

Resolving Conflict – Lou Priolo
Week 2: Gentleness

Gentleness Defined:

Πραΰτης - *the quality of not being overly impressed by a sense of one's self-importance*¹

*"The man who is truly meek is the one who is amazed that God and man can think of him as well as they do and treat him as well as they do."*²

Gentleness Pursued:

1. Walk by the Spirit for the fruit of gentleness (Galatians 5:22-23)

2. Put all sense of self-importance to death and cultivate true humility

3. Entrust yourself entirely to God (Psalm 37)

4. Believe that to be gentle is to be truly blessed (Matthew 5:5)

5. Follow the Greatest Example of Gentleness (Matthew 11:28-30)

¹ Arndt, William, Frederick W. Danker, Walter Bauer, and F. Wilbur Gingrich. 2000. In [*A Greek-English Lexicon of the New Testament and Other Early Christian Literature*](#), 3rd ed., 861. Chicago: University of Chicago Press.

² David Martyn Lloyd-Jones, *Studies in the Sermon on the Mount* (W.B. Eerdmans, 2001).

Gentleness Applied:

1. Gentleness is the ability to distinguish between righteous anger and sinful anger

Unholy Anger ³	Holy Anger
When I don't get what I want	When God doesn't get what He wants
I am the lord of my life	Christ is the Lord of my life
My will is violated	God's will is violated
Motive: my heart's idolatrous desires	Motive: God's glory
I am god	God is God

2. Gentleness is refusing to allow any desire to become so deep-rooted that it produces anger (either in an attempt to obtain it or as a result of not being able to attain it)
3. Gentleness is knowing how to harness righteous anger so that it may be used to destroy only those things that God would approve being destroyed
4. Gentleness involves knowing how to think during times of provocation
5. Gentleness is knowing how to command not only your thoughts, but also your tongue, countenance, and body language during times of provocation
6. Gentleness is remaining quiet when angry in order to ponder an appropriate response
7. Gentleness is forgiving your offender quickly, thus not allowing yourself to meditate on and muse over the provocation.

³ Lou Priolo, *Resolving Conflict: How to Make, Disturb, and Keep Peace* (P & R Publishing, 2016)., p. 38.