

“Gentleness is a way of life.”



I had planned on writing and sending this letter on GENTLENESS next week, but with all the violence and **unrest** predicted for the **inauguration** of **President-Elect Joe Biden**, I feel this might be the right time.

We use the word "**gentle**" to describe many things. The rain, wind, waves, and even music are often described as gentle. A touch can be gentle, and so can the sound of one's voice. Even movement can be gentle. But what about people? How many gentle people do you know?

I share with you, now, some of my reflection based on an article by Julie A. Johnson with her blessing.

Gentleness is a virtue, a **gift** we give to each other. If you are gentle, you are **calm**. Gentleness is a quality that comes from the **heart** and **soul**. Truly gentle people give of themselves, and they empathize with others. They establish **peace**.

Some associate gentleness with **passivity** and **weakness**. **Not true!** Actually, gentle people are quite **strong** because they **know** how to remain **calm** and **show restraint**. When a **gentle** person becomes **angry** or **frustrated**, they keep emotions in check and **control their reactions**. They do not **rage** at others, rather they remain **composed**.

Being gentle is something we must work at, and it does not come easy. Some of the strongest people you know may be very gentle. Truly gentle people give of themselves, and they empathize with others. They establish peace and quiet. (Emphasis added.)

Originally, I chose the topic of "**gentleness**" because it was **personal**. I don't consider myself a gentle person. But for several months I've become deeply aware of how **gentle God** is with me and, since then, I have been thanking Him a lot for His gentleness. Then, one day, I read an article that said: "The **weaker** you are the **gentler** God is with you". **Ah! that was my answer. Now I know!** I am deeply aware that I can do nothing **without** Him. In the morning I pray, "In you, I live, move and have my being." And, do you know what? He responds, "In you, I live and mover and have my being" That is so true for all of us. But, on the flip side, as St. Paul says: "I can do all things through Christ who strengthens me".

Let Us Pray:

- ❖ **Gentle me** when I'm behind slow drivers who stay in the fast lane.
- ❖ **Gentle me** when I face both fair and unfair criticism.
- ❖ **Gentle me** when I think things that are obvious to me ought to be obvious to everybody else.
- ❖ **Gentle me** when loud people invade "my" space—as though I have some inalienable right to an uninterrupted life.