

“Understanding the Fruit of the Spirit”  
#5th Fruit

Bible Class: July 13, 2020

***Point to Ponder: Gentleness is the humble and meek attitude of wanting to help other people instead of wanting to be superior to them. This attitude flows from a spirit of real love for the individual—having true, outgoing concern for their well-being. Such an attitude is shown in how we think about and treat others and what we say to them.***

1. Share an encounter you had with an individual who exemplified a spirit of “gentleness” towards you.
2. Was I gentle in the situations I experienced this week? If not, why? Were my rationalizations prideful?
3. Do I exhibit the same gentleness to others that God exhibits to me every day? How?
4. Do people describe me as gentle? Or do they describe me as critical or brash? Why?
5. Do I gently encourage people to “sin no more”? Or do I self-righteously cast the first stone?
6. What does Philippians 4:5 say as it relates to gentleness?
7. What other words would you say “gentleness” is closely tied to?
8. Provide a few examples in the bible when JESUS exemplified gentleness. Provide scripture references.
9. How do we demonstrate more gentleness?