

# Where's Your Chair?

Philippians 4 1-7



Remember, Lord, your compassion and love, for they are from everlasting.  
Remember not the sins of my youth or my transgressions,  
but think on me in your goodness, O Lord, according to your steadfast love.  
Psalm 25:5-6

## **Praising:**

Put peace into each other's hands with loving expectation; be gentle in your words and ways in touch with God's creation.

## **Reading:**

Philippians 4:1-7  
Gentleness

When someone with as strong and forceful a personality as Paul urges people to be gentle in their dealings with one another, it's hard not to smile. Knowing him as they did, perhaps those in Philippi reading Paul's words would have smiled too. It's often when we know we are in short supply of a quality like gentleness ourselves, that we set such store by it in others. Partly that's because we know from personal experience what pain we can cause when we

don't manage to behave gently. If only we had held back, instead of opening our mouths and giving vent. If only we could unsay, what in our frustration and lack of self-control we did say. It sounds like Paul is trying to spare people he loves the trouble he did not manage to spare himself!

## **Listening:**

## **Praying:**

We ask Lord for gentleness in how we relate to the people around us

- as their behaviour upsets us, their attitudes affront us and their opinions outrage us
- to see through to the scars, hurts and let downs which make them the way they are
- that we would bite our tongue, and stop short of saying what we don't have to say

Father: all I had to do was say nothing, but it was the one thing I couldn't do. I ask for strength to hold myself back the next time, and for charity when gentleness is not shown to me. Amen

## **Doing:**

Tuesday, 01 March 2016