

The fruit of the spirit - Gentleness Galatians 5:22-23, Proverbs 15:1, Philippians 2: 3,4

Read: Galatians 5:22-23 RSV But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such, there is no law.

The fruit of the spirit is the result of the working of the Holy Spirit in a Christian's life. The fruit of the spirit indicates the actions or deeds of a Christian affected by the Holy Spirit.

The eighth fruit of the spirit is Gentleness.

The eighth fruit of the Spirit is Gentleness / humility.

There are people who think meekness is a weak character trait. The truth, however, is that meekness requires a lot of strength and self-control. For example, if someone is shouting and cursing at you, it is very easy to shout back and curse and then aggravate the situation. What does the Bible say about a soft answer?

PROVERBS 15:1 ¹A soft answer turns away wrath, but grievous words stir up anger.

Gentleness requires a lot of self control

Gentleness and humility go hand in hand. A person who is not meek is someone who takes great pride in himself and gets angry very quickly. These are people who would like revenge if someone did something to them.

Humility

Philippians 2: 3,4 ³Let nothing be done out of strife or conceit, but in humility let each esteem the other better than himself. ⁴Let each of you look not only to your own interests, but also to the interests of others.

To be gentle we should not think we are better than other people. We should always try to help other people even if they are wrong.

Humility is when you do not think more of yourself than you should.

Very important to remember humility is that out of ourselves we are nothing. All we are, all we have is given to us by the grace of God. Our whole being with everything we possess belongs to God.

We should not boast of our own achievements but give all glory to God.

How can we grow in gentleness?

We must love our neighbour as ourselves then we will not become angry or impatient with our neighbour but help our neighbour where we can.

We must realize that gentleness is a strength and not a weakness in our character.

We must remember that God is gentle with us. All of us sin but God is always willing to forgive us for sins if we sincerely repent of them.

Die vrug van die gees: Sagmoedigheid GALASIËRS 5:22 SPREUKE 15:1 NLV

Lees: GALASIËRS 5:22 Die vrug van die Gees, daarteenoor, is liefde, vreugde, vrede, geduld, vriendelikheid, goeiehartigheid, getrouheid, nederigheid en selfbeheersing. Teen sulke dinge het die wet niks nie

Die vrug van die gees is die resultaat van die werking van die Heilige Gees in 'n Christen se lewe. Die vrug van die gees dui op aksies of dade van 'n Christen wat deur die Heilige Gees bewerkstellig word.

Die agtste vrug van die Gees is sagmoedigheid/nederigheid.

Daar is mense wat dink sagmoedigheid is 'n swak karakter eienskap. Die waarheid is egter dat sagmoedigheid baie krag en selfbeheersing vereis. Byvoorbeeld as iemand op jou skreeu en vloek is dit baie maklik om terug te geskreeu en te vloek en dan sodoende die situasie te vererger. Wat se Salomo oor 'n sagte antwoord?

SPREUKE 15:1 NLV 'n Vriendelike antwoord kalmeer die gemoedere, 'n dwars antwoord laat woede opspring.

Sagmoedigheid vereis baie self kontrole

Sagmoedigheid en nederigheid loop hand aan hand. 'n Persoon wat nie sagmoedig is nie is iemand wat baie trots op homself en baie gou kwaad word. Dit is mense wat graag wraak wil neem as iemand iets aan hulle gedoen het.

Om sagmoedig te wees moet ons nie dink ons is beter as ander mense nie. Ons moet altyd probeer om ander mense te help al is hulle verkeerd.

Nederigheid

[Filippense 2:3](#) Moenie iets doen uit selfsug of uit ydele eer nie, maar in nederigheid moet die een die ander hoër ag as homself

Nederigheid is wanneer jy nie meer van jouself dink as wat jy behoort nie.

Baie belangrik om van nederigheid te onthou is dat uit onself ons niks is nie. Alles wat ons is alles wat ons het is deur die genade van God aan ons gegee. Ons hele wese, met alles wat ons besit, behoort aan God.

Ons moet onself nie roem op ons eie prestasies nie, maar alle eer aan God gee.

Hoe kan ons groei in sagmoedigheid.

Ons moet ons naaste lief soos onself. Ons sal dan nie kwaad of ongeduldig word vir ons naaste nie, maar ons naaste help waar ons kan.

Ons moet besef dat sagmoedigheid 'n sterk punt is en nie 'n swak punt in ons karakter.

Ons moet onthou dat God sagmoedig is teenoor ons. Almal van ons doen sonde maar God is altyd bereid om ons om sondes te vergewe as ons opreg berou het daarvoor.

