

Gentleness

Who is the gentle man saint, who urged us to be gentle and humble?..... St Francis de sales

Who is the gentle man saint in the Bible, who was so gentle and never spoke a word?.....

St. Joseph.

Gentleness is primarily an interior attitude and quality of the heart. Gentleness is an out flow of the heart. External manners cannot completely determine the degree and depth of gentleness. Gentleness is the remedy for the impatience and in particular, for keeping the passion of anger under control. We are called to be gentle towards others by respecting their freedom and of not forcing their wills. We can try to persuade and lead them the way the angels act on us. Our angels are so gentle towards each one of us, whether we are good or sinners they always protect us and they always intercede for us. By being so gentle we become angels to others. Because human relations are fragile and sensitive.

Gentleness is like a soft root that conquers the rock.

Gentleness is like trading of ants that erodes the stone.

Gentleness is to be mild in ones word and deed.

Gentleness in speech will gain you friends.

Gentleness in deed will reduce your enemies.

Gentleness is the sign of true strength, because only the weak minds grow tensed soon.

It is the hard things that break, soft things do not break. Most of us try to become something hard in order not to break, but it is the soft things that cannot be broken. The hard things are the ones that shatter into a million pieces. We always hear about the reed and a mighty tree, when a strong storm comes, the reed bends and comes back to its original form but the mighty tree do not bend instead it breaks and goes into ashes.

When our hearts fail and when we commit mistakes we need to correct ourselves gently because most of the time we are angry at being angry, vexed at being vexed, fretful at being fretful. So let us be gentle towards ourselves which will lead us to be gentle towards others. Gentleness demands that we practice patience, love and kindness towards friends and foes.

Most of us no all of us are gentle. We are gentle towards our provincials, We are gentle towards our superiors, We are gentle towards our bishops, friends, to God. But are we gentle towards everyone? Most of the time we fail to be gentle towards the people who work under us and who are under our control.

Gentleness implies a character of loving kindness and politeness in our conversations and interactions. It will in return prepare us to serve God. Mt:11:29 says "come to me I am meek and gentle". When Israel people were waiting for a mighty king, the king came, not us a mighty one but as a gentle vulnerable baby. Christmas once again reminds us that the

victory can only be achieved through gentle acts and surrendering oneself to God. As we prepare ourselves to receive the gentle babe of Bethlehem, let us also be gentle in our deeds and words. We cannot be gentle unless God helps us. Let us ask Jesus who is gentle of heart to give us the grace, to speak rather gently, to walk slowly, to do everything quietly and moderately.

I am reminded of a story. There was a beautiful village very far from the city. There lived a small family. After much difficulty the father of that family built a beautiful house. He himself was painting the house. His son, 6 year old boy was playing in the water and mud. In his childish way he put his finger prints on the wall. His father got angry and pushed him away. First time...second time..but the third time the father took the boy's right hand and took the knife and chopped his fingers. The mother heard his loud cry and along with the neighbours rushed the boy to the hospital. Since it took long time due to the distance they could not fix his fingers. When the boy reached back home, he went to his father and said, "Daddy I am sorry, I will not do it again, forgive me...please give me back my fingers. That broke the father's heart, in his anguish he and hanged himself.

We may not be that harsh towards others, we may not lose our life, we may not lose our finger...but if we are not gentle in our dealings, we my loose a friend, we my loose a companion, we my loose a co worker, we my loose a parishioner, we my loose a soul.

Gentleness towards self and others makes life a little lighter.

So let us be gentle and make the world a better place to live in.

May God bless us all.

Bro. Akhil James

