

A 7 Day Plan to Heal Your Mind, Day 2

*“Let your **gentleness** be evident to all. The Lord is near.” Phil. 4:5 NIV*
The Apostle Paul

When we read the early biblical account of the life of Paul, he is anything but a gentle person. After all, he is the guy who violently persecuted Christians. He dragged them out of their homes and had them thrown into prison. He held the coats of those who stoned the disciple Stephen to death in the street. Who is he to talk to anyone about gentleness? But, his conversion and his commitment to Jesus changed his mental perspective. He remained a strong person in Christ, but he discovered the benefits of becoming a gentle person. Consider his teaching to the churches:

Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, **gentleness** and patience. Colossians 3:12 NIV

And the Lord’s servant must not be quarrelsome but must be kind to everyone, able to teach, not resentful. Opponents must be **gently** instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth... 2 Timothy 2:24-25 NIV

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, **gentleness**, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us not become conceited, provoking one another, envying one another. Galatians 5:22-26 ESV

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

Gentleness is not only a Christ-like way of behaving toward others – it is an attitude, a way of thinking, that **benefits us** as well as others. Our gentleness toward others has obvious benefits for them, but how do we benefit personally when we choose the gentle way? Note the scriptures above and consider:

- Gentleness is an evidence that you are one of “God’s chosen people.” Be gentle and you will feel “chosen.” **Your perceived worth and value will grow.**
- Gentleness reminds you that you are one of the “Lord’s servants” - not here to serve self and pursue pleasure, but here to serve God’s purposes. **Your life purpose will have more clarity.**
- Gentleness is a “fruit of the Spirit”. **You will walk in the Spirit when you are gentle.**
- Gentleness is a sign that you are walking “worthy of the calling with which you were called.” **You will feel worthy of the calling God has on your life.**

As Paul wrote to the churches about the subject of gentleness, he knew that his end was near. When he said, “Let your gentleness be evident to all, the Lord is near,” he was

encouraging all of us to put gentleness at the top of our priority list. When we turn on the news, we are reminded more now than ever that the Lord is near. So, today is the day to make gentleness our mindset. Others are more attracted to us and impacted by us as we practice the gentle way of Christ. And we will experience renewed esteem and purpose as we walk by the Spirit in the calling which God has on our lives. Now, if you would like to be anxious for nothing, go to Day 3...