> Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.
> — *Colossians 3:12*

Book: New Testament / Colossians
Topics: gentleness, clothing, compassion, humility, patience

Interpretation:
Colossians 3:12 is a beautiful verse that encourages believers to put on the qualities needed for the Christian life. Paul, the writer of this letter, encourages us to put on “as God’s chosen ones, holy and beloved.” This means that as followers *of Christ*, we are to live lives that reflect our identity as children of God.

The importance of mercy

One of the qualities mentioned in this verse is mercy. For many, being merciful can be difficult because it involves forgiving those who have hurt us. But it is important to remember that God is merciful to us and calls us to be merciful. When we forgive and show mercy, we demonstrate God’s love for others.

The value of humility

Another quality mentioned in the verse is humility. It is easy to be tempted to become proud and think that we are better than others. However, humility helps us to realize that everything we have was given to us as a gift from God. When we are humble, we accept our dependence on God and are willing to serve others.

Patience and gentleness

Patience and gentleness are qualities that are often seen as weaknesses in our society. But in the Christian life, they are essential. Patience gives us the strength to overcome difficult times, and gentleness helps us channel our energy effectively and peacefully. Together, these qualities enable us to be true agents of change in the world.

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from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.
> — *Colossians 4:5-6*

Book: New Testament / Colossians
Topics: gentleness, speaking, wisdom

Interpretation:
The Bible passage in *Colossians 4:5-6* calls us to act wisely toward those outside our fellowship of believers and to make the most of our time. These verses are a call to Christians to act wisely and prudently in our relationships with people outside the church.

What does it mean to “act prudently”?

To “act prudently” means to act wisely, always striving to act wisely and with consideration for others. Here, we are called to apply this principle in our relationships with unbelievers so that we can be effective witnesses of God’s love and grace in their lives.

Use your time wisely

We are also told to use our time well in our relationships with outsiders. This means recognizing that each day is important and that each moment we spend with unbelievers is a unique opportunity to show them *the love of Jesus*.

At the time this letter was written, time was a very valuable resource, especially for travelers and missionaries who had little time to spend with new people. Today, the importance of time remains just as relevant in our interpersonal relationships and in our evangelistic mission.

With grace seasoned with salt

Grace is a fundamental concept in the Christian faith. It means that we receive what we do not deserve and that it is a gift from God. In these verses, grace refers to how we speak to others. Our words should be kind, respectful, and loving, even when we are faced with difficult situations.

On the other hand, salt is associated with wisdom in the Bible. In *Jesus'* time, salt was used not only to flavor food, but also as a preservative. This suggests that our words should be wise and helpful in preserving our interpersonal relationships.

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> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.
> *— Galatians 5:22-23*

Book: New Testament / Galatians
Topics: gentleness, blessing, goodness, law, self-control, Spirit

Interpretation:
In Galatians, we find wonderful verses in *Galatians 5:22-23* that tell us about the fruits of the Spirit. According to the Apostle *Paul*, these virtues describe the work of *the Holy Spirit* in our lives.

Love

Love is the first fruit mentioned on this list, and the most important of all. *Jesus* taught us that love is the greatest virtue, which is why love is mentioned in so many parts of the Bible. Love is more than just a feeling, it is a choice we make every day to love others as ourselves, even when they don't deserve it.

Joy

Joy is the happiness we feel in our hearts because of the blessings God has given us. This fruit of the Spirit is not just a passing or temporary happiness, but a deep joy that comes from the presence of God. This joy is not dependent on our circumstances, but on our relationship with God.

Peace

The peace that the Spirit gives us is an inner calm that can only come from knowing that we are in God's will. Despite the trials and tribulations we may face in our lives, the peace that the Spirit gives us allows us to move forward, trusting that God is in control.

Forbearance

Patience is a fruit of the Spirit that allows us to endure life's challenges and difficulties with joy. This virtue reminds us that God has a perfect plan for our lives and that we should not lose patience when things don't go as we expect.

Kindness

Kindness is a fruit of the Spirit that leads us to be kind and gentle toward others, even when they don't deserve it. Kindness allows us to put others' needs before our own and reminds us that every person is valuable and worthy of love.

Goodness

Goodness is a fruit of the Spirit that moves us to do good to others, even in small ways. This virtue reminds us that every act of kindness, no matter how small, has a huge impact on people's lives.

Faithfulness

Faith is trusting God and His plan for our lives. Faith encourages us to believe in what we cannot see and to trust that God is in control.

Gentleness

Gentleness is the humility and submissiveness that are essential to healthy relationships with God and others. Meek people are able to tolerate insults and criticism without becoming angry. Meekness also helps us to receive correction wisely and to correct ourselves when necessary. Meekness makes us like *Christ*, who was an example of meekness and humility.

Self-control

Temperance allows us to control our impulses and desires, avoiding temptation and sin. Temperance helps us be responsible for our bodies, emotions, and thoughts. Contrary to what some believe, temperance does not mean a life without pleasure, but rather a life with healthy and balanced limits. Temperance teaches us to enjoy the good things in life without falling into excesses and addictions.

The relationship between the Law and the virtues

The Bible verse *Galatians 5:23* also says that there is no law against these virtues. This means that there is nothing in God's law that contradicts them, but rather, the Law supports them. God's law calls us to be humble and self-controlled people because this promotes peace and justice in society.

The Law also reminds us of our need for God's grace and forgiveness. When we are tempted to lose control or act arrogantly, the Law reminds us that we need God's help and strength to do what is right. The fruits of the Holy Spirit can only be developed through a heart transformed by God and filled with

His love.

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> Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.
>
> *— Galatians 6:10*

Book: New Testament / Galatians
Topics: gentleness, faith, goodness, neighbor

Interpretation:
The Bible contains many teachings on how to live a godly life. *Galatians 6:10* reminds us of the importance of doing good to others, especially to members of our family of faith.

A call to do good to all

In *Galatians 6:10*, the apostle *Paul* reminds us of the importance of doing good to all. This is a key teaching in the Bible because it reminds us that we are all equal before God and that we are to treat others with love and respect. Doing good to all can mean many different things. We can help those in need, be kind to others, provide emotional support to those in need, offer words of encouragement, etc. Ultimately, by doing good to all, we help ourselves develop love and compassion while reflecting God's goodness to others.

The importance of helping family members of faith

While doing good to all is important, the verse also emphasizes the importance of helping those of faith. This means that we are to support our brothers and sisters in the faith, offer them help and encourage them in their walk *with Christ*. This call to help members of the family of faith is also important because it reminds us that we are part of a community of believers. Often, in the midst of life's difficulties and trials, our brothers and sisters in the faith provide us with support and encouragement. Therefore, we should be willing to do the same for them.

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> Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.
>
> — *Hebrews 13:1-2*

Book: New Testament / Hebrews
Topics: gentleness, Angels, love, neighbor

Interpretation:
Brotherly love is a concept found throughout the Bible and is especially relevant in *the New Testament* . *Hebrews 13:1-2* encourages us to allow this love to remain in our lives, and it is important that we consider what this entails and how we can apply it in our daily lives.

First of all, it is important to remember that brotherly love is a love that goes beyond family relationships or close friendships. It is a love that extends to all members of the community in which we live, including those we consider different from us. The idea is that through this love we can build relationships of brotherhood and solidarity that will allow us to face life's challenges together.

However, we know that loving our neighbor is not always easy. We often encounter people whose attitudes irritate us or who do not share our beliefs, and in such moments it is important to remember that love does not mean agreeing on everything, but rather finding common ground and building a relationship on that foundation.

Moreover, loving our neighbor does not mean that we should tolerate all behavior. If someone hurts us or behaves disrespectfully, it is important to set clear boundaries and respect ourselves. The main thing is to do this with love and tenderness, understanding that both we and the other person deserve respect and care.

The importance of Hospitality

The idea of ??hospitality is found throughout the Bible, showing how God values ??the hospitality of others in our homes, especially those we do not know or those who are in need of help. An example of this is *Hebrews 13:2*, which encourages us to remember the importance of hospitality, as sometimes we may be welcoming angels without even realizing it.

We find many examples of hospitality in the Bible. *Abraham and Sarah* welcomed the three angels into their home and offered them food and water. In the Book of Ruth, *Boaz* welcomes *Ruth* into his field and provides her with food and shelter. There is also the case of the poor widow who welcomes

Elijah into her home and offers him food, even though she had very little to eat herself. *Jesus* also spoke a lot about hospitality and the importance of receiving and giving it.

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> Very truly I tell you, whoever accepts anyone I send accepts me; and whoever accepts me accepts the one who sent me.
> *— John 13:20*

Book: New Testament / John
Topics: gentleness, community, Jesus

Interpretation:
John 13:20 shows *Jesus* speaking to his disciples at the Last Supper. This is a profound verse that shows the close relationship that exists between Jesus and those who represent Him. Jesus is instructing his disciples about the ministry they will have in the world and the importance of welcoming those sent.

Jesus sends us to do His work

To understand this statement from Jesus, it is important to recognize that He has sent us as His followers to do His work in the world. This means that we should not only seek to have a close relationship with Jesus, but also to go out into the world and share His love with others.

In one of the next verses, Jesus tells his disciples, *“A new command I give you: Love one another. As I have loved you, so you must love one another” (John 13:34)*. We are to show love and compassion to others as Jesus showed us.

It is very important to receive the one Jesus sends

The first part of the verse, which says, *“whoever accepts anyone I send accepts me,”* is an important statement. Not only should we be ready to receive those whom Jesus sends to us, but it is important because Jesus is present in them.

To receive Jesus is to receive the Father

In the last part of the verse, *“and whoever accepts me accepts the one who sent me,”* Jesus shows the close relationship that exists between *Him and the Father* by declaring that to receive the one sent by Jesus is to receive Jesus, and therefore: *the Father*. This is a key statement of Christian doctrine, which teaches that *Jesus and God are one*. Therefore, to receive and welcome those sent by Jesus is a way of welcoming God Himself.

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> Let your gentleness be evident to all. The Lord is near.
> — *Philippians 4:5*

Book: New Testament / Philippians
Topics: gentleness, nearness

Interpretation:
Philippians 4:5 is a verse that tells us about the importance of gentleness and closeness to God. When *Paul* wrote this letter to the Philippians, he encouraged them to be kind, gentle, and humble toward others because the Lord is near. It is an expression of the need to live in harmony with God and others, to be kind and pleasing in the eyes of the world.

Kindness is a virtue that is often ignored or underestimated. However, as Christians, we must cultivate it in our relationships with others. This virtue allows us to feel good and pleasing in the eyes of others, which can lead to deeper and more meaningful relationships with those around us. Paul says that our gentleness should be known to all men, which means that we should make it visible and not hide it behind a façade of indifference.

The closeness of God is also an important theme in this verse. We must remember that God is always present in our lives, close to us in every moment. He loves us unconditionally and wants us to be happy and prosperous. Our kindness to others is an act of service to God, as we imitate His love and kindness.

This verse encourages us to be aware of God’s presence in our lives and to act accordingly. We must be kind, compassionate, and humble to live in harmony with God. With His presence on our side, there is nothing we cannot overcome.

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> A gentle answer turns away wrath, but a harsh word stirs up anger.
> — *Proverbs 15:1*

Book: Old Testament / Proverbs
Topics: gentleness, anger, speaking

Interpretation:
In the book of Proverbs, we find several teachings about how our words can affect others. This verse in particular talks about how our speech can affect the emotions of others.

A gentle response

According to the text, if we respond in a kind and gentle manner, we can calm someone's anger and prevent the situation from escalating. This means controlling our impulses and thinking about our actions before speaking, taking into account the feelings of the other person.

The power of a harsh word

On the other hand, if we speak harshly and aggressively, we can increase the anger and rage of the other person, which can lead to a conflict situation. It is important to remember that our words can have a significant impact on others, and we should be careful in the choice of words.

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> Gracious words are a honeycomb, sweet to the soul and healing to the bones.
> — *Proverbs 16:24*

Book: Old Testament / Proverbs

Topics: gentleness, body, food, health, soul, speaking

Interpretation:
Proverbs 16:24 teaches us the importance of the words we speak and how they can impact our lives. The honeycomb analogy suggests that our words should be sweet and gentle, so that they are a balm to the soul and a healing to the bones.

What does it mean to have soft words?

Smooth speech means speaking pleasant and kind words instead of hurtful or unpleasant ones. Harsh and offensive words can be compared to a sword: they cut and wound. Soft words, on the other hand, can be compared to honey, which is good for both the body and the soul.

Benefits of soft speech

Kind words not only benefit others, but also ourselves. When we speak kind words, we bring peace and happiness to our hearts. Moreover, our body relaxes and calms down. On the other hand, when we speak hurtful words, we create tension and suffering in our body.

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> Therefore let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in the way of a brother or sister.
> — *Romans 14:13*

Book: New Testament / Romans
Topics: gentleness, judgment, neighbor

Interpretation:
One of the greatest conflicts that arise in human relationships is, without a doubt, judging others. In many cases, we interfere in the lives of others by expressing our opinions about what they do, decide, or think, without taking into account that, as individuals, each of us has our own point of view.

This verse from *Romans 14:13* gives us an important recommendation: avoid judging and care for our brothers, lest they fall into temptation.

Let us not judge one another

The Apostle Paul asks us in this verse from Romans not to judge one another. This means that we, as Christians, should avoid making hasty judgments without taking into account that each person has a history and context that justifies their actions.

We are all different, and so what feels right to me may not feel right to someone else. This suggestion is directly related to the core principle of the Christian faith: *love for one's neighbor*.

Don't cause a fall

The second commandment in *Romans 14:13*, which asks us not to cause our brothers to fall or stumble, can be understood as a call to be more careful in our actions and words.

As Christians, it is important for us to be aware of the impact our actions can have on others. We must consider how our actions may impact those around us, especially those who are new to their faith journey or who are struggling.

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> This is what the Lord Almighty said: 'Administer true justice; show mercy and compassion to one another. Do not oppress the widow or the fatherless, the foreigner or the poor. Do not plot evil against each other.'
> — *Zechariah 7:9-10*

Book: Old Testament / Zechariah
Topics: gentleness, compassion, evil, neighbor, righteousness, widows

Interpretation:
In *Zechariah 7:9-10*, we find a clear and compelling command. These verses call us to consider the importance of treating our neighbors fairly and kindly, regardless of their social status or background.

Judge by truth

Zechariah 7:9-10 begins directly with the divine command to be just. "Judge by truth" indicates that we must be fair and truthful in our decisions and judgments.

Truth plays a vital role in our lives, and it is important to always seek it in everything we do. It's easy to succumb to the temptation to bend the truth to suit our needs or desires, but truth must not be falsified. We must always seek the truth and make fair judgments.

Show mercy and compassion to one another

The verses continue with a call to be merciful and compassionate to our brothers and sisters. Here, the word "brother" refers to all people in general. We should be merciful to everyone, not just our closest ones.

Compassion and mercy are closely linked to love and empathy and are essential for a thriving society. We must be able to put ourselves in others' shoes and treat them with love and compassion.

What does it mean to oppress?

To better understand this commandment, it's important to understand the meaning of the word "oppress." According to the dictionary, oppress means "to unjustly subjugate, seriously disturb, cause distress, or upset." In other words, oppressing someone involves the unjust use of force and power over them, causing harm and suffering.

The importance of protecting the most vulnerable

Zechariah's commandment reminds us of the need to protect the most vulnerable members of our society: widows, orphans, foreigners, and the poor. These people often suffer the most from injustice and violence at the hands of those in power. Our duty as Christians is to care for them and ensure their rights are respected.

Furthermore, Zechariah doesn't limit himself to mentioning these specific groups of people; he also calls us not to entertain evil thoughts against our brothers and sisters. This means that we should not judge others or treat them poorly because of prejudice or malicious ideas.

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