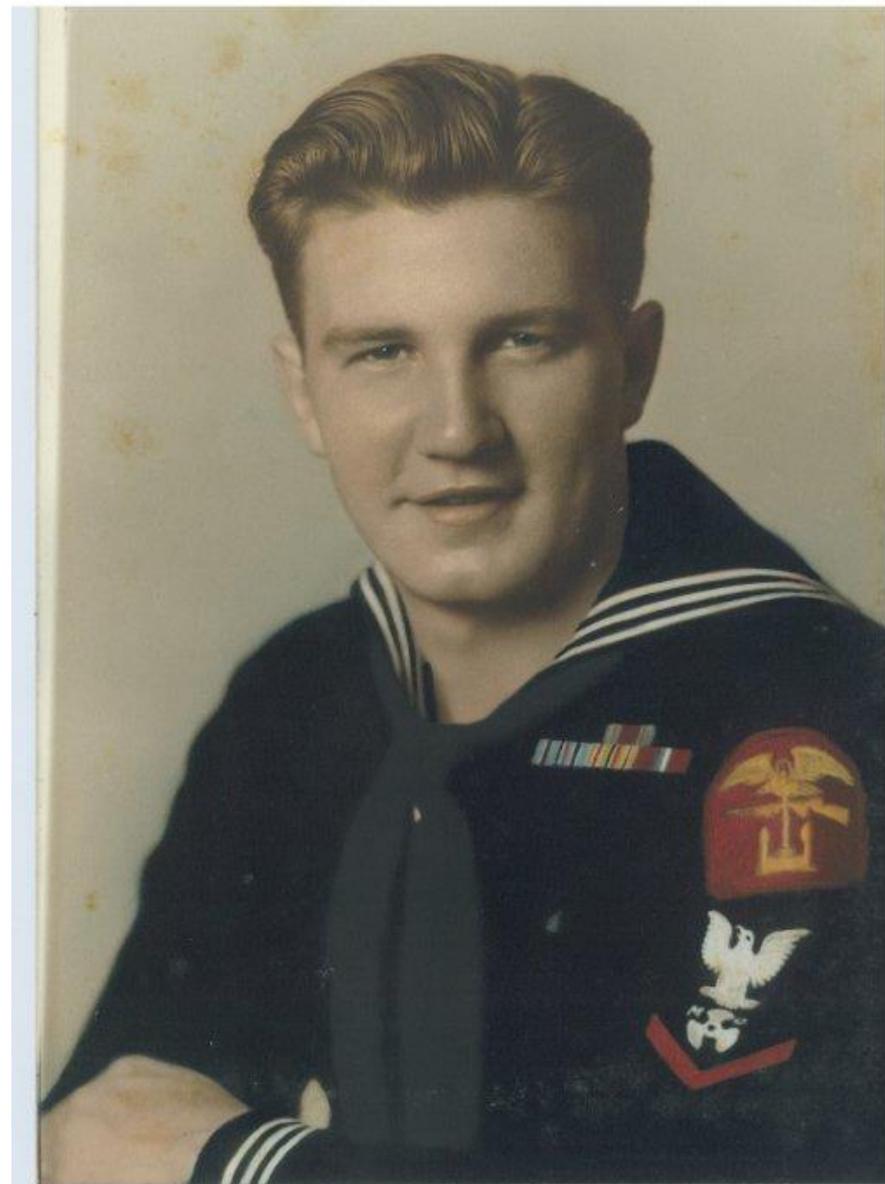


My dad grew up
on a dairy farm.

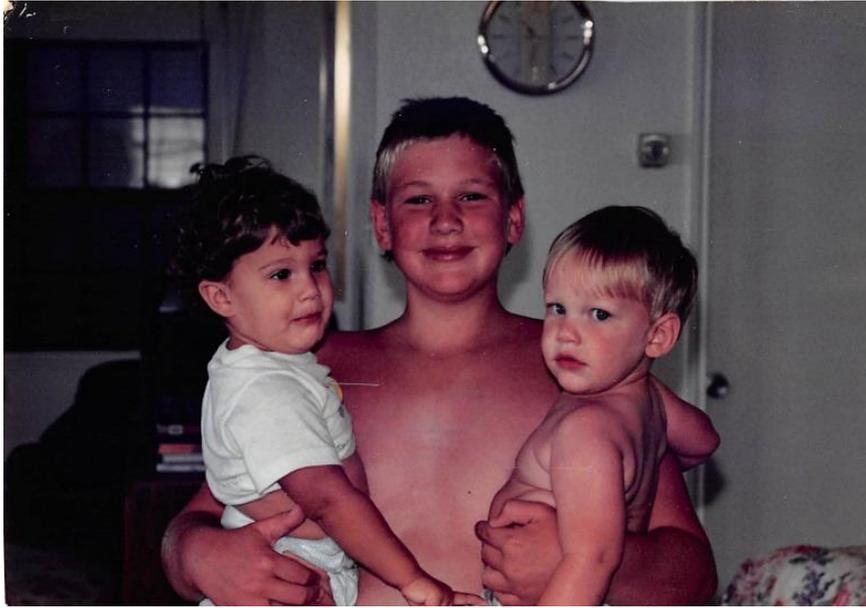


FIG. 103. — MILKING TIME IN A
CLEAN BARN.

GENTLENESS



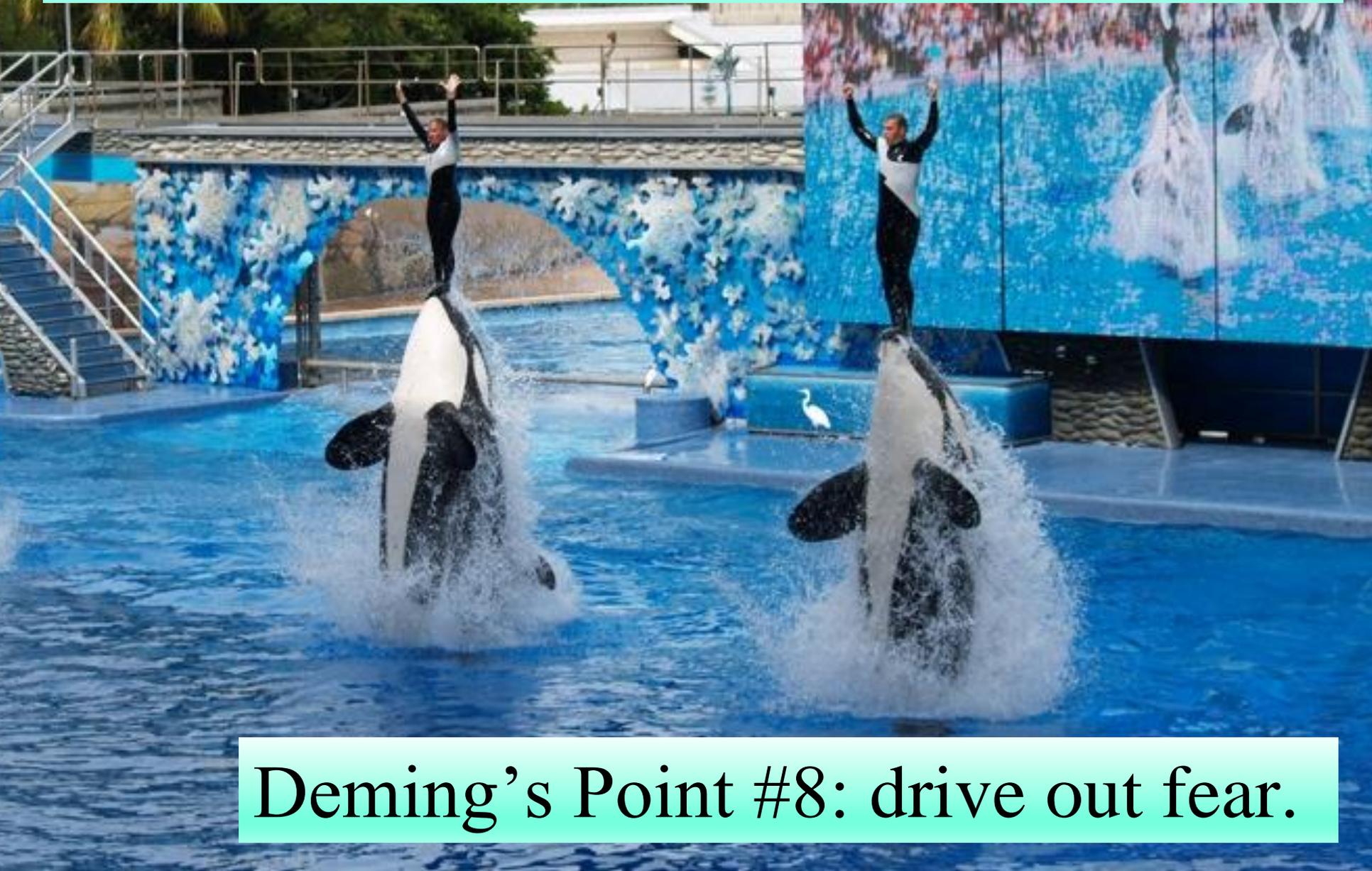
My father never disciplined me while he was angry.



If you think about
it ... this is
gentleness
when it's tested.



Blanchard: *First, we mean you no harm.*



Deming's Point #8: drive out fear.

Mat 12:17 This was to fulfil what was spoken by the prophet Isaiah: 18 "Behold, my servant whom I have chosen, *my beloved with whom my soul is well pleased*. I will put my Spirit upon him, *and he shall proclaim justice to the Gentiles*. 19 He will not wrangle or cry aloud, *nor will any one hear his voice in the streets*; 20 he will not break a bruised reed *or quench a smoldering wick*, till he brings justice to victory; 21 *and in his name will the Gentiles hope.*"



Mat 11:28 *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 ...*

GENTLENESS

Jesus is our model. Be more like Jesus.



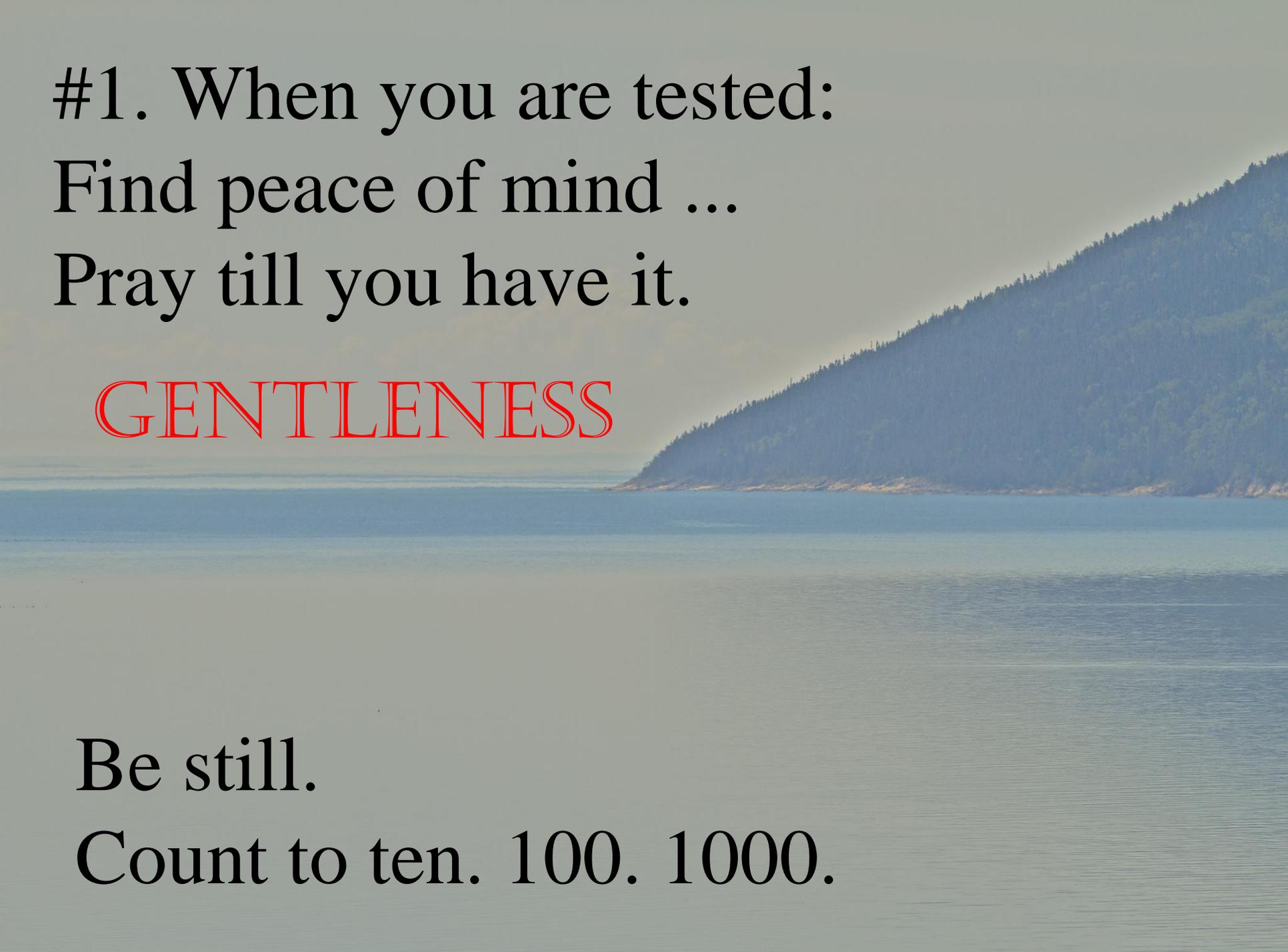
for I am **gentle** and lowly in heart,
and you will find rest for your souls.
30 For my yoke is easy, and my
burden
is
light."

**Jesus,
was
gentle.**



Have a Gentle mind:

James 3:17 But the wisdom from above is first pure, then peaceable, **gentle**, open to reason, full of mercy and good fruits, without uncertainty or insincerity. 18 And the harvest of righteousness is sown in peace by those who make peace.



#1. When you are tested:
Find peace of mind ...
Pray till you have it.

GENTLENESS

Be still.

Count to ten. 100. 1000.

#2. Let a gentle mind
flow into your behavior.

GENTLENESS

Be more like Jesus.
Calm down.

#3. Gottman: pulse >100 =
physiological stress/arousal.

GENTLENESS

You cannot hear each other.

- Escalation.
- Cascades.



#4. The Harsh Start ...
prevent it at all costs.

GENTLENESS

When you lose
your temper
(with someone you love),
you lose.



Notes:

A. Dad ... no temper.

Dairy farm ... milked 4 times a day. A full grown Holstein cow weighs an average of about 1,500 lbs.

Junior high math teacher.

It was not that he did not have a temper or never got angry ... it's that no good would come from it.

My boys: whatever you were arguing about, the one who loses his temper, loses the fight.

My father never disciplined me while he was angry.

Consequently the lesson i learned was about what I had done ...

Rather than "don't make dad mad" aka "it's OK as long as you don't get caught... dad's not mad."

If you think about it ... this is gentleness when it's tested.

B. Blanchard: Whale Done: first, we mean you no harm. (Trust.)

Covey: Emotional Bank account. Win-Win.

Deming: drive out fear.

C. Jesus, our model.