

GARMENT 4: GENTLENESS

UNIFORM OF A GODLY MAN SERIES

*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, **gentleness** and patience. — Colossians 3:12*

THE RESTRAINT OF THE STRONG

You ever try opening a new jar of pickles? Sometimes it takes a full-body torque — bracing the jar on the counter, gripping the lid with a towel, even whacking the bottom to loosen the seal. Now imagine using that same force to open a tiny glass bottle of your wife's essential oils. Same basic material — glass. Same objective — open the lid. But a wildly different outcome if you don't adjust your force.

That's gentleness — *using only the amount of force necessary*. It's strength under control. Nothing more.

Some situations require grit and push. Others require careful, precise handling. The gentle man discerns the difference — when power is better restrained than unleashed.

Gentleness is power that doesn't dominate. Truth that doesn't crush. Leadership that doesn't bulldoze. It's countercultural. And radically Christlike.

You want to be trusted? Be gentle. Your tone shapes your influence.

AT WORK: STRONG AND STEADY

Gentleness isn't weakness — it's precision. The mature man knows how much force is *actually needed* and no more. He isn't careless with his words or his authority — especially at work.

A gentle man ...

- Gives correction without condescension
- Leads his team without shaming or barking
- Uses authority to protect and build up, not dominate
- Doesn't let urgency excuse unkindness

It's been said that employees don't quit jobs — they quit *harsh bosses*. Gentleness keeps your leadership sharp and human.

"In a world where you can be anything, be kind. And when you must be firm — be measured."
— Unknown

THE COACH WHO NEVER CURSED

Tony Dungy, Super Bowl-winning coach, led teams with conviction, but never raised his voice. He believed you didn't need to scream to be strong. He coached with calm, clarity, and consistent discipline — and he earned deep respect.

Dungy said, *"Be uncommon. Be the kind of man who can handle pressure without blowing up, and success without gloating."*

That's gentleness in leadership. Steady. Quietly powerful.

CHALLENGE QUESTIONS

- Q.** What triggers your harshness — and how can you surrender it to God?
- Q.** How do people experience your strength: as protection... or pressure?
- Q.** Where do you need to lead with a softer voice and a steadier heart?

SCRIPTURAL CROSS-REFERENCES

- Proverbs 15:1 – "A gentle answer turns away wrath..."
- Galatians 6:1 – "Restore them gently..."
- Matthew 11:29 – "I am gentle and humble in heart..."

PRAYER

Lord, I don't want to be known for noise, but for calm strength. Make me the kind of man who can be firm without being forceful, and clear without being cold. Teach me the strength of gentleness — the kind that reflects You.

ACTION STEP

This week, *someone* will frustrate you, disappoint you, or test your patience. Don't power up. Don't prove a point. Instead, take a breath. Consider what you know of them — or what you *don't*.

What might they really need from you?

Respond with gentleness — because that's who you're becoming.

GENTLENESS

Responding with calm, steady leadership. Using strength to protect, not control. Speaking truth with care. Being a man people feel safe around.