**Life Group Lesson – Week of Nov. 4 – Nov. 11**

**The Fruit of the Spirit is…Gentleness**

**Text: Galatians 5:22-23; John 3:16-17; John 4; Luke 19:1-10; Gal. 6:1: Matt. 11:28-29**

**Open It**

1. Gentleness is defined as "power under control." What is a good visual picture to you of power being under control? Do you consider yourself a gentle person?

**Explore It**

2. Since the fruit of gentleness is defined as: power submitted to God, then what powers do we all possess that need to be submitted to God? Read James 3:3-12. How hard is it to submit the power of our words to God? What about our actions? What are examples of being gentle with our words or actions?

3. Is being gentle or meek the same as being weak? What is the difference? In what ways does being gentle actually require more internal strength than being harsh or mean spirited?

5. Philippians 4:5 says, “Let your gentleness to all.” In what situation to find you often have to or need to "bite your tongue" and not use harsh words and be gentle? How does responding with gentleness change the nature of your relationship with others?

5. Is it easy for you to be judgmental and condemning to other people who have made obvious bad choices? What does Galatians 6:1 say we should do if we have a friend who has been "caught in sin"? What do you think is the indication that you are "spiritual" and able to talk to your friend? How does gentleness play into speaking people who you may need to help.

6. If you "messed up" with what spirit would you want someone to come to you? What should be the goal of any confrontation?

7. Ready Matthew 11:28-29. With what kind of Spirit does Jesus offer to give us rest for our souls? Are you still striving with Him or have your rested in His gentleness?

**Apply It**

Do you see God responding to you with gentleness? Who is the person in your life that is needing a gentle touch? How can you this week give that gentle touch through your words and actions?