

Day 4

Gentleness

Silence (2 minutes) Take some time to be quiet, to calm down, and to listen. What has God been teaching you? What are the next steps He wants you to take? How is your spirit doing?

Scripture *“Come to me, all you who are weary and burdened, and I will give you rest. 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. For My yoke is easy and My burden is light.”* Matthew 11:28-30

Discussion Jesus has just addressed John the Baptist's confusion about Jesus' identity, denounced the cities that saw Him perform miracles, but still didn't believe in Him, and spoke of His close relationship with the Father. He then tenderly invites people to come to Him in the above passage. Jesus knows we are weary and burdened, and that we need rest. He knows how much we ignored and resisted His invitation in the past. He knows we have so much to learn about who we are, our temptations and sins, and His blessings and gifts. We have so much to learn about who He is, His relationship with the Father, His death and resurrection, His Lordship. And yet, this Teacher is not harsh or arrogant. He is a gentle and humble Teacher. He wants to give our souls rest. Who is this One who is gentle? *“Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself and became obedient to death – even death on a cross”* (Php. 2:6-8)! Let us honor Him by being eager and diligent to learn what He has to teach us. And should He place us in positions of teaching family, small groups, or friends, let us imitate Jesus by teaching gently and humbly. And if we become disappointed or frustrated with those we teach, let us bring this to Jesus – asking how He sees them and how He wants us to think and speak.

Application The gentleness of Christ is one of the most comforting realities of the Christian life. How Christ taught, led, and lived is ultimately how we ought to pattern our conduct. Gentleness isn't always just an outward expression of our Christian faith, but an inward reality to experience as we allow ourselves to rest in the presence of Christ and experience His gentleness ourselves. Find a consistent time this week to remind yourself of Christ's gentleness through quiet rest and reflection. Consider how this extra time changes how you treat those around you and aids you in exemplifying Christ's gentleness in your conduct!

Prayer Lord Jesus, thank You that I am yoked to You, that You have and continue to teach me. Thank You that You are gentle and humble in teaching me. When I am with others, especially those who belong to You, may I imitate You. Please show me when I am harsh or proud. Please help me grow in seeing others as You do. Please change my heart, thoughts, and behavior so I increasingly reflect You. Amen.

Silence (2 minutes) Talk to God about what you are learning.

What are your fears? Where are your hangups? Pray for direction.

Scripture memory for the week: *“Come to me, all you who are weary and burdened, and I will give you rest. 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. For My yoke is easy and My burden is light.”* Matthew 11:28-30

