

“Spirit of Gentleness” By Kirk Hunt

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 NKJV

Perhaps your mental image of gentleness needs adjustment. Too often, men (and some women) associate gentleness with weakness or a lack of power. In fact, only the strong and powerful can be gentle. God’s love to us is the ultimate example of gentleness.

My favorite definition of gentleness is “strength or power with skillful control”. Anyone who cannot restrain their own strength or power is a threat to all around them. Worse, they may cause harm where they intended to help.

Without strength or power, you cannot have an impact in the world. Without gentleness, your strength or power will tend toward harm and never help. Who could you help, if you could skillfully apply your might and muscle on their behalf?

Gentleness is a fruit (characteristic) of the Holy Spirit ([Galatians 5:22-23](#)). The longer you walk with God, the more we should see evidence of all of these characteristics in your life. You may not have perfected one or any of them, but we should see you growing in all of them.

Gentleness is arguably the most easily recognized of the fruit. Regular folk easily see if you wield your power or strength to benefit others. It is obvious to everyone if you leave wreckage or blessing in your wake.

Think: Gentleness is power with skill. Do I help or hurt with my strength?

Pray: “Lord, help me to live my life showing the same gentleness You show me.”

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