

Shining the Light on GENTLENESS

“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

“Let your gentleness be evident to all.”
Philippians 4:5

Being helpful, humble and even-tempered, balancing life and well-being.



Teaching truth

Jesus' life brings, helps and spreads the good news that we can be with our Father God. This good news is for everyone! We can access true GENTLENESS through the Holy Spirit.

Can you see the Holy Spirit (the star) guiding and helping Stellar Bear on each page? What do you think the star is saying to Stellar in this story?

GENTLENESS is seen in words and actions. The best way to teach GENTLENESS is to think of times when we would want others to be GENTLE with us. When we are GENTLE with others, we show how Jesus cares for them.

Empowering kids to shine

What is GENTLENESS?

GENTLENESS is having a strong hand with a soft touch. A person with GENTLENESS speaks truth in a caring and soft manner. It takes a strong person to use GENTLENESS with others.

How can we show GENTLENESS to others?

We can ask God to help us be GENTLE with others. GENTLENESS is not weak. Using a GENTLE approach in relationships is more effective than sheer strength. When we use GENTLE words, they are more likely to be well received than forcing our way or our opinion on others.

