



Gentleness In God's Presence

For the next seven days dedicate five minutes a day to be in the presence of God. The goal is to grow in gentleness by being with God and reflecting on His word. Use the guide below to help you structure your time.

- Pick a place: Choose a "sacred space" — a specific chair, on the porch, or even the parked car. The space should be quiet, comfortable and as distraction-free as possible. The physical location helps signal to the brain that it is time to shift gears.
- Set a Timer: Using a timer prevents "clock-watching" and allows for full immersion in the moment.
- Start with Breath: Taking three deep breaths to begin the five minutes helps regulate the nervous system and creates a physical transition into a spiritual state.
- Reject Perfection: Some days will feel "distracted." That doesn't mean the time was wasted; the act of showing up is itself an expression of faith. When your mind wanders, refocus it.
- Silence or turn off your devices
- Have paper and a pen or pencil.

DAY 1:

Read Psalm 18:34-35 three to five times slowly. Reflect on the passage.

34 He trains my hands for battle, so that my arms can bend a bow of bronze. 35 You have also given me the shield of Your salvation, and Your right hand upholds me; And Your gentleness makes me great.

Spend time reflecting on these verses, then answer the following questions with God as your conversation partner.

- How has God demonstrated gentleness toward you?
- In what situations are you tempted to use strength without gentleness?
- What can you learn from the gentleness of God that will help you in your relationships with others?

Address your answers to God (e.g. God, You have been gentle towards me by...)

DAY 2:

Read Psalm 103:8-14 three to five times slowly. Reflect on the passage.

8 The LORD is merciful and gracious, slow to anger and abounding in steadfast love. 9 He will not always chide, nor will He keep His anger forever. 10 He does not deal with us according to our sins, nor repay us according to our iniquities. 11 For as high as the heavens are above the earth, so great is His steadfast love toward those who fear Him; 12 as far as the east is from the west, so far does He remove our transgressions from us. 13 As a father shows compassion to his children, so the LORD shows compassion to those who fear Him. 14 For He knows our frame; He remembers that we are dust. (ESV)

- Which description of God's character in this passage speaks to you most?
- How does the truth that God "remembers we are dust" bring peace to your current anxieties or pressures?
- How does God's gentleness toward your weaknesses challenge and change the way you treat others?

DAY 3:

Read Philippians 4:2-5 three to five times slowly. Reflect on the passage.

2 I urge Euodia and I urge Syntyche to live in harmony in the Lord. 3 Indeed, true companion, I ask you also to help these women who have shared my struggle in the cause of the gospel, together with Clement also and the rest of my fellow workers, whose names are in the book of life. 4 Rejoice in the Lord always; again I will say, rejoice! 5 Let your gentle spirit be known to all men. The Lord is near. (NASB)

- How do you typically respond during conflict?
- How does remembering the truth that "the Lord is near" help you stay calm and gentle under pressure?
- What would it look like for your gentleness to be "evident to all" this week?

Day 4:

Read Proverbs 15:1-2 three to five times slowly. Reflect on the passage.

1 A gentle answer turns away wrath, but a harsh word stirs up anger. 2 The tongue of the wise makes knowledge acceptable, but the mouth of fools spouts folly. (NASB)

- What situations tend to bring out harsh responses in you?
- How have you seen a gentle response change a situation in the past?
- Why does choosing a "soft answer" feel so hard for our egos when we feel attacked or misunderstood?

Day 5:

Read 2 Timothy 2:24-26 three to five times slowly. Reflect on the passage.

24 The Lord's bond-servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged, 25 with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth, 26 and they may come to their senses and escape from the snare of the devil, having been held captive by him to do his will. (NASB)

- How do you typically respond when someone disagrees with you?
- What is the difference between "compromising your beliefs" and "correcting an opponent with gentleness"?
- How can you speak truth without becoming harsh or quarrelsome?

Day 6:

Read Galatians 6:1 three to five times slowly. Reflect on the passage.

1 Brothers and sisters, if someone is overtaken in any wrongdoing, you who are spiritual, restore such a person with a gentle spirit, watching out for yourselves so that you also won't be tempted. (CSB)

- When you see someone overtaken by sin, failure, or weakness, how do you respond? (with criticism, judgment, gentleness, grace, gossip?)
- What would it look like for you to help gently restore someone who has fallen?
- What temptations or weaknesses in your own life do you need to stay aware of so that you can help others without falling into pride, harshness, or the same struggles?

Day 7

Read Matthew 11:28-30 three to five times slowly.

28 "Come to Me, all who are weary and heavy-laden, and I will give you rest. 29 "Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. 30 "For My yoke is easy and My burden is light."

- How does Jesus demonstrate gentleness in the gospels?
- What heavy burdens (expectations, performance anxiety, shame) are you carrying today that you need to hand over to Jesus?
- What would "learning from Jesus" change in how you deal with your burdens?