

KINGDOM CHARACTER

Becoming Like Jesus

Kingdom Character: GENTLENESS (Week 9)

Preacher: **Justin Matthews**

Worship:

Song: *Goodness of God or What a Beautiful Name*

As you worship, thank God for His gentleness toward you.

Check-in:

Gentleness can feel rare in our world. Take a moment to share:

- Where have I recently experienced someone being gentle with me?
- Or where have I struggled to be gentle (with myself or others)?

Synopsis of message:

This week we looked at the fruit of the Spirit: **Gentleness** (Galatians 5:22 - 23).

- **Greek word:** *prautēs* - strength under control.
- Gentleness is not weakness. It is choosing how to respond instead of reacting.
- Jesus modeled gentleness with children (*Matthew 19:13 - 15*) and described Himself as “gentle and humble in heart” (*Matthew 11:29*).
- Gentleness begins in the **heart**. What fills my heart will spill out when I am squeezed.
- Gentleness requires being **gentle with myself** - remembering that God is patient and kind toward me.
- Gentleness is extended as I’m **generous with gentleness** - toward people I agree with, disagree with, or even struggle with.

Scripture Focus:

- Galatians 5:22 - 23
- Matthew 5:5
- Matthew 11:28 - 30
- Matthew 19:13 - 15
- Colossians 3:12 - 14
- Philippians 4:5

Discussion Questions:

1. The Heart of Gentleness

- What is going on in my heart right now that could spill out in the way I respond to others?
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2. Gentle with Myself

- Where am I most tempted to be harsh or impatient with myself?
- How does remembering God’s gentleness toward me change how I treat myself?

3. Generous with Gentleness

- Who in my world needs me to show gentleness this week?
- What would it look like to respond with strength under control instead of reacting?

4. Living as a Witness

- Philippians 4:5 says, “Let your gentleness be evident to all.”
- How can my gentleness be a witness to those around me in practical ways?

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Prayer Moment:

- Thank God for His gentleness toward us.
- Pray: *“Holy Spirit, grow gentleness in my heart.”*
- Ask God to help each person be gentle with themselves and extend gentleness to others.
- Pray for specific situations where group members need gentleness this week.

Next Step:

This week, I will:

- Pray daily: *Holy Spirit, grow gentleness in me.*
- Choose one intentional act of gentleness, either toward myself or someone else.