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Thoughts on Gentleness

Think of a feather. What does it feel like? Feathers are soft to touch. They feel gentle if you stroke them on your skin. Yet they are strong and important to the bird. Feathers help the bird to fly, protect it, camouflage it and keep it warm and dry. Feathers have strength with gentleness.

The Bible says

Jesus said,
"I am gentle
and humble in
spirit."

Matthew 11:29
'God loves you.

So always do
these things: Show mercy
to others; be kind, humble,
gentle, and patient.'

Colossians 3:12

'Try to live in the right way,
serve God, have faith, love,
patience, and gentleness.'

1 Timothy 6:11

'God will protect you like a
bird spreading its wings
over its young.'

Psalm 91:4

Fact

Birds have different types of
feathers. Feathers are perfectly
designed to fly; they are light
and flexible but just rigid
enough.



Being gentle is a
superpower! There is
strength in gentleness. You
might not show gentleness
all the time, but when you
do, it can be very powerful.
You can use it to help
yourself and other people.
For instance, being gentle
with other people can calm
them down, as this Bible
verse says: 'A gentle answer
will calm a person's anger.
But an unkind answer will
cause more anger.' (Proverbs
15:1)
How can you show
gentleness to others? How
will it make a difference?

Idea



Do

Find a feather.
Touch the soft
edges. Feel the rigid
spine. Feel its lightness and
softness. Think about how you
can be gentle and strong.



Pray

Thank you for the strength of gentleness. Help us to be gentle in
our words, thoughts and actions. Thank you for those who are
gentle with us.