

LIFE IN THE KINGDOM:
THE FRUIT OF THE SPIRIT

Devotional: Summer 2020

INTRODUCTION

This summer we are exploring the fruit of the Spirit: how God changes us through his Spirit to make us more like Jesus. Thank you for joining other Redeemer East Siders to grow in the fruit of the Spirit through devotionals, discussions and noonday prayer.

Use this devotional guide to deepen your understanding of the power of God's Spirit. Each day begin with the opening prayer, choose a Scripture passage and quotation to reflect on, and then pray the closing prayer. The worship songs can be listened to throughout the week. When a particular Scripture stands out to you, pause and meditate on it, considering what you learn about God, humanity, and why God is showing this to you today. Pray for the Spirit to work this fruit into your life.

WEEK 9, AUGUST 30: GENTLENESS

▶ LISTEN

- [Gracefully Broken](#) - Tasha Cobbs
- [The Old Rugged Cross](#) - Chris Rice

▶ OPENING PRAYER

Almighty God, our heavenly Father, who sets the solitary in families: we commend to your continual care the homes in which your people dwell. Put far from them every root of bitterness, the desire of vainglory, and the pride of life. Fill them with faith, virtue, knowledge, temperance, patience, godliness. Knit together in constant affection those who, in holy wedlock, have been made one flesh. Turn the hearts of the parents to the children, and the hearts of the children to the parents; and so enkindle fervent charity among us all, that we may evermore be kindly affectioned one to another; through Jesus Christ our Lord. Amen.

▶ SCRIPTURE

- Psalm 27
- Psalm 131
- Matthew 11:28-30
- Matthew 5
- 1 Corinthians 3:3-7; 3:21-4:7
- 2 Corinthians 12:9-11
- Philippians 2:1-11

▶ GENTLENESS/HUMILITY

- **Definition:** Self-forgetfulness
- **Opposite:** Superiority, self-absorbed and envious, unable to rejoice in others' joy
- **Counterfeit:** Inferiority, self-absorbed self-consciousness

▶ REFLECTION QUOTES

“Christ turned his back, voluntarily, deliberately, and decisively, upon all that belonged to personal glory, and all that conduced to personal gain. He recognized no limit to the extent to which his obedience to God in self-humbling must go. Whatever he found in himself to be expendable, he spent. While anything was left which could be poured forth, he poured it forth. Nothing was too small to give, or too great. This is the mind and the life which is commended to us by the example of Christ and approved by signal acts of God.” —Alec Motyer

“To love and admire anything outside yourself is to take one step away from utter spiritual ruin; though we shall not be well so long as we love and admire anything more than we love and admire God....In God you come up against something which is in every respect immeasurably superior to yourself. Unless you know God as that — and, therefore, know yourself as nothing in comparison — you do not know God at all. As long as you are proud, you cannot know God. A proud man is always looking down on things and people: and, of course, as long as you are looking down, you cannot see something that is above you....If anyone would like to acquire humility, I can, I think, tell him the first step. The first step is to realize that one is proud. And a biggish step, too. At least, nothing whatever can be done before it. If you think you are not conceited, it means you are very conceited indeed.” —C. S. Lewis

“Because he loves me and he accepts me, I do not have to do things just to build up my résumé. I do not have to do things to make me look good. I can do things for the joy of doing them. I can help people to help people — not so I can feel better about myself, not so I can fill up the emptiness...The thing we would remember from meeting a truly gospel-humble person is how much they seemed to be totally interested in us. Because the essence of gospel-humility is not thinking more of myself or thinking less of myself, it is thinking of myself less. Gospel-humility is not needing to think about myself. Not needing to connect things with myself. It is an end to thoughts such as, ‘I’m in this room with these people, does that make me look good? Do I want to be here?’ True gospel-humility means I stop connecting every experience, every conversation, with myself. In fact, I stop thinking about myself. The freedom of self-forgetfulness. The blessed rest that only self-forgetfulness brings.” —Timothy Keller

“Meekness [gentleness] has nothing to do with being weak or passive. Meekness is power harnessed by love. It is an expression of humility that will not bristle or defend when challenged about motives.” —Dave Harvey

“The meek [gentle] man is not a human mouse afflicted with a sense of his own inferiority. Rather he may be in his moral life as bold as a lion and as strong as Samson; but he has stopped being fooled about himself. He has accepted God’s estimate of his own life. He knows he is as weak and helpless as God declared him to be, but paradoxically, he knows at the same time that he is in the sight of God of more importance than angels. In himself, nothing; in God, everything. That is his motto.” —A. W. Tozer

▶ CLOSING PRAYER

Almighty God our heavenly Father, you declare your glory and show forth your handiwork in the heavens and in the earth: Deliver us from the service of self alone, that we may do the work you give us to do in truth and beauty and for the common good; for the sake of him who came among us as one who serves, your Son Jesus Christ the Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

▶ Want to continue meditating on Scripture throughout the week? Consider using the Redeemer Devotional daily email: redeemer.com/devotional and Virtual Noonday prayer: eastside.redeemer.com/prayer