

FRUIT OF THE SPIRIT
WEEK 09
THE FRUIT OF GENTLENESS

GENTLENESS

- *Praytes* – gentleness, meekness, humility
 - *Epieikeia* – is also translated as gentleness in the New Testament
- In the Old & New Testament, the idea of gentleness, meekness, or humility can carry the idea of refusing to exact the full demands of the law, which lifts up those who would otherwise be crushed under its condemnation
- Often gentleness is contrasted with being violent & quarrelsome
 - 1 Timothy 3:3
 - Titus 3:2
 - James 3:17
 - 1 Peter 2:18
- Being gentle means that you are teachable & consider others
- It is not a sign of weakness, instead it is strength under control
 - Power harnessed in loving service & respectful actions towards others
 - Restraint
- One who is gentle is not a bully or cruel
 - Instead they are merciful, serving, & kind
- Being gentle/meek/humble does not mean you cannot be decisive or firm
- Some Biblical Examples
 - The Parable of the Unforgiving Servant
 - Matthew 18:21-35
 - Jesus' restraint leading up to his crucifixion

SMALL GROUP DISCUSSION

1. In what areas of your life do you lack gentleness?

2. Who is someone that you know that you would label is being gentle? What actions or characteristics make you think that?
3. What can you do to choose to be more gentle each day in your life?
4. God is gentle with us; in what ways do we see his gentleness in our lives?
5. How should God's gentleness towards us transform how we think, act, speak, & treat others?
6. What are some concrete things you can do to choose to be more gentle in your life?