



MORE



WEEKS 8 & 9: GENTLENESS & SELF-CONTROL

WEEK 7: ACCOUNTABILITY FOLLOW UP

How well did you follow through with showing gentleness to the person God revealed to you during last week's study on gentleness?

INTRO

This week, we're combining the final two fruits of the Spirit, Gentleness, and Self-Control. Though they may seem different, both reveal what it means to have our strength guided by the Holy Spirit.

Gentleness is defined as strength under control. 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.

Self-control calls us to do what's right, even when it costs us. Biblical self-control isn't just about willpower but about surrendering. It's the Spirit giving us the strength to say no to sin and yes to God.

BIG IDEA

Because Jesus comes to us with gentleness, He calls us to do the same with others. Gentleness isn't giving up truth; it's delivering truth wrapped in love.

Because God is our strength, we don't have to be ruled by our impulses. The Spirit will always show us a way out before it's too late. Self-control is not about restriction; it's about freedom—the freedom to live the life God created us for.





OPENING DISCUSSION

1. Pastor Darren shared about “dog shaming” and how easy it is to call out others’ mistakes. Why do you think we’re often quicker to shame or react harshly instead of responding gently?

2. Can you share a time when someone showed you gentleness or grace when you expected judgment? How did that impact you?

3. We often start with good intentions, like wanting to be more patient, healthy, or disciplined, but fall back into old habits. Why do you think self-control is so difficult to maintain?

4. What helps you stay focused or regain control when your motivation fades?

READ

- Ephesians 4:1–3
- Colossians 3:12–17
- Galatians 5:16–26
- Matthew 4:1–11

APPLICATION

Gentleness and self-control are deeply connected. Gentleness shapes how we respond to others; self-control shapes how we respond to temptation. Both require dependence on the Holy Spirit rather than our own willpower.

1. In Galatians 6:1, Paul calls believers to restore others “in a spirit of gentleness.” Why do you think gentleness is essential to restoration and healing? What happens when it’s missing?



2. Gentleness isn't weakness. What are some examples of strong gentleness you've witnessed at home, work, or church?

3. How does relying on God—rather than your own effort—change the way you think about self-control?

4. When facing temptation, how can Scripture (like 1 Corinthians 10:13) and the Spirit help you choose freedom instead of bondage?

TAKEAWAY

Both gentleness and self-control are fruits of strength that's been surrendered to God.

Gentleness uses power to heal, not harm.

Self-control resists the pull of sin to walk in freedom.

In a world quick to expose and condemn, the Spirit calls us to restore with gentleness. True gentleness reflects the heart of Jesus.

Biblical self-control isn't about trying harder; it's about trusting the Lord more. When we depend on the Spirit, He gives us the strength to say no to sin and yes to God—the freedom to live the life God created us for.





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?

3. God, what is it that You want me to know about self-control and living in freedom that I am not currently doing?

4. What's one specific area this week that you feel God is asking you to practice more self-control?

PRAYER

Heavenly Father, I come before You as Your bride, giving all glory and lifting Your name on high. I want to thank You for the transformation I have seen in my life and those around me. Lord, I ask that You fill me with Your Spirit and let me be grounded and rooted in love. Allow me to keep in step with the Spirit as I bear the fruit of the Spirit. God, give me **JOY** and help me not to be selfish and not to be dependent on my circumstances. Let me live in the Shalom by rejoicing in all circumstances, praying always, consuming Your Word, and doing what it says, all so that I can experience Your **PEACE**. Father, teach me Your **PATIENCE**, let me be as patient with others and myself, just as you have been patient with me. Heavenly Father, allow me the ability to display Your **KINDNESS** and put down the stones of judgment I hold against those who offend me. I know I will never be perfect, but I ask that you give me the **GOODNESS** and strength to live a life that points to You as I balance grace and truth. Let me get out of my own way and be more **FAITHFUL** to what You are calling us to so that I can increase my trustworthiness and dependability. Lord help me soften my heart and not lead conversations with a harsh tone. Let me practice **GENTLENESS** in a way that reflects Your love. And finally, Lord, I pray for **SELF-CONTROL**. Please give me the strength to resist and flee temptation as it comes at me. Let me be able to use those tests and temptations to grow my faith. Let me crucify my flesh with its passions and desires as I work to live a life that glorifies Your name.

I ask all these things in the matchless, perfect, powerful name of Jesus Christ our Lord. Amen.