

SMALL GROUP DISCUSSION GUIDE

For the week of October 25-31, 2020
"THE CHALLENGE OF GENTLENESS"

GETTING STARTED

To the facilitator: Use this section to introduce the topic. If possible, give a brief recap of the sermon.

Share a memorable point, a spiritual lesson, a personal application, a question, or something that challenged you from the sermon last Sunday.

Is gentleness a virtue in our culture today? What do people usually associate gentleness with?

GROUP DISCUSSION

Read Matthew 5:5; Philippians 4:5; Colossians 3:12; Titus 3:1-2; Ephesians 4:1-2; Proverbs 15:1-2.

1. When it comes to gentleness, do you think Jesus wants his disciples to (a) do whatever God wants them to do; (b) do whatever everyone else wants them to do; or (c) both? Why do you think Jesus says that the meek shall inherit the earth?
2. Based on the definition of gentleness as "power under control," how do you feel about the idea of being like a stallion that is being trained by God? How does submission result in gentleness?
3. Read Psalm 37:3-7. Gentleness has to do with giving up control so that we can lean on God as our true source of security. In your life, how would you consider your submission to God in allowing him to make you secure? What do the verbs in the psalm say about the surrendered life? How do these encourage you to a more surrendered life?
4. Paul says in Philippians 4:5 that a key to finding gentleness is believing that God is near. However, just like Jesus' disciples, we easily forget he is with us and waiting to help us. What are some things that prevent you from not only knowing but also believing that God is near?
5. Share. When have you faced a trial and took actions into your own hands before turning to the Lord?

6. The challenge of gentleness is that it doesn't come naturally and requires daily discipline and practice. Pastor Nic mentioned three areas (i.e. attitude, actions, words) where we can demonstrate the fruit of gentleness. Which area has been a challenge to you lately? How is the Holy Spirit inviting you to be more gentle?

7. How does gentleness communicate and express the other fruits of the spirit? For example, how does it communicate love to others? Or joy ... peace ... patience ... kindness ... goodness ... faithfulness ... self-control?

8. [NEXT STEPS]

Gentleness springs from trust in God.

- ☐ I will submit to the Lord all my cares and worries.
- ☐ I will be mindful of the presence of God.
- ☐ I will practice gentleness in my attitude, actions and words.

Don't forget to:

- ☐ Go through the devotionals everyday this week.
- ☐ Have a regular daily time of prayer and reading of God's Word.
- ☐ Commit 30 minutes a day for God's intervention in this fight against the COVID virus.

CLOSING THE SESSION.

Close the session by taking the time to pray for one another. Consider the following as you pray:

- Pray that God will help you to relinquish control of every area of your life to his care and to bear the fruit of gentleness that comes as a result.
- Take the time to pray for our nation, for peace and for the gospel to prosper during this time of the pandemic.
- Pray for those who are hurting, going through fear, worry and anxiety in the group.
- Pray for your unsaved family, friends and loved ones.