

GENTLENESS: Galatians 5:22-23 (NIV)

Key Word: Gentleness, this word is sometimes translated as humility or meekness. The Greek word is *prautes*.

- Meekness does not equal weakness.

Consider: How does a nurse gently assists people who are sick.
Consider: A skilled carpenter gentle with his work.

The word means:

- a. the daily awareness of sin in our lives
- b. the quality of building and servicing other people
- c. a gentle person who is spiritually face down before God, totally dependent on Him

1. God's Gentleness:

Read the following verses and write down what you learn about God's gentleness (remember, sometimes the word is translated "meekness" or "humility").

a. Psalm 113:5,6

- God stoops down – why?
- Your note: _____

b. Matthew 11:28-30

- "Come, and I will give you rest."
- What does God expect? (v 29)
- Your note: _____

c. Philippians 2:5-8

- Christ humbled himself
- Christians must have Christ's mind
- Your note: _____

Discussion Question: from these verses, what impresses you about God's gentleness?

2. My Gentleness:

Read the following verses and describe how these people demonstrated gentleness.

a. Shadrach, Meshach, Abednego: Daniel 3:16-18

- Humility does not mean bending to the pressures of the world.
- Your note: _____

Jesus at trial: Isaiah 53:7

- Jesus had a vision – what was his vision and how does this relate to gentleness?
- Your note: _____

Discussion Question: what do these two stories add to your understanding of what it means to be gentle?

3. Grow This Fruit:

From the following verses, describe what you can do to develop this fruit in your life.

a. Ephesians 4:2,3

- be patient with one another, showing love
- Your note: _____

b. Colossians 3:12,13

- Forgive one another
- Your note: _____

c. 2 Timothy 2:24,25

- Don't argue with one another – *What's the point?*
- Your note: _____



Conclusion

Discussion Question: Is there a circumstance in your life right now in which you need to demonstrate the quality of gentleness? Write the action steps you are willing to take to demonstrate gentleness:

Action Step 1: _____

Action Step 2: _____

Action Step 3: _____

Remember, when we take time to care for this fruit, the Holy Spirit helps it to grow in us! Make it your goal to walk obediently this week.

Homework: memorize one of the verses that impressed you about gentleness.