

10 -WEEK STUDY

ON THE FRUIT OF THE SPIRIT

WEEK 9
GALATIANS 5:22-23
MATTHEW 5:38-42



**FRESHLY
SQUEEZED**

WEEKLY READING

Primary text from this week: Galatians 5:22-25

Secondary text from this week: Exodus 21:23-25, Matthew 5:38-42, Philippians 2:5-8

GETTING STARTED

Goals for this session: To understand the Biblical quality of gentleness

Missed the sermon? Watch it at www.youtube.com/venturamissionary

Break the Ice: Are you a fast driver on the freeway, or a slow driver? Why do you think that is?

DISCUSSION QUESTIONS

1. What was one thing that resonated with you as you listened to Pastor Doug's message?
2. Pastor Doug said that we all have a tendency to retaliate when we feel hurt or wronged. Do you agree or disagree? Explain your answer.
3. Do you think our culture values gentleness? Why or why not?
4. Pastor Doug made the statement: "gentleness is power under control." What do you think that means?
5. Read **Psalms 23**. What does this Psalm tell you about God's gentleness in the ways He deals with us?
6. Read **Colossians 3:12** and compare it with the Fruit of the Spirit in **Galatians 5:22-23**. How many of the words appear in both lists? Why do you think Paul is emphasizing these words here?
7. Pastor Doug emphasized that Jesus' point in **Matthew 5:38-42** wasn't to create Christian punching bags, but to teach us not to retaliate. How would our world be different if people actually stopped retaliating and seeking revenge, and lived with gentleness instead?



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PRAY

Pray for each other: Thank God for His gentleness in the way He responds to us.

Pray on your own: Pray that God would help you reflect His gentleness this week.

ACTION STEPS

Go to **venturamissionary.com** and take advantage of the daily and weekly resources.

Refuse to retaliate this week. You will likely have many opportunities to “get back” at someone this week. Practice gentleness in those moments to cooperate with the Holy Spirit as He produces gentleness in you.

NOTES

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