

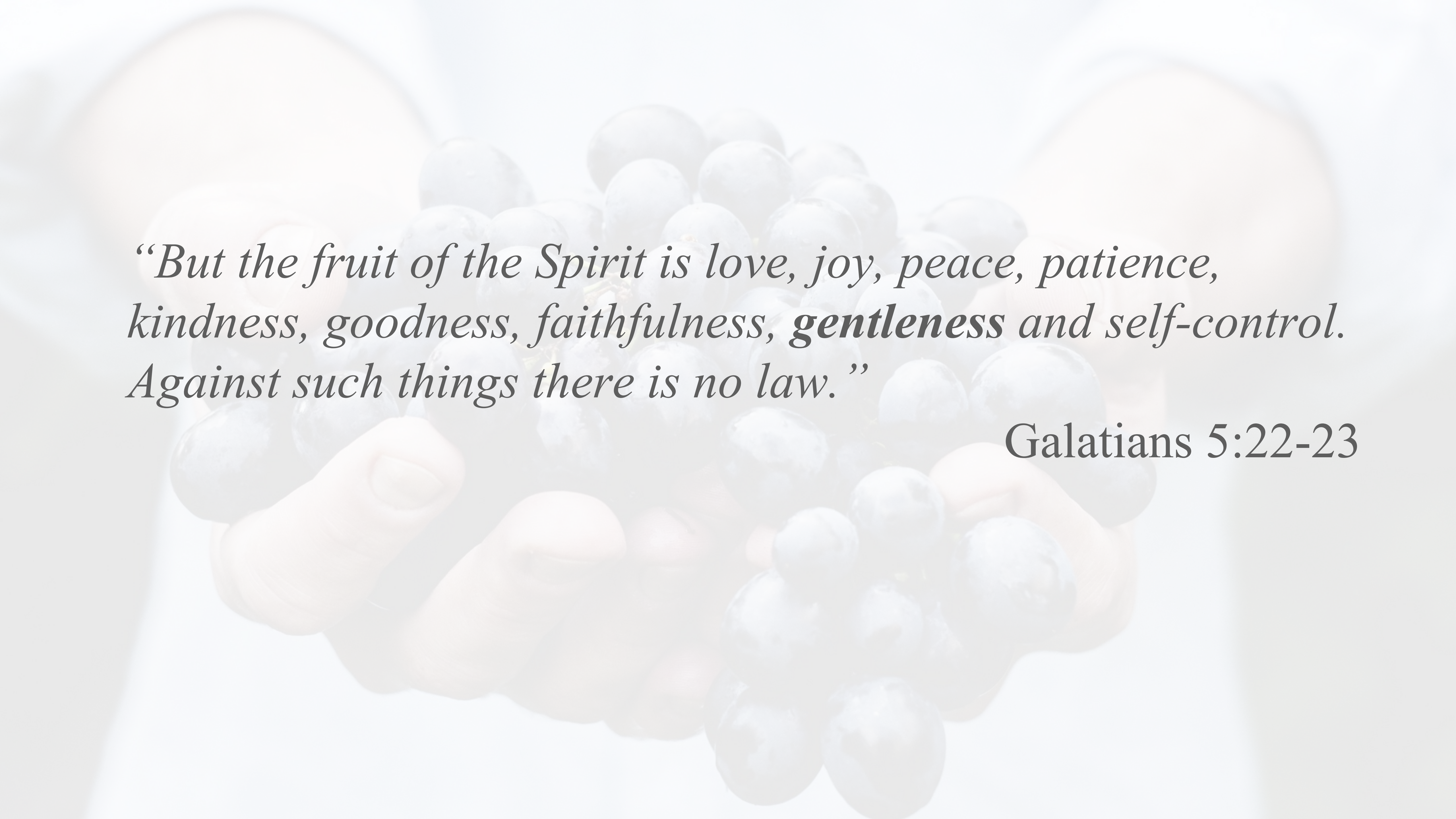


See
The
FRUIT OF THE SPIRIT

GALATIANS 5:22-23

SIF

Suzhou International Fellowship

A pair of hands, one on the left and one on the right, are shown from the wrist up, holding a large bunch of ripe blueberries. The hands are positioned as if presenting the fruit. The background is a soft, out-of-focus light color. The text is overlaid on the image in a serif font.

*“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, **gentleness** and self-control. Against such things there is no law.”*

Galatians 5:22-23

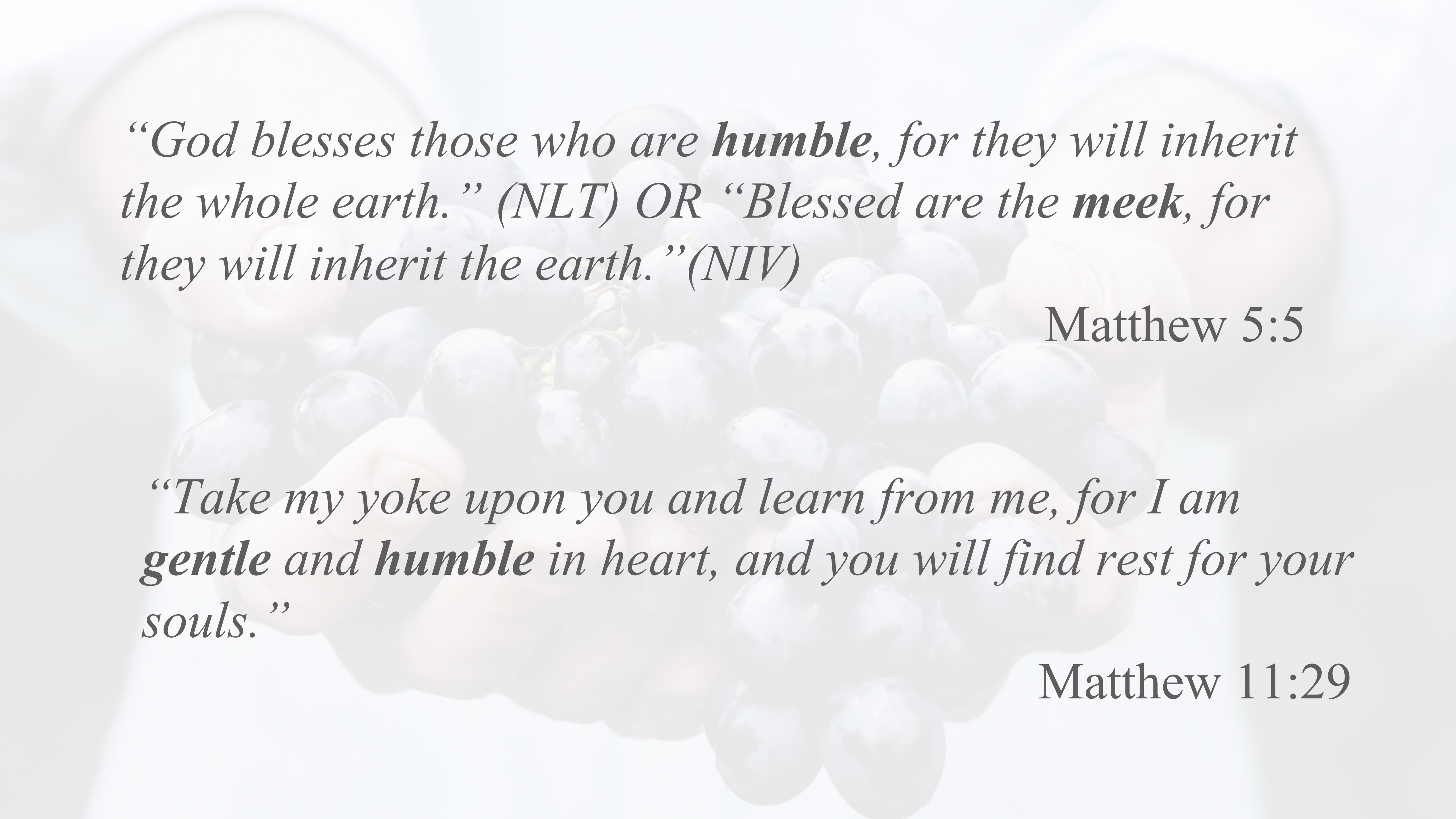
A pair of hands is shown holding a bunch of blueberries. The hands are positioned at the top and bottom of the frame, with the fingers gently cupping the fruit. The blueberries are dark blue and appear fresh. The background is a soft, out-of-focus light color, possibly a wall or a backdrop. The overall tone is gentle and serene.

GENTLENESS: The misunderstood fruit



Meekness (KJV dictionary):

1. Mild of temper; soft; **gentle**; not easily provoked or irritated; yielding; given to forbearance under injuries.
2. **humble**; submissive to the divine will; **not proud, self-sufficient** or refractory; not peevish and apt to complain of divine dispensations.

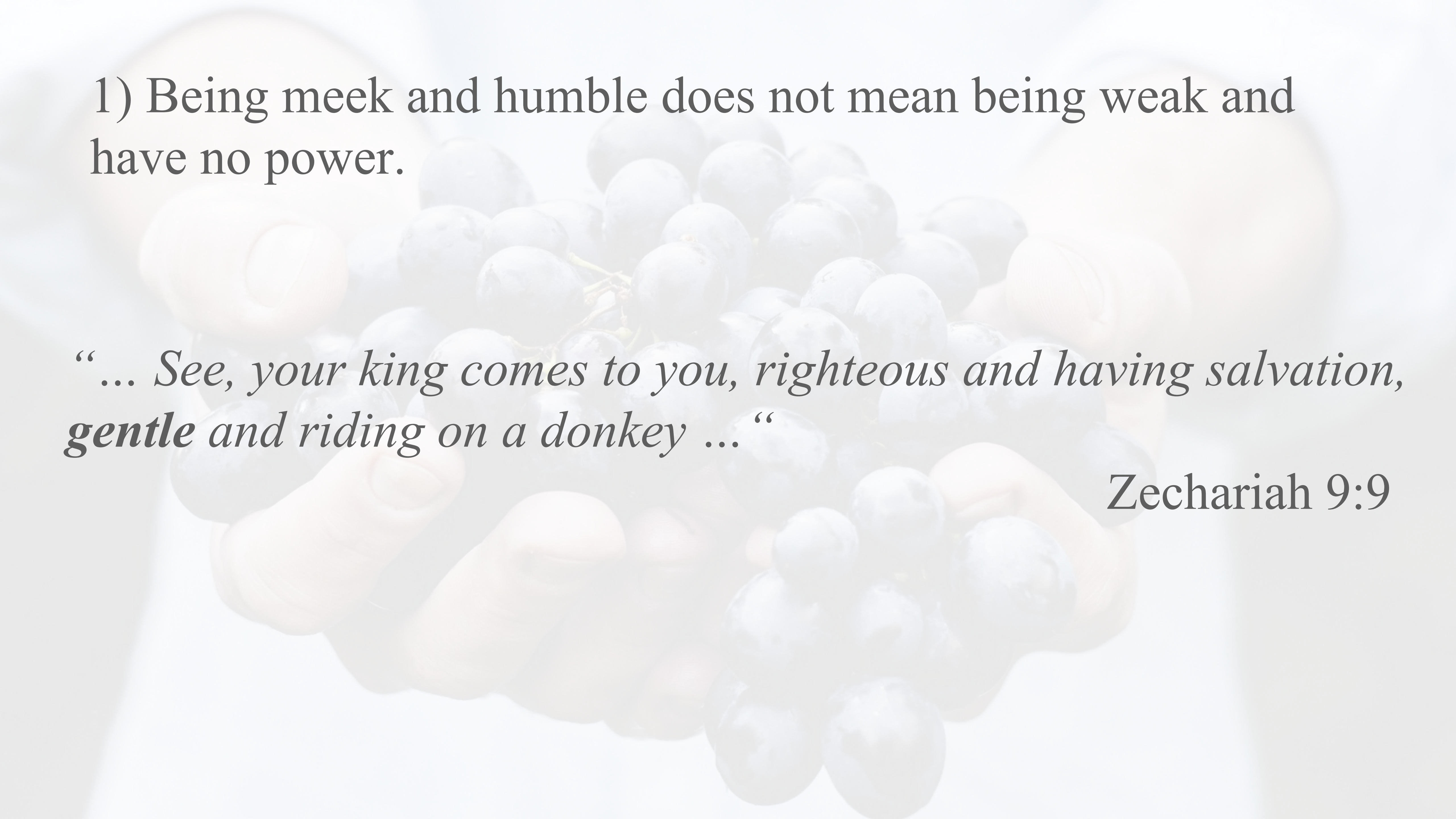


*“God blesses those who are **humble**, for they will inherit the whole earth.” (NLT) OR “Blessed are the **meek**, for they will inherit the earth.” (NIV)*

Matthew 5:5

*“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.”*

Matthew 11:29

A pair of hands holding a bunch of blueberries. The hands are positioned at the top and bottom, with the blueberries in the center. The background is a soft, out-of-focus light color.

1) Being meek and humble does not mean being weak and have no power.

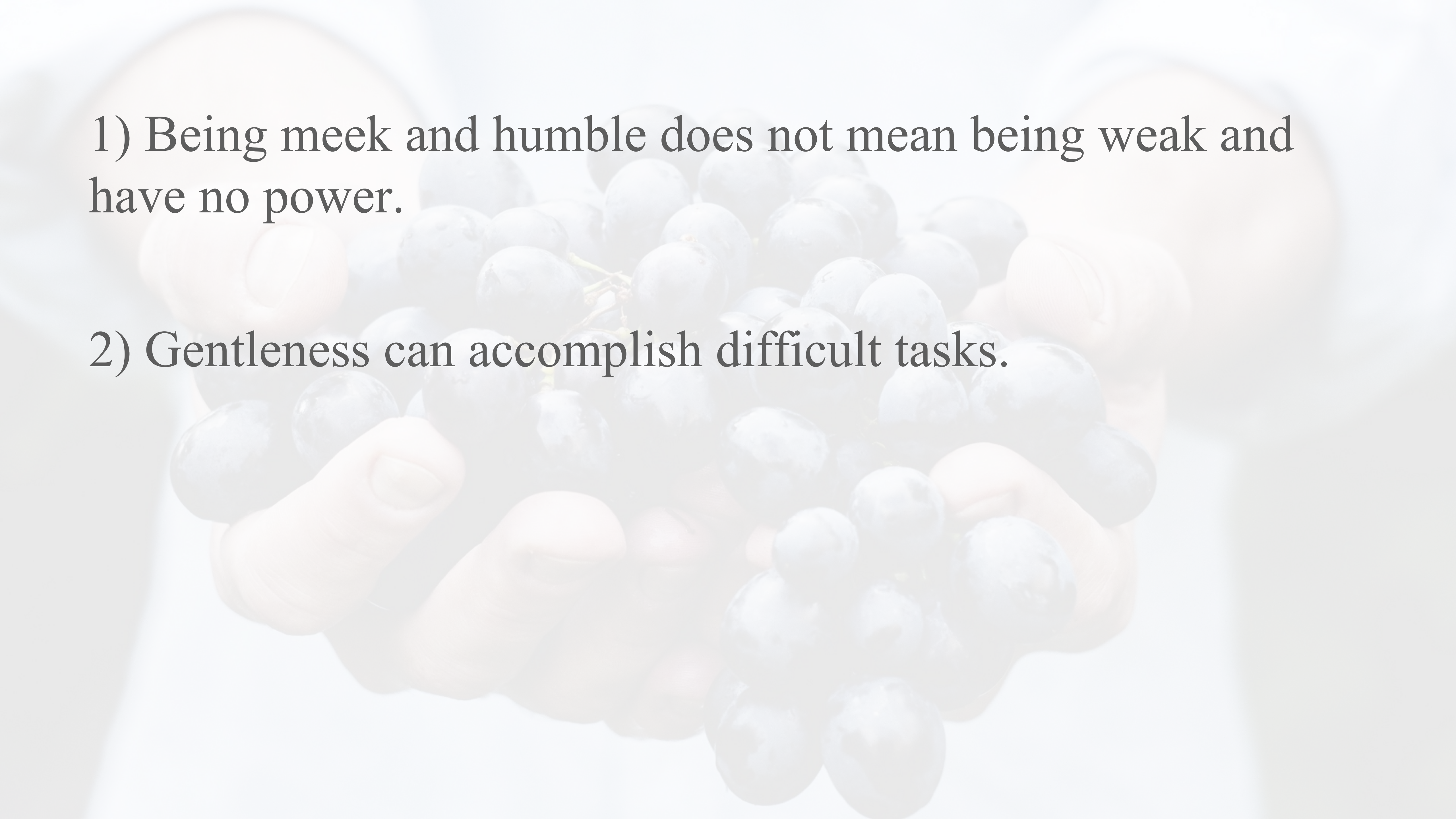
“... See, your king comes to you, righteous and having salvation, gentle and riding on a donkey ...”

Zechariah 9:9

1) Being meek and humble does not mean being weak and have no power.

“Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!”

Philippians 2:6-8

A pair of hands holding a bunch of blueberries. The hands are positioned at the top and bottom of the frame, with the blueberries in the center. The background is a soft, out-of-focus light color.

1) Being meek and humble does not mean being weak and have no power.

2) Gentleness can accomplish difficult tasks.

A pair of hands is shown holding a bunch of blueberries. The hands are positioned at the top and bottom of the frame, with the blueberries in the center. The background is a soft, light blue gradient. The text is overlaid on the image.

2) Gentleness can accomplish difficult tasks.

“A gentle answer turns away wrath, but a harsh word stirs up anger.”

Proverbs 15:1

*“Through patience a ruler can be persuaded, and a **gentle tongue (soft speech)** can break a bone.”*

Proverbs 25:15

2) Gentleness can accomplish difficult tasks.

“Be completely humble and gentle; be patient, bearing with one another in love.”

Ephesians 4:2

*“Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and **always to be gentle toward everyone.**”*

Titus 3:1-2

2) Gentleness can accomplish difficult tasks.

“Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted.”

Galatians 6:1

“If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother.”

Matthew 8:15

2) Gentleness can accomplish difficult tasks.

“Let the word of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.”

Colossians 3:16

“If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother.”

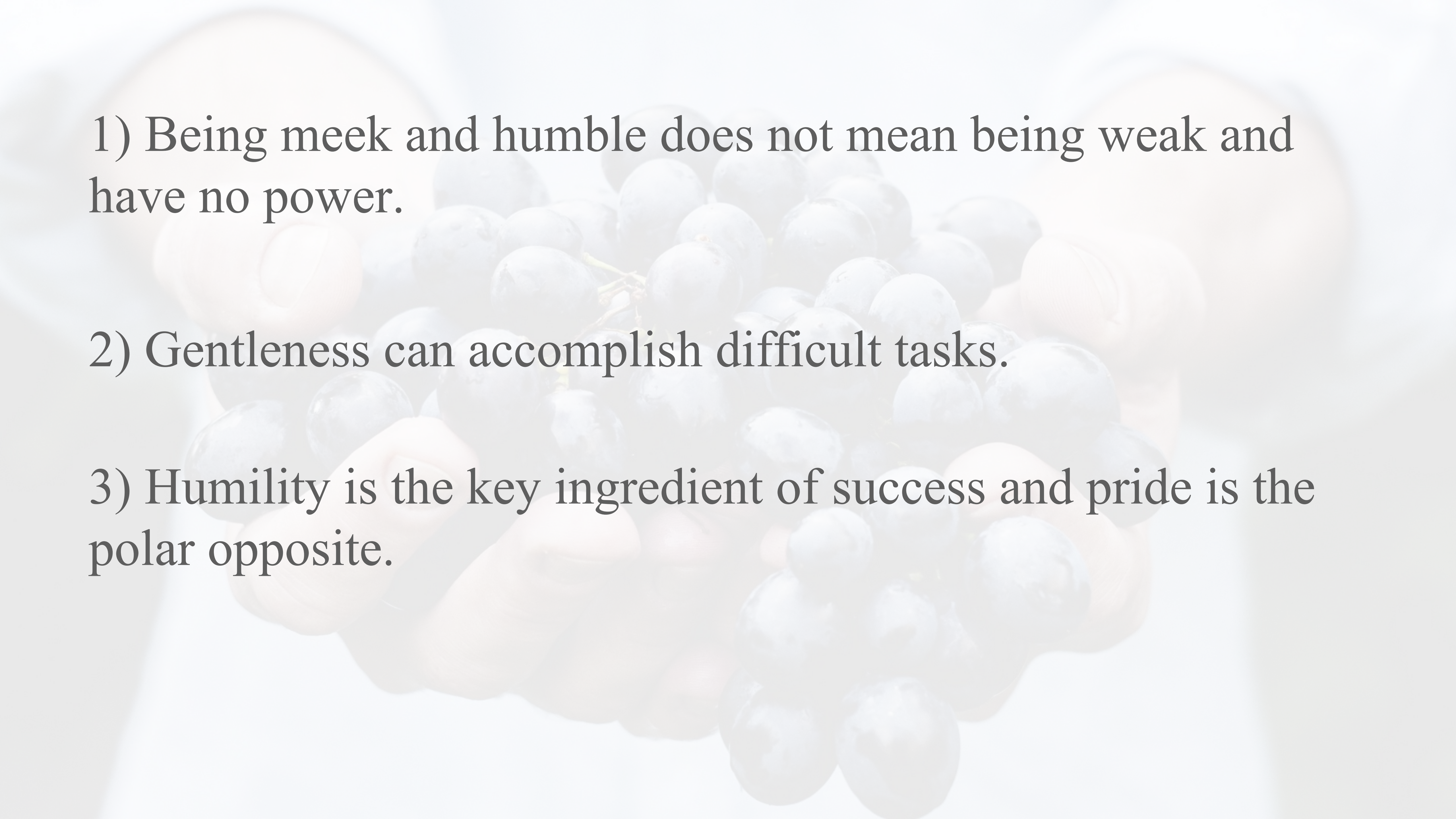
Matthew 8:15

A pair of hands is shown holding a bunch of blueberries. The hands are positioned at the top and bottom of the frame, with the fingers gently cupping the cluster of fruit. The blueberries are dark blue and appear fresh. The background is a soft, out-of-focus light color, possibly a wall or a backdrop, which makes the hands and fruit stand out. The overall tone is gentle and nurturing.

2) Gentleness can accomplish difficult tasks.

“As iron sharpens iron, so one person sharpens another.”

Proverbs 27:17

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- A pair of hands, one on the left and one on the right, are shown holding a large bunch of ripe blueberries. The hands are positioned as if presenting the fruit. The background is a soft, out-of-focus light color. The text is overlaid on the image in a dark, serif font.
- 1) Being meek and humble does not mean being weak and have no power.
 - 2) Gentleness can accomplish difficult tasks.
 - 3) Humility is the key ingredient of success and pride is the polar opposite.

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“I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

Luke 18:14

“Humble yourselves before the Lord, and he will lift you up.”

James 4:10

3) Humility is the key ingredient of success and pride is the polar opposite.

“Pride leads to disgrace, but with humility comes wisdom.”

Proverbs 12:2

*“You (Lucifer) said in your heart, **“I will ascend to the heavens; I will raise my throne above the stars of God; I will sit enthroned on the mount of assembly, on the utmost heights of Mount Zaphon. I will ascend above the tops of the clouds; I will make myself like the Most High.”** But you are brought down to the realm of the dead, to the depths of the pit.”* Isaiah 14:12-15

3) Humility is the key ingredient of success and pride is the polar opposite.

“Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom.”

James 3:13

“Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all!”

Romans 12:16

WHEN PRIDE IS DISGUISED

“So I have reason to be enthusiastic about all Christ Jesus has done through me in my service to God. Yet I dare not boast about anything except what Christ has done through me, bringing the Gentiles to God by my message and by the way I worked among them. They were convinced by the power of miraculous signs and wonders and by the power of God’s Spirit. In this way, I have fully presented the Good News of Christ from Jerusalem all the way to Illyricum.”

Romans 15:17-19

WHEN PRIDE IS DISGUISED

“When you do things, do not let selfishness or pride be your guide. Instead, be humble and give more honor to others than to yourselves. Do not be interested only in your own life, but be interested in the lives of others.”

Philippians 2:3-4

“I will boast only in the LORD; let all who are helpless take heart.”

Psalm 34:2

A close-up photograph of a hand holding a bunch of ripe blueberries. The hand is positioned in the center-right of the frame, with fingers gently cupping the cluster. The blueberries are dark blue with a natural white bloom. The background is a soft, out-of-focus light color, possibly a wall or a backdrop, which makes the hand and fruit stand out. The overall lighting is bright and even, highlighting the texture of the grapes and the skin of the hand.

WHEN PRIDE IS DISGUISED

Self-sufficiency

Perfectionism

Inability to trust God

A need to control circumstances

A desire to impress people

Status seeking

Fear of what people will think

A close-up photograph of a hand holding a bunch of blueberries. The hand is positioned in the center, with fingers gently cupping the cluster of fruit. The blueberries are dark blue and appear fresh. The background is a soft, out-of-focus light color, possibly a wall or a backdrop. The overall tone is calm and natural.

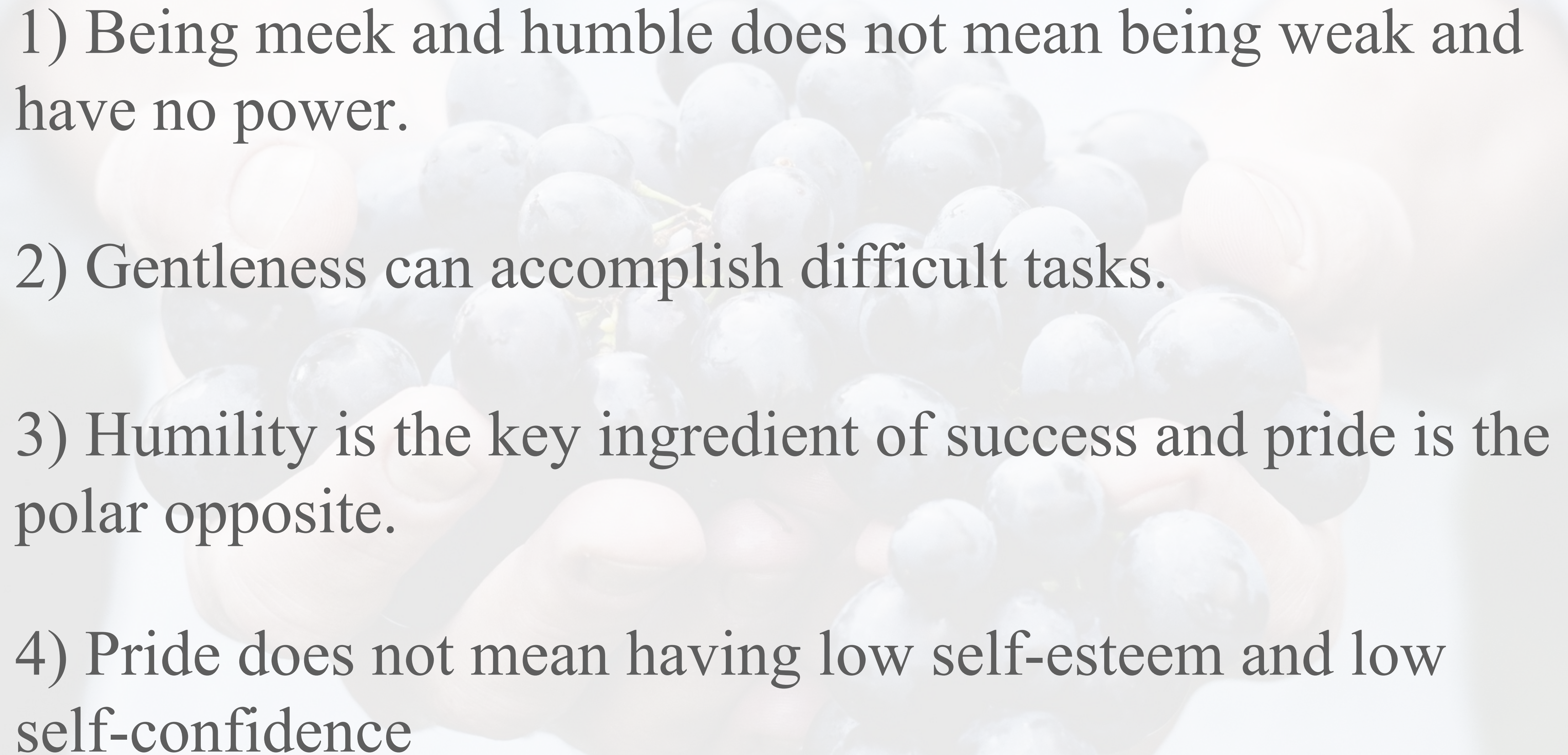
WHEN PRIDE IS DISGUISED AS A FORM OF HUMILITY

Worry

Insecurity

Self-loathing

Victim mentality

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- A pair of hands is shown holding a bunch of blueberries. The hands are positioned at the top and bottom of the frame, with the blueberries in the center. The background is a soft, out-of-focus light blue and white. The text is overlaid on the image in a dark, serif font.
- 1) Being meek and humble does not mean being weak and have no power.
 - 2) Gentleness can accomplish difficult tasks.
 - 3) Humility is the key ingredient of success and pride is the polar opposite.
 - 4) Pride does not mean having low self-esteem and low self-confidence

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*“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.**”*

Matthew 11:29

“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

Psalm 139:13-14

4) Pride does not mean having low self-esteem and low self-confidence

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“But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God’s very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light.” 1Peter 2:9

“Humility is not thinking less of yourself; it is thinking of yourself less.”

Rick Warren

A pair of hands, one on the left and one on the right, are shown holding a large bunch of ripe blueberries. The hands are positioned as if presenting the fruit. The background is a soft, out-of-focus light color. The text is overlaid on the left side of the image.

PRACTICAL WAYS TO DEVELOP HUMILITY

Admit my weaknesses

Being patient with others' weaknesses

Listen

Being open to correction

Pointing the spotlight on others