

My Story

1. Who is someone in your life that you would describe as genuinely gentle? What makes them stand out?

Digging Deeper

2. Read Mark 5:25-34. How does Jesus show gentleness to the woman in the account? Compare this to John 2:13-17. Does Jesus' reaction to what's going on in the temple display gentleness? In what way?
3. Read 1 Thess. 2:7-8. Why do you think Paul chose to compare his gentleness to that of a nursing mother in verse 7? Why might gentleness be more effective than authority or harshness in spiritual leadership?

4. Read Eph. 4:1-2. How does gentleness indicate that we are walking in a worthy manner? In what way is gentleness related to humility, patience, tolerance, and love?

Reflection

5. How do you respond when you feel misunderstood or mistreated – do you reflect Christ's gentleness? Which is harder for you: being gentle with others or being gentle with yourself? Why?
6. In what areas of your life (family, church, work, social media) do you struggle most with being gentle? What would it look like to be humble and gentle in a current relationship or challenge?

SERMON NOTES

A Gentleness Genealogy – Galatians 5:23

Taking the Next Step

Take time this week to read James 1:19-20. Though this doesn't deal with gentleness directly, James' recommendations to us can certainly help us to be more gentle as we deal with others.

Praises / Prayer Requests

