

## FRUITS OF THE SPIRIT 9-WEEK STUDY

April 22: Gentleness

TEXT: Galatians 5:22-23

INTRO: Jesus is, without question, the ultimate role model for us as someone who was fully walking and operating in all 9 fruits of the Holy Spirit. When you really study the life of Jesus in the New Testament, it is very evident that He was gentle and kind with other people in His dealings with them. Coming off the last lesson, as a result of more people being impatient and having short fuses, many people have lost the ability to treat others with gentleness or kindness.

### THE FIFTH FRUIT OF THE SPIRIT IS GENTLENESS OR KINDNESS

TEXT: Matthew 11:29; 2 Corinthians 10:1-2; Titus 3:2; Colossians 3:12; 1 Thessalonians 2:7; 1 Peter 3:15; Galatians 6:1; 2 Timothy 2:24-25; Proverbs 15:1

DEFINITIONS: (Listen to the video to help you fill in the blanks.)

- This Greek word has no English equivalent. It is usually translated “gentle” or “meek,” and at other times “\_\_\_\_\_.” The Greek word is “chrestotes” and is translated as gentleness, kindness, or \_\_\_\_\_. It means to be a useful person to those in need giving help that suits the person and the situation.
- Gentleness is \_\_\_\_\_ relationships through \_\_\_\_\_ aid in times of need.
- It is a soft and tender \_\_\_\_\_ towards others.
- It is demonstrated by generosity, \_\_\_\_\_, hospitality, and taking thought of others.
- The opposite of gentleness would be \_\_\_\_\_ and indifference.

DISCUSSION: (Look up the verses given and answer the questions/discuss)

- How was Christ gentle and yet also bold? How can we learn of Him? What is the connection in these verses between gentleness and humility? (Matthew 11:29; 2 Cor. 10:1-2)
- How can we diffuse stubborn people and difficult situations according to Titus 3:2 and Prov. 15:1?
- Why does the world need to see that followers of Christ are clothed with gentleness? (Col. 3:12)
- Does someone have to be tough, harsh, and assertive to be a leader? (1 Thess. 2:7)
- Describe how the Bible tells us to be ready to explain or defend our biblical beliefs? (1 Pet. 3:15)
- What should be our temperament as we try to correct someone or deal with their sin? (Gal. 6:1; Prov. 15:1)
- Discuss the correlation between gentleness and our security in Christ versus harshness and our insecurity in ourselves. Are harsh and non-gentle people really just insecure? For example, they don't know how to just calmly respond without getting loud, critical, or sarcastic.

DECISION:

Ask yourself or discuss the following application questions:

- Was I gentle in the situations I faced today? If not, why? Were my rationalizations prideful?
- Do I exhibit the same gentleness to others that God exhibits to me every day? How?
- Do people describe me as gentle? Or do they describe me as critical or brash? Why?

Take some time to pray over the Wednesday prayer sheet attached to this Realm post.