



## Lesson 6: Gentleness & Self-control

Gentleness - *Prautes*: mildness, humility, meekness

*“The result of a strong man’s choice to control his reactions in submission to God. It is a balance born in strength of character, stemming from confident trust in God, not from weakness or fear.”*

Self-Control: *Egkrateia*: temperance, the virtue of one who masters his desires and passions.

### Scripture for further study:

#### Gentleness

- Proverbs 15:1
- Psalm 18:35
- Matthew 11:29
- James 1:21; 3:13,17
- 1 Peter 3:15

#### Self -Control

- Proverbs 25:28
- Acts 24:25
- 2 Timothy 1:7
- 1 Peter 4:7
- 2 Peter 1:5-6

### Reflection/Discussion Questions:

1. What stood out to you most about today’s lesson?
  - a. What did you learn about God?
  - b. What posture do you need to take in response?
2. Think of a time someone showed you gentleness. Describe the situation and how that impacted you.
3. What desires, passions or temptations do you think God wants self-control to reign over in your life? How might you take practical steps to pursue that?
4. *“Friendship with God comes not from striving after faith, but from resting in the faithful One.”* How does this quote impact the way you view your relationship and responsibility to the Fruit of the Spirit?
5. How has this study transformed me? Spend some time in prayer, asking God to show you:
  - a. Which virtue of the Fruit of the Spirit do you tend to emphasize or find more intuitive?
  - b. Which virtue do you often diminish?
  - c. What motive can you discern behind those tendencies?
  - d. What aspects of the Fruit of the Spirit most needs your prayer and attention?  
Begin asking him today to firmly root His character inside, as you abide in Him more closely.