

GENTLENESS

溫柔

THE FRUITS OF THE SPIRIT

聖靈果子

17 MAY

What is "gentleness"?

甚麼是溫柔？

- Cambridge dictionary: "the quality of being calm, kind or soft; the quality of not being violent severe or strong"

劍橋辭典：「平靜、仁慈或柔和的特質；丕暴力、丕嚴厲或丕強烈的特質。」

How do you see Jesus?
你怎樣看耶穌？



Appearances can be deceiving

人不可貌相

"Satan himself masquerades as an angel of light"

(2 Corinthians 11:14)

「這也不足為奇，因為連撒但也裝作光明的天使。」

(哥林多後書 11:14)

"he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables" (John 2:15)

「耶穌就拿繩子做成鞭子，把所有的，包括牛羊都趕出聖殿，倒出兌換銀錢之人的銀錢，推翻他們的桌子」(約翰福音 2:15)

Gentleness 溫柔 = “Prautes” (Greek 希臘原文)

- Greeks used the word to describe something that has power but is not destructive such as a powerful horse that has been tamed

古希臘人常用這個詞來形容一種『雖有力量卻不具毀滅性』的狀態，例如一匹馴服了的駿馬，雖然依舊強壯，卻溫順受控。

Gentleness 溫柔 = “Prautes” (Greek 希臘原文)

- When applied to a person it refers to someone with a calm, steady spirit that is not easily provoked, self-serving or domineering
- It is not weakness, passivity or neutrality
- It is a strong, deliberate, active choice of calm in the face of provocation

當這個詞用在人身上時，是指一個人擁有平靜、沉穩的心靈，不易被激怒，不自私自利，也不橫蠻霸道。

它絕非懦弱、消極或冷眼旁觀。

相反地，它是面對挑釁時，一種強大、深思熟慮且主動選擇的沉著。

THIS PRESUMES...

我們可以想像...

**THAT YOU ARE
STRONG!**
你們都是剛強的！

What does 'gentleness' look like?
一個溫柔的人是怎樣的？



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一個溫柔的人是怎樣的？



What is the role of Gentleness in the Bible?

聖經中的溫柔是？

Restores others 挽回別人

If someone is caught in a sin, you who live by the Spirit should restore that person gently.
(Galatians 6:1)

弟兄們，若有人偶然被過犯所勝，你們屬靈的人就要用溫柔的心把他挽回過來 (加拉太書6:1)

Counters anger 消退怒氣

A gentle answer turns away wrath, but a harsh word stirs up anger (Proverbs 15:1)

回答柔和，使怒消退；言語粗暴，觸動怒氣
(箴言 15:1)

Engages others 與人結連

Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect (1 Peter 3:15-16)

有人問你們心中盼望的理由，要隨時準備答覆；不過，要以溫柔、敬畏的心回答。(彼得前書 3:15-16)

How do we see this in Jesus? 我們可以從耶穌生命中學習

Learn from Jesus

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)

我心裏柔和謙卑，你們當負我的軛，向我學習；
這樣，你們的心靈就必得安息。（馬太福音 11:29）

A Tale of Two Women

兩個婦人的故事

Jesus and the woman caught in adultery

耶穌和那因犯姦淫而被捉拿的婦人

Jesus and the Samaritan Woman

耶穌與撒馬利亞婦人

Questions

問題

How are you
gentle?
你是否溫柔的人

How have you seen
gentleness create
impact?
你是否看見溫柔的力量？

How can you grow
in gentleness?
你怎樣成長成為一
個溫柔的人？