

# Gentleness

“Gentleness is the rock that dissipates the waves of the ocean of rage” [*St. John Climacus*]

+ It is perhaps one of the most remarkable Christian virtues and the most radiant before people. When the Lord Jesus wanted to teach us to be like Him, he said: *“learn from Me, for I am gentle...”* (Matthew 11:29)  
Gentleness is the character of Christians. The gentle person is a living example of goodness and love, and he is the most notable witness to Christ.

+ In gentleness, there is strength, steadfastness and peace. Evil will inevitably vanish, but gentleness will remain unyielding.

Therefore, the Lord Jesus explained to us that:

*“Blessed are the meek, for they shall inherit the earth.”* (Matthew 5:5)

+ The Bible reveals to us that meekness is the most important and most beautiful adornment that humans can be adorned with.

*“...The unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.”* (1 Pt 3:4)

And of course meekness is the essential embellishment for a woman. The soft voice and the cheerful face add to the woman, beauty that is unmatched by all types of makeup, jewelry, and hairstyles.

+ Meekness is also characteristic of the angels. If you want to resemble the angels, you ought to be adorned with meekness.

There is a delightful and fictional story about two angels who were puzzled at all the scrimmage that takes place between human beings. These scrimmages never happen in heaven between meek angels. They tried to imitate humans perhaps they can understand the cause of all this evil. So the first angel said to the other one in a sharp voice: Give me this thing in your hand! The other angel reacted in a natural way and said spontaneously: Please, here it is my brother. They both laughed as they both failed in acting out their little game, since meekness overturned anger before it even started.

“Be gentle at heart and remember the meek lamb and how much He endured.” [*Saint Barsanuphius*]

+ Therefore, my beloved, it is necessary for us to seek, with strife in every prayer, from God to grant us this wonderful grace to be meek, may the lord bestow upon you and me.

*Fr. Yohanna Naseef*

[fryohanna@hotmail.com](mailto:fryohanna@hotmail.com)



## QUOTES FROM THE EARLY FATHERS ON GENTLENESS:

“Meekness is an aid to obedience and leads to peace, it is a bridle for the outraged and curbs the enraged, It emanates delight and it is the likeness of Christ, It is an angelic quality and a shield against cruelty.”

[*St. John Climacus*]

“The heart of the meek is filled with enlightenment and knowledge, but the angry mind harbors darkness and ignorance.”

[*St. John Climacus*]

“Prayer is the seed of gentleness and the absence of anger.”

[*Abba Nilus of Sinai- from the desert fathers*]

St. Mary Coptic Orthodox Church, Palatine, IL

