

Gentle.

At Christmas this year I received a Christmas card with a handwritten message wishing me a happy holiday and a **GENTLE** 2020. That wording caught my attention. **GENTLE**. Not happy. Not joyous. Not special. Not blessed. But **GENTLE**. My mind went back to that greeting more than a few more times during Christmas. Several times, I picked up the card and reread those words. Focused on that one word. **GENTLE**.

Today as Bob and I walked, I asked him if he had made any New Year's resolutions. He had. He was going to try to not say things that upset me or made me mad. How my heart hurt to hear those words. Obviously I get angry and am unkind much more than I realize if Bob's resolution is to try to not upset me. Such a sad moment.

So what came to my mind? **GENTLE**.

So my New Year's resolution for myself is for a **Gentle** 2020.

Gentle in my actions. **Gentle** in my words. **Gentle** in my heart.

gen·tle¹

adjective

having or showing a mild, kind, or tender temperament or character.

"he was a gentle, sensitive man"

Similar:

kind

kindly

tender

benign

humane

lenient

merciful

forgiving

forbearing

sympathetic

considerate

understanding

compassionate

benevolent

kindhearted

tenderhearted

good-natured

sweet-tempered

loving

mild

soft

quiet

shy

demure

modest
humble
retiring
unassuming
still
tranquil
peaceful
peaceable
placid
serene
reposeful
reverent
meek
docile
lamblike
dove-like

So thank you my sweet friend for your Christmas greeting.

May you have a *GENTLE* 2020, too.





US-Walking at Lindo Lake