

## *Let it Go; Let it Grow:*

Gentleness vs. Aggression  
Ephesians 4:1-6; Mark 7:24-20

Name: \_\_\_\_\_

Gentleness = \_\_\_\_\_

Three \_\_\_\_\_ of Gentleness

"How do you know something has become a \_\_\_\_\_? Only when it becomes more natural to say and do what is kind than not to."

(Christopher J. H. Wright, Cultivating the Fruit of the Spirit, 93)

\_\_\_\_\_ – If we are able to \_\_\_\_\_, then we are able to be affected. (Bryan Spoon, Neuroscience and the Fruit of the Spirit, 147)

*"Yes, Lord," she replied, "but even the dogs under the table eat the children's crumbs." -Mark 7:28*

\_\_\_\_\_ – "In \_\_\_\_\_ the hate and anger we harbor can be released." (Spoon, 148)

*Be completely humble and gentle; be patient, bearing with one another in love. -Ephesians 4:2*

\_\_\_\_\_ – To be \_\_\_\_\_ is allowing ourselves to be wounded. (Spoon, 148)

*As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. -Ephesians 4:1*

Let \_\_\_\_\_ Go; Let \_\_\_\_\_ Grow!

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Forgive \_\_\_\_ Vulnerable \_\_\_\_ Listen \_\_\_\_ Strength \_\_\_\_ Prisoner \_\_\_\_