

MO RE



WEEK 8: GENTLENESS

WEEK 7: ACCOUNTABILITY FOLLOW UP

How well did you follow through on increasing your faithfulness and/or dependability based on last week's discussion on faithfulness?

INTRO

Today, we're continuing our series on the Fruit of the Spirit, focusing on gentleness; a virtue often misunderstood as weakness or passivity. In Scripture, however, gentleness is defined as strength under control. In fact, gentleness doesn't exist without strength. Jesus described Himself as "gentle and humble in heart" (Matthew 11:29), even though He had all power and authority. Gentleness is about using our strength with compassion, humility, and care for others.

BIG IDEA

Because Jesus comes to us with gentleness, He calls us to do the same with others. Whether we're correcting someone, helping a hurting friend, or navigating conflict, the Spirit calls us to respond with a soft heart, not a harsh tone. Gentleness isn't giving up truth; rather, it's delivering truth wrapped in love. When the Spirit leads us, our words and actions bring healing instead of harm.



OPENING DISCUSSION



In this week's message, we heard Pastor Darren start off by talking about dog shaming. This is when a dog would be caught doing something wrong, and its owner would make a sign listing the offence and post it on social media for all to see.

1. Like the dog-shaming example, why do you think it's so easy to "shame" others—online or in real life—rather than respond with gentleness?

2. Tell us a time when you personally experienced gentleness from someone when you expected judgment and how that impacted you?

READ

- Ephesians 4:1-3
- Colossians 3:12-17
- Titus 3:1-8

APPLICATION

In these verses, we see that gentleness is shown in the way we treat others, whether they are believers or not. We live in a broken world and we sin daily, often against one another. It's simply a matter of time before we're caught in our own sin, or we catch someone else in theirs. As a church, we should be in the restoration business, not the condemnation business. Just like Paul tells us in Galatians 6:1, "Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness."

1. Define what it means to you to be a person who walks by the Spirit.



2. Why do you think that gentleness is important in bringing restoration to others, and what do you think would happen if it were missing?

3. Gentleness isn't weakness. What are some ways that you've experienced or seen strong gentleness at home, work, church...?

TAKEAWAY

In a world quick to expose and condemn, the Spirit calls us to restore with gentleness. True gentleness reflects the heart of Jesus. Like kindness, it's the balance between grace and truth, while leading with tenderness and compassion. This means letting gentleness shape our reactions at home, at work, and in our church. When our strength is grounded and rooted in love, our gentleness points others to Christ.



LISTENING TO THE LORD

Take some time to seek God for the following questions.

1. God, who is someone I need to show gentleness to?

2. What's one thing you can do this week to restore that person in a spirit of gentleness>

