

Fruit of the Spirit

Pursue Gentleness

Welcome/Prayer

Get to know you Question: (Go around the room letting each person share a story about their favorite vacation. You are not looking for one word answers but stories so the group can better know one another.)

IceBreaker

- What was your favorite vacation and why was it such a memorable vacation to you?

Discussion

Scripture: Psalm 18:34-36; Matthew 11:29-30; Ephesians 4:1-6;

- What images does gentleness bring to mind?
 - Reflect on people you know whom you regard as gentle or humble. In what specific situations have you seen their gentleness or humility? (i.e. do they tend to react differently than you do when they are criticized or misunderstood?)
 - What is your reaction to being criticized?
 - Why is it difficult to show gentleness to others when we are being criticized or misunderstood?
- Can gentleness in someone be considered a trait of weakness? Why or why not?
 - How does the world view the characteristic of gentleness?
 - What obstacles does the world have to combat gentleness?
- In what sense is God gentle, meek and humble? (Psalm 18:34-36)
- What portrait does the gentleness of God paint for us? (*How does this help us to better understand the nature of God?*) “The LORD, a **God merciful and gracious, slow to anger, abounding in steadfast love and faithfulness**” (Exodus 34:6)
- How does Jesus emulate gentleness within his ministry? (Matthew 11:29-30)
 - Does Jesus’s gentleness make Him weak? Why?
 - Why do we need the offer of Christ’s gentleness in our life?
 - How does Christ’s gentleness bring about healing?
- What implication does gentleness have in our interactions with others?
 - How can our gentleness bring about healing to others?

Take it With You Question

This week attempt to make a habit of praying for people who misunderstand, disappoint, irritate or attack you. This is not easy an easy task but let’s begin to pray and allow the Spirit to soften us towards those people we struggle with the most.

Closing:

Final Prayer