
Gentleness

- We need to moderate our passions.
 - Unregulated passions lead to sin – James 1:14-15.
 - This becomes the lusts of the flesh – Galatians 5:19-21.
- We need peace in our lives.
 - The lusts of the flesh create conflict, turmoil, unrest, and anxiety.
 - Practicing meekness give peace.
 - “These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world” (John 16:33).
- God will bless us.
 - “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus” (Philippians 4:6-7).
- Sweetness of temper toward our inferiors
 - We want to have good relationships with other people.
 - “Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others” (Philippians 2:3-4).
 - Not necessarily having your way.
 - Our Example
 - The Lord was in that region east of the Sea of Galilee, known as “the country of the Gerasenes” (Mark 5:1ff).
 - There He encountered an unfortunate man whose body was possessed by unclean spirits, i.e., demons.
 - The afflicted victim was a spectacle indeed. He wandered around the countryside unclothed, he lived among the tombs, he cut himself with stones,

and though chained often, he easily broke his fetters and terrorized the neighborhood.

- After some exchange with the wicked spirits, Christ purged the wretched soul of his diabolical inhabitants. What a new day that must have been for the demoniac!
- The gentleman's gratitude was obvious. In fact, he wanted to accompany the Lord. Jesus forbade that, but gave him this commission... Mark 5:19
- Note the expression "had mercy." It is telling.
 - The verb (eleo) suggests the idea of helping someone out of pity for them.
 - It reflects an action that issues from a tender heart.
- A truly stunning case of the Master's tender concern is observed in a circumstance recorded in Mark 3.
 - Jesus entered a Hebrew synagogue on the Sabbath day. There He encountered a man with a withered hand.
 - The Jews suspiciously watched the Lord, to see whether or not He would heal the man, and thus, in their judgment, accuse him of violating the Sabbath by doing a good "work."
 - If He did, they would then "file charges."
 - It is very interesting here that they anticipated the possibility of a miracle, yet had no interest in the Teacher's message!
 - But Christ "knew their thoughts" (Luke 6:8), and understood the effect that sin had wrought in them, and it angered Him (Mark 3:5). The Greek term for anger (orge) denotes a deliberate disposition, not an impulsive flash of wrath.
 - The most unusual thing about this episode, however, is the fact that Jesus was "grieved" over these hard-hearted men; hence, He healed the man's withered hand in an attempt to soften them!
 - The original term that is rendered "grieved" (sunlupeo) is found only here in the entire New Testament.
 - The noun lupeo (used 16 times in the New Testament) means sorrow or pain (either of body or mind). But the addition of the prefix sun, makes the term unique in the New Testament.

- Herodotus, the Greek historian, used the word to describe the emotions of certain citizens who offered their condolences to a man whose brother had just died (6.39).
- In this passage, Mark seems to be suggesting the sympathetic nature of Jesus' grief, as He contemplates the fact that these men were their own worst enemies.
- What an index into the loving heart of the Son of God!
- Sweetness of temper toward those who have wronged us
 - Aids in getting along with the government.
 - "Remind them to be subject to rulers and authorities, to obey, to be ready for every good work, to speak evil of no one, to be peaceable, gentle, showing all humility to all men" (Titus 3:1-2).
 - Aids in Forgiveness
 - "Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do" (Colossians 3:12-13).
 - Keeps the Church together.
 - For Unity – "I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace" (Ephesians 4:1-3).
 - Restoration – "Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted" (Galatians 6:1).
 - Our example
 - Matthew 26:45 - 50
 - Judas arrives with a kiss - a symbol of closeness turned into betrayal. But Jesus calls him "Friend." He doesn't curse him. He doesn't expose him in fury. He speaks calmly, gently. "Friend, why are you here?"

- In moments of betrayal, our natural instinct is to defend, to attack, to punish. Jesus demonstrates a divine restraint - a willingness to absorb pain rather than return it.
- What about us?
 - We live in a world where emotional explosions are normalized. Gentleness is often mistaken for weakness. But Scripture says something different. Gentleness is strength restrained by love.
 - Jesus stood faithful in a garden, choosing the cross for the joy set before Him.
 - His example shows us what the Spirit can produce in our lives. We can speak the truth gently. We can respond to hurt without retaliation. But only if we walk with Jesus.
 - Let gentleness be our goal. Not by our own strength, but by the Spirit's power. Pray before you react. Pause before you speak. Yield your desires to God.
 - Let the world see not your strength, but His.