



WEEK 9: GENTLENESS

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

In Galatians 5, Gentleness is the Greek word *prautēs*, which carries the idea of meekness, humility, and controlled strength. Gentleness is not weakness; it is strength surrendered to the Spirit. Gentleness stands in direct contrast to the works of the flesh, like hostility, anger, selfish ambition, dissension, and division. It is the Spirit's work of forming our words, reactions, correction, and relationships in the way of Jesus. In Christ, we see gentleness fully embodied: He carried authority, spoke truth, confronted sin, and moved with courage, yet He was gentle and lowly in heart. He did not crush the weak, shame the broken, or use His power to protect His ego.

This week, we are going to examine where our lives may be marked more by reaction than formation. Where have our words become sharp, correction become harsh, responsibility become control, or strength become self-protection? As we abide in Christ and keep in step with the Spirit, gentleness becomes evidence that Jesus is not only changing what we believe but also how we carry ourselves toward others. A Spirit-rooted life does not need to force its way; it can tell the truth without cruelty, correct without crushing, influence without dominating, and respond without reacting.

KEY VERSES

Look up these additional verses:

Galatians 5:22-23 (NIV)

Philippians 2:1-8 (NIV)

Galatians 6:1 (NIV)

Matthew 11:29 (NIV)

DISCUSSION QUESTIONS

1 Understanding Gentleness

Gentleness is often misunderstood as being passive, quiet, or weak. Scripture presents it as strength guided by God's Spirit.

- a. When you hear the word "gentleness," what comes to mind?
- b. Why do you think gentleness is often mistaken for weakness?

2 Jesus' Gentleness

Jesus carried authority unlike anyone else, yet He was *"gentle and humble in heart."*

- a. What stands out to you about the way Jesus interacted with difficult, broken, or sinful people?
- b. When is it hardest for you to respond like Jesus rather than simply react?

3 Gentleness in Our Reactions

Often our first response reveals what is happening in our hearts.

- a. When you feel criticized, misunderstood, or frustrated, how do you typically respond?
- b. What situations tend to bring out the least gentle version of you?

4 Gentleness and Influence

Many people think influence comes through force, control, or winning arguments. Jesus showed another way.

- a. Have you ever experienced someone correcting or confronting you with gentleness? How did that impact you and the situation?

- b. Why do you think gentleness can be more powerful than force in relationships?

5

Living Gently

Gentleness is not just something we admire; it is something we practice.

- a. Where is God inviting you to become more gentle right now?
- b. What would change in your relationships if gentleness became your first response this week?

DIVE DEEPER

Reflection Questions: We all have our experiences that someone had not been gentle with us, or maybe we weren't gentle with someone.

- What was your experience like, whether the first or the second? How did that affect you?
- Have you been able to forgive them? Have you been able to forgive yourself? How might God's perspective of them or yourself help you release that circumstance to Him?

PRACTICAL APPLICATION

Helpful practical habits that might follow the theme of curriculum.

Living in God's Gentleness—This week, reflect on:

- Situations where you become reactive, defensive, or controlling.
- What fear, insecurity, or frustration may be underneath that reaction.
- How Jesus is guiding You to gentleness.

Ask the Holy Spirit to teach you how to deal gently with yourself and others.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

Philippians 4:5 (NIV), *"Let your gentleness be evident to all. The Lord is near."*

Let the group rest in this encouragement as you close together in prayer.

NOTES
