

# FRUITS OF THE SPIRIT

## GENTLENESS

Playoffs are here, and we want to finish strong! So what do we tell our kiddos? *Put your game face on. Don't be weak. Push harder!*

These are all clichéd statements that help motivate us and discourage us from showing weakness. Our urge to use them stems from the fact that many of us have been conditioned to think that if an ounce of us is meek, then it shows we are not ready.

The Bible says that a fruit of the spirit is gentleness. That no matter where we are or what we are up against, we can have a lightness in us, a softness in our actions. Meekness does not mean weakness! It is far more difficult to be gentle in competitive situations or when we feel wronged than under any other circumstances. We show real strength when we can stand up for ourselves and fight for what is right in a gentle way.

*Impossible?* Jesus did it first. He endured death on a cross, despite being without sin, for you and me. He spoke up for the underserved and under resourced, while still loving the 1%. We cannot be gentle in hard times without Jesus. Our culture won't let us.

Press into Jesus this week, and accept the challenge to be gentle with your words (and in your conduct) on the field and around game sites. It is hot, bad calls are made, and everything can be upsetting, but **how can you speak up and be gentle at the same time?** Challenge your kids in the same way.

## MEMORY VERSE OF THE WEEK

Gracious [gentle] words are a honeycomb, sweet to the soul and healing to the bones.

- Proverbs 16:24

## TRY IT AT HOME!

- **Practice** the memory verse at meal time or before bed with your kids.
- **Pray** before meals that your family would display a gentle spirit to those around you.
- **Ask** your child to identify one way he or she can practice gentleness this week. Be specific!



## MORE INFORMATION

Want more information or to view content from previous weeks?

Visit [rbiaustin.org/fruits-of-the-spirit](http://rbiaustin.org/fruits-of-the-spirit)