

A Quiet and Gentle Spirit

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I. What is a gentle and quiet spirit? (1 Peter 3:3-4)

A. The Lord looks at the heart (1 Samuel 16:7)

1. Why is it so hard for us to see inward beauty?
2. Pray about seeing things from God's point of view
3. We judge immediately from outward appearance

B. Definition.

1. Translated meek.

- a) Means gentle and calm.
- b) The fruit of power.
- c) Strength under God's control; the meek inherit the earth (Matthew 5:5).
- d) Same word used for breaking horses.
- e) Opposite of self-assertedness and self-interest; not occupied with self.
- f) Equanimity of spirit.
- g) Jesus Christ is the same (Hebrews 13:8).
- h) Does not create disturbances.
- i) Quiet.
- j) Tranquility arising from within.

C. Classifications of the fruit of the Holy Spirit.

1. God-ward.

- a) Love.
- b) Joy
- c) Peace.

2. Directed towards man.

a) Patience.

b) Kindness.

c) Goodness.

3. Come from within.

a) Faithfulness.

b) Gentleness.

c) Self-control.

D. Spirit

1. Our spirit is our disposition. The normal or prevailing aspect of one's nature. Quiet from within. At rest. Secure. Peaceable.

2. Bear with tranquility the disturbances caused by others..

E. Examples of a gentle and quiet spirit.

1. Jochebed the mother of Moses.

2. Mary the mother of Jesus.

3. Queen Victoria entertaining a Middle Eastern King.

F. Respond graciously.

G. Incorruptible or imperishable.

H. Constant attitude.

II. How do we acquire a gentle and quiet spirit?

A. Have a daily quiet time.

1. Learn from the One who is gentle (Matthew 11:28-30).

2. Know that He is God (Psalm 40:6-10).

3. You can do nothing apart from God (John 15:5).

4. Ask God to show you something.

a) I can leap over a wall (Psalm 18:29).

b) I can do all things (Philippians 4:13).

B. Be secure in the sovereignty of God.

1. God is our stronghold (Psalm 18:30-35). Plans to give you a future and hope (Jeremiah 29:11).
2. Do we have confidence that God knows and He is in control? All that happens is working for our good (Romans 8:28).
3. God is going to be with us and give us strength to endure (1 Corinthians 10:13).
4. Underneath are the everlasting arms (Deuteronomy 33:27).
5. How are we to respond in these situations?

III. What are hindrances to maintaining a gentle and quiet spirit?

A. Un-confessed sin.

1. Groaned and drained from sin (Psalm 32:3-5).
2. Ask God.

B. Unresolved conflict.

1. Do not go to bed angry (Ephesians 4:26).

C. Self-pity.

1. Life with a quarrelsome wife (Proverbs 21:9-19).
2. Get focus off self.

D. Anxiety.

1. Have no anxiety about anything (Philippians 4:6-7).
2. Our bodies cannot handle anxiety.

E. Neglecting responsibilities.

1. A wife needs to be faithful in everything she does (1 Timothy 3:11).

F. Fatigue.

1. Rest (Psalm 127:2).
2. Examine schedule.
3. Exercise.

IV. Are we putting on a gentle and quiet spirit?