



MAR THOMA
CHURCH of SILICON
VALLEY
SUNDAY SCHOOL

The Fruit of the Spirit is Gentleness Newsletter |14| June 21, 2020

Gentleness is defined as “the quality of being kind, tender, or mild-mannered.” To a Christian, gentleness is a gift of the Spirit, produced when we abide in Jesus. Gentleness involves showing humility and thankfulness towards God, as well as polite, restrained and compassionate behavior towards everyone else. If we think about gentleness in terms of its opposites, we find that it is countered by a desire for revenge, a sense of self-importance, or the expression of anger.

Sometimes, gentleness is mistaken for weakness. We do not want to appear weak or timid in front of others, particularly in front of strangers or those are seeking to hurt us. We may not want to be labelled a ‘softie’, a walkover or a doormat. In this struggle, we often hide our God given humility and the strength that comes from it, behind a façade of indifference or aggression.

Jesus models for us the balance we have to strike. He led with compassion and not judgement. Jesus’ encounter with the woman caught in adultery (John 8:1-11) shows how he disregarded the Mosaic Law that said that this woman should be stoned to elevate the loving kindness that is embodied in the great commandment. He simply turned to the woman and spoke gently to her – telling her to “sin no more.”

Gentleness is only cultivated with intentionality, by exercising humility in our relationship with God and being intentionally kind, compassionate, and humble towards others, especially when they are facing struggle or difficulty. A gentle person still speaks truth, sometimes even painful truth, but in doing so guards their tone so the truth can be well received.

Worship

Jesus loves me this I know (with Lyrics)



What a friend we have in Jesus (with Lyrics)





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Bible Passage
Luke 18: 15-17



Devotion
Rev. Larry Varghese



Jesus calls the children

¹⁵People were also bringing babies to Jesus for him to place his hands on them. When the disciples saw this, they rebuked them. ¹⁶But Jesus called the children to him and said, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. ¹⁷Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it."



Memory Verse

Matthew 11:29

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.



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Video Resources

Use these videos to learn more about this week's theme.

Pre-school & Elementary

Middle & High School





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Prayer

Dear God,

Everything we have is your gift, we have no reason to boast in ourselves. You have saved us by your grace and are sustained by your mercy. Yet we are often quick to judge others, not heeding the message of servanthood that you modelled for us. Lord, teach us that when we truly acknowledge you as our Lord and Savior, we can no longer harbor pride. Help us to be willing to be gentle with our fellow men, empathetic to their conditions and secure in your providence. Lord, teach us to love you and love others as you have called us to. Amen.

Questions?

Submit questions using the form below



Sunday School Q&A

Feedback

Contact Mrs. Sherine Koshy
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References

<https://www.compellingtruth.org/gentleness-fruit-Spirit.html>

<https://www.be-lovedbeloved.com/blog/2018/12/23/the-fruit-of-the-spirit-gentleness>

<https://www.focusonthefamily.com/parenting/the-strength-of-gentleness/>