

## Gentle Strength

Series: Fruit of the Spirit  
September 27, 2015

### INTRODUCTION

The Apostle Paul lists the Fruit of the Spirit in Galatians 5:22-23 – “*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*” For today’s discussion we’re going to be taking a closer look at the fruit of gentleness.

### DISCUSSION QUESTIONS

1. Of the 9 fruit listed in Galatians 5:22-23, which one would you say that you need more of? Why?
2. Do you feel that the fruit of gentleness is valued and prioritized the same as some of the other fruit, such as love, joy, peace and patience? Why or why not?
3. The word gentleness in the New Testament is translated from the Greek word *prautes*, which can also be translated as meekness and humility. Why do you think this quality made it to the list of the Fruit of the Spirit?
4. Read Galatians 6:1-3. What is Paul saying here in these verses? What are those who are spiritual expected to do? Why was it so important that they “carry each other’s burdens”?
5. In Ephesians 4:2 (NLT) it says: “*Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love.*” What would it look like in our lives if this served as the posture of our hearts whenever conflicts and confrontations arise in our lives?
6. In 1 Peter 3:15 it says: “*Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.*” Why is it so important for us to share the Good News with gentleness and respect?

### CONCLUSION

Jesus Christ was the perfect embodiment of gentleness. He possessed all the power, authority and strength in the world, and yet He was able to harness it for the glory of His Father and for the redemption of mankind. Therefore, if we say that we want to become more like Jesus, and if the Christian life is really about being conformed more and more into the image and the likeness of Christ, then we must learn what it means to be gentle, because He was gentle.

God’s desire for us to reflect this fruit of gentleness, because He knows that it carries tremendous power. It has the power to impact our marriages, our families, our friendships and our church. However, in order for this power to be used well, we must learn to submit it under the power and leading of the Holy Spirit.

*“Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourselves, or you also may be tempted. Carry each other’s burdens, and in this way you will fulfill the law of Christ. .” – Galatians 6:1-2*