

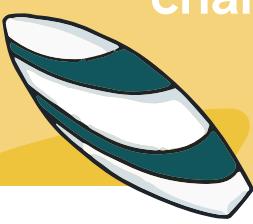
Make Waves: What you do today can change the world around you.

Read: Philippians 4:5

**DAY
1**

What Is Gentle?

Being gentle can mean giving those around you the kindness or grace they deserve. and loving others even when it's hard.



Grab some bubbles or make your own using some dish soap, water, and some kitchen utensils as a wand. Blow some bubbles! Use your strength to be gentle to catch the bubbles in your hand or on the wand. Can you do it? Gentleness requires strength and self-control. Think of how you can practice this kind of gentleness this week.

KNOWthat true gentleness comes from strength.

**DAY
2**

Remember to be Gentle

Grab a paper towel or napkin and a pen or pencil. Write out this week's bottom line on the paper: God can give you the strength to be gentle.

If it rips, it's okay, just add tape. It is still a great reminder that we need to treat others with gentleness and care but even when we don't, we have a chance to do what we can to fix it.

LOOKfor ways to show gentleness to others.

**DAY
3**

Let Them Know

Read Philippians 4:5. We are to show gentleness to everyone. Who will you show gentleness to this week? Who is it harder to show gentleness to? Who is it easier to show gentleness to?

THANK God for being an example of what gentleness looks like.

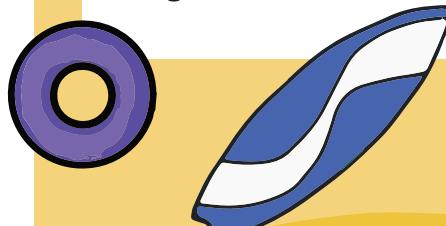
**DAY
4**

It Takes Strength

Ask God to give you the strength to be gentle.

"Dear God, being gentle all the time is hard. Please give me the strength to be gentle to those around me. I pray that I can show others that they matter to me by the way I treat them. I love You, God. Amen."

KNOW that God will give you the strength to be gentle.



God can give you the strength to be gentle.

God can give
you the
strength to be
gentle.

