

GALATIANS 5:22-23 (ESV) BUT THE  
FRUIT OF THE SPIRIT IS ...

## **GENTLENESS**

***Gentleness*** - Greek - *prauteṣ*  
= mildness, meekness, humility.

# 'NO ONE ENGLISH WORD ADEQUATELY TRANSLATES **PRAUTES**' (WILLIAM BARCLAY)

- Like ointment, - soothing and tranquil.
- Like a trained horse - strong but also soft.
- Like a watch dog - hostile to strangers and friendly to family; combining strength and gentleness.

## ARISTOTLE

- 'To prautēs belongs the ability to bear reproaches and slights with moderation, and not to embark on revenge quickly, and not to be easily provoked to anger, but free from bitterness and contentiousness, having tranquility and stability in the spirit.'
- Prautēs is just the right amount of anger.

**MOSES** IS THE GREAT OT EXAMPLE  
OF GENTLENESS (MEEKNESS).

- Numbers 12:3 (ESV) Now the man Moses was very **meek**, more than all people who were on the face of the earth.
- Moses was meek but definitely not weak.

**JESUS** IS THE SUPREME OVER ALL EXAMPLE OF GENTLENESS, (HUMILITY, MEEKNESS).

- *Matthew 11:29 (ESV) Take my yoke upon you, and learn from me, for I am gentle [praus - mild, humble, meek]...*
- *Matthew 21:5 “Say to the daughter of Zion, ‘Behold, your king is coming to you, humble [praus], and mounted on a donkey, on a colt, the foal of a beast of burden.’”*
- *2 Corinthians 10:1 (ESV) I, Paul, myself entreat you, by the meeekness [pra,oteš] and gentleness of Christ ...*

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- Five gentleness (prauteś) Scriptures
  - Which point to ...
  - **Five (Christian) lifestyle attitudes of gentleness**

# 1. RECEIVING.

*THE SPIRIT IN WHICH WE LEARN.*

- James 1:21 (ESV) Therefore put away all filthiness and rampant wickedness and receive with **meekness** [prauteś] the implanted word, which is able to save your souls.

## 2. RESTORING.

THE SPIRIT IN WHICH WE DISCIPLINE.

- Galatians 6:1 (ESV) Brothers (& Sisters), if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness [prautēs]. Keep watch on yourself, lest you too be tempted.

### 3. RESILIENCE.

#### THE SPIRIT IN WHICH WE MEET OPPOSITION.

- 2 Timothy 2:24-26 (ESV) 24 And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil, 25 correcting his opponents with gentleness. [prautēs ] God may perhaps grant them repentance leading to a knowledge of the truth, 26 and they may come to their senses and escape from the snare of the devil, after being captured by him to do his will.

## 4. RESPONSIVENESS.

*THE SPIRIT IN WHICH WE WITNESS.*

- 1 Peter 3:15 (ESV) In your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness [prauteṣ] and respect.

## 5. RADIANCE.

THE SPIRIT IN WHICH WE SHINE.

- James 3:13 (ESV) Who is wise and understanding among you? By his good conduct let him **show** his works in the meekness [prautēs] of wisdom.

GENTLENESS (LIKE JESUS) IS THE SPIRIT  
THAT REALLY BEAUTIFIES A LIFE, AND  
CAUSES IT TO SHINE (FOREVER).

- 1 Peter 3:3-4 (ESV) (Wives, v2) Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear— 4 but let your adorning be the hidden person of the heart with the imperishable beauty of a **gentle** [praus] and quiet spirit, which in God's sight is very precious.