

# Power Under Control

Cultivating the True Strength of Spiritual Gentleness

A practical framework for attracting, restoring, and healing in a broken world.



# The Bubba Transformation: From Willpower to Spirit-Led Control

## Before (The Boss)

### Row 1 - The Trigger

Out-muscling competitors, screaming at suppliers, leading by intimidation and fortitude of will.



### Row 2 - The Reaction

Screaming at a lagging plumber.



### Row 3 - The Crisis

Blowing up over expensive crew mistakes.



## After (The Believer)

### Row 1 - The Trigger

Joined a men's Bible study on the Holy Spirit; completely softened attitude and vocal tone.



### Row 2 - The Reaction

Treating the delayed plumber with understanding and respect.



### Row 3 - The Crisis

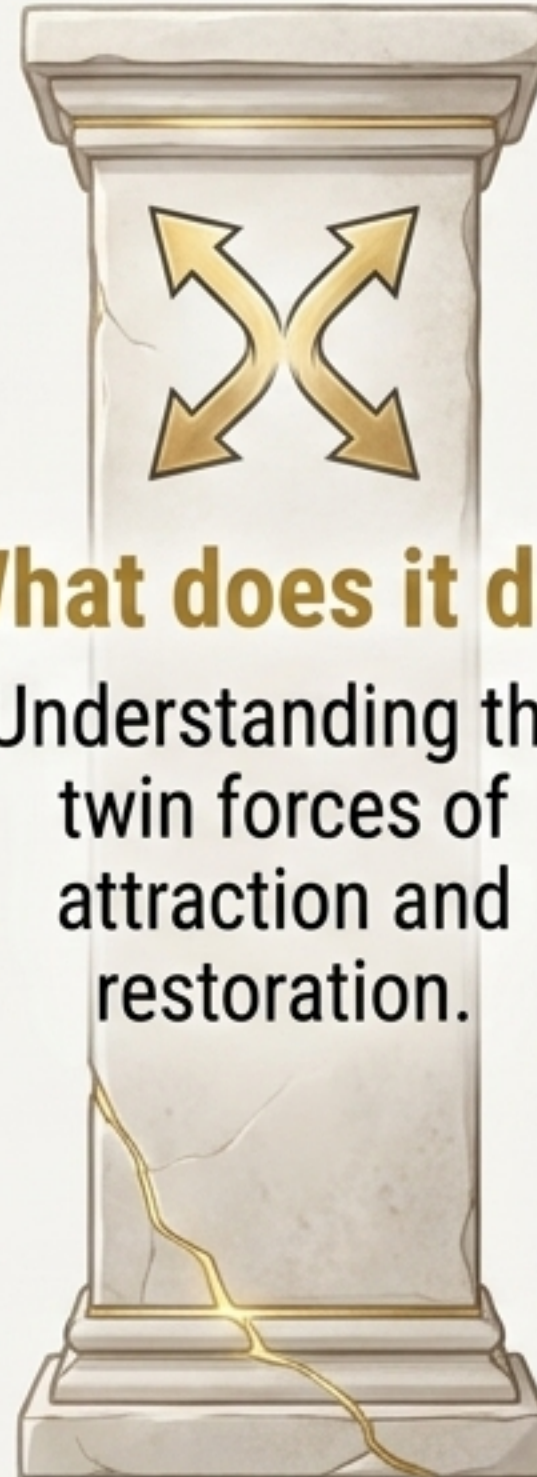
Staying calm, kind, and steady when the same expensive mistakes happen.



**The Result:** Rivals noticed. Employees believed. Witnessing this complete character shift, his foreman Joe gave his life to Christ. Gentleness proved more powerful than intimidation.

# The Anatomy of a Spiritual Fruit

The Fruit of the Spirit is Gentleness. To harness it, we must answer three distinct questions:



# Discarding the Cultural Myth

Modern society **defines gentleness** as an absence of power.

We view it as weak, shy, timid, easily pushed around, and afraid of conflict.

The **New Testament Greek word** Praus describes a wild animal that has been tamed and trained.

It represents a massive, powerful beast with its strength completely harnessed to the pull of the reins.

**True gentleness is not the absence of power; it is strength and power under control.**

# The Three Pillars of True Gentleness



## Submissive to God

Your power, anger, and personal goals are placed entirely under God's control. You do not give up your strength; you draw it directly from Him rather than your own ego.



## Teachable (Humble)

The exact opposite of the Greek *hipsocardia* (lofty-heartedness / being stuck up). A proud person defends their ego; a gentle person is never too proud to listen and learn.



## Considerate of Others

Power under control means utilizing your energy to help and serve others, instead of throwing your weight around to force your own stubborn plans.

# The Twin Forces of Gentleness



## Spirit-Led Gentleness

### Force 1: It Attracts

Like a magnet, gentleness naturally draws outcasts, children, and hurting people toward the message of Jesus without relying on arguments.

### Force 2: It Restores

Like a physician, gentleness heals, mends, and fixes those who are broken, trapped, or tangled in the consequences of sin.

# Force 1: The Magnetism of Jesus

| The Individual                | The Societal Standard                                            | The Gentle Response                                                                         |
|-------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| The Children<br>(Matthew 19)  | Disciples scolded the parents for bothering him.                 | Jesus welcomed them.<br>Result: Natural magnetism—kids are exceptional judges of character. |
| Woman at the Well<br>(John 4) | Strict rules forbade contact; she had a messy past (5 husbands). | Jesus offered true forgiveness to an empty soul rather than harsh judgment.                 |
| Zacchaeus<br>(Luke 19)        | Corrupt, rich tax collector; crowd wanted public denouncement.   | Jesus offered a home visit.<br>Result: Complete financial restitution.                      |
| Adulterous Woman<br>(John 8)  | Enemies laid a trap demanding a public stoning.                  | Jesus stooped in the dust, dispersed the crowd, and said, "Neither do I condemn you."       |

## Force 2: Untangling the Trap of Sin

“If someone is overtaken in any wrongdoing, you who are spiritual, restore such a person with a gentle spirit...” — Galatians 6:1

### The Context

A believer messes up big time, tarnishing reputations. The human instinct is to scold, condemn, or distance oneself to protect personal pride.

### The Insight

Sin operates like a lure or a trap—a bug caught in a spiderweb. The mandate for the spiritually mature is not to condemn the trapped person, but to carefully and gently untangle them.

# The Broken Bone Diagnostic

The Scenario: A boy slips on wet grass watching his brother wash a Monte Carlo, breaking his arm. He is in pain in the passenger seat on the way to the hospital.

## The Lecture Approach

“Why weren’t you watching your step?  
You could have picked a better day for this!”

- Adds unnecessary pain.
- Focuses entirely on condemnation and inconvenience.
- Offers zero healing.

## The Healer Approach

Carefully navigating bumps in the road,  
setting the bone, applying the cast.

- Focuses entirely on the process of mending.
- Gentleness recognizes its only job is to fix what is broken.

# Operating in a Modern Spiritual War Zone

## **The Office:**

A business owner ruined by a lie, on the verge of losing their livelihood.

## **The Cafe:**

A person made poor by a string of disastrous relationship choices.

## **The Home:**

A woman carrying an unbearably heavy guilt from past decisions.

## **The School:**

A teenager dealing with the fallout of bad choices with drugs or alcohol.

We will never argue anyone into the Kingdom of God. We must use the exact **gentleness of Jesus** to mend what is broken by the grace of God.

# The Practitioner's Toolkit

Moving from **theology** to **daily practice** requires **intentional behavioral shifts**. If you want the Holy Spirit to guide your reactions, you must master these **four disciplines**:



**Quadrant 1:** Submitting Reactions  
(Controlling the immediate flashpoint)



**Quadrant 2:** Remaining Teachable  
(Dismantling the ego)



**Quadrant 3:** Considering Others  
(Shifting the center of gravity)



**Quadrant 4:** The Daily Draw  
(Active prayer implementation)

# Tactical Practice: Submit & Dismantle the Ego



## The 5-Second Rule

Pause for 5 full seconds before reacting to a deliberate offense. Ask the Holy Spirit to pull back your anger like the reins on a horse.



## Surrender the Last Word

In your next disagreement, purposely choose to let the other person have the final say. Listen without responding, entirely giving up the fight to “win.”



## Seek Out Blind Spots

Ask someone who knows you well, “Where is one area I could improve?” and sit through their answer without making a single excuse.



## Admit Mistakes Instantly

Don't shift blame. Look them in the eye and say, “I messed up. I'm sorry. I want to learn how to do better.”

# Tactical Practice: Consider Others & Restore

**Steering  
group plans.**

Step back. Say,  
“Let’s do what you  
want to do today.”

**Ignoring  
hidden  
stress.**

Do a physical chore  
for the most  
stressed person, or  
sit with the lonely  
person at mealtime.

**Firing back  
insults online.**

Respond to public  
or social media  
rudeness with a  
calm, kind tone.

**Joining the  
trash-talk.**

Gently speak up and  
change the subject  
to protect the  
reputation of  
someone who made  
a public mistake.

# The Alive for Five Initiative

## The Action



Write down the specific names of five friends or family members who do not yet know Jesus. Keep this list visible daily.

## Alive for Five

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## The Prayer



Pray daily that God's gentleness operating through your specific behaviors will draw them to Him.

Lord, I pray that my gentleness would be undeniable, and that those in my circle of influence would turn from their sins and follow Christ.

# The Ultimate Mark of True Strength

Gentleness is never a passive trait; it is an active, restorative power. By submitting our strength entirely to God's control, we become the safe harbor that attracts the lost and the steady hands that heal the broken.



*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*