

The JBC Gentleness Quotient Inventory

Blessed are the meek, for they shall inherit the earth. Matthew 5:5

Item 1. In the past week I have inconvenienced myself to extend kindness to someone else. 0 1 2 3 4 5 6 7 8 9 10

To speak evil of no man, to be no brawler, but gentle, showing all meekness to all men. Titus 3:2

Item 2 I tend to avoid gossip and generally speak charitably about other people. 0 1 2 3 4 5 6 7 8 9 10

But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be entreated, full of mercy and good fruit, without partiality and without hypocrisy. James 3:17

Item 3 I tend to respond graciously to requests for my time, or to negotiate a time when I can be helpful. 0 1 2 3 4 5 6 7 8 9 10

Servants, be subject to your masters with all fear; not only to the good and gentle, but also to the froward. I Peter 2:18

Item 4 In the past week, I have responded with grace to someone who wasn't kind to me. 0 1 2 3 4 5 6 7 8 9 10

But the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. Galatians 5:22, 23

Item 5 In the past week, I have resisted the temptation to diminish people who disagree with me politically. 0 1 2 3 4 5 6 7 8 9 10

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and you shall find rest unto your souls. Matthew 11:29

Item 6 In the past month, I have extended myself to render comfort to someone going through a tough time. 0 1 2 3 4 5 6 7 8 9 10

And in thy majesty ride prosperously because of truth in meekness and righteousness; and thy right hand shall teach wonderful things. Psalm 45:4

Item 7 I tend to recognize and comment on gentleness in other people.

0 1 2 3 4 5 6 7 8 9 10

Now I Paul myself beseech you by the meekness and gentleness of Christ, who in presence am base among you, but being absent am bold toward you; but I beseech you, that I may not be bold when I am present with that confidence, wherewith I think to be bold against some, which think of us as if we walked according to the flesh, for though we walk in the flesh, we do not war after the flesh; II Corinthians 10: 1-3

Item 8 I like to encourage other Christians in their faith.

0 1 2 3 4 5 6 7 8 9 10

I therefore, the prisoner of the Lord, beseech you that you walk worthy of the vocation wherewith you are called, with all lowliness and meekness, with long-suffering, forbearing one another in love; endeavoring to keep the unity of the spirit and the bond of peace.

Item 9 I tend to take advantage of opportunities to promote unity between friends, family or church.

0 1 2 3 4 5 6 7 8 9 10

The spirit of the Lord God is upon me; because the Lord has anointed me to preach good tidings unto the meek; he has sent me up to bind the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound.

Isaiah 61:1

Item 10 I tend to seek out and exploit opportunities to speak a word of faith to a lost person.

0 1 2 3 4 5 6 7 8 9 10