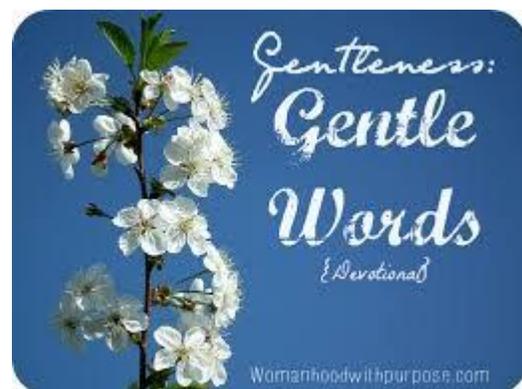
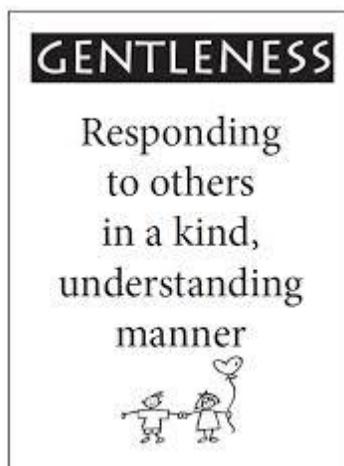


GENTLENESS

GENTLENESS one of the Fruits of the Holy Spirit that makes us both humble and thankful for God's grace, and willing to resist judging, resenting, or doing harm to others.



Scripture - Take my yoke upon you and learn from me, for I am meek and humble of heart... ~Matthew 11:29



When you encounter difficulties and contradictions, do not try to break them, but bend them with gentleness and time.
-Saint Francis de Sales

PRAYER

Lord Jesus, help me to follow your way of gentleness by being kind, gracious, and open-hearted. Amen.