

Wednesday *There is one body, one Spirit, one God...*

Read Ephesians 4:4-6

Questions for Reflection and Application

1. How does the conviction that there is one God, one faith empower us to be gentle with one another?
2. Today pay attention for the presence of the one God who is in all. To whom would you go if you want to learn about the ways of gentleness?

Prayer Focus

Today as you observe the presence of God in others, give thanks for the gentle presence of God in them and in yourself.

Thursday *A gentle tongue is a tree of life.*

Read Proverbs 15:4

Questions for Reflection and Application

1. What words might you speak from a gentle tongue today, words that are life-giving?
2. How does perverse or dishonest speech break the spirit?

Prayer Focus Ask God to tame your tongue today, that your words might be gentle, life-giving, truthful, and powerful.

Friday *Jesus is gentle and humble in heart.*

Read Matthew 11:28-30

Questions for Reflection and Application

1. Recall biblical stories or words which speak of Jesus' gentleness. Have you thought of Jesus as gentle?
2. Jesus offers rest to those who are weary and burdened. When yoked/joined with Christ, we learn from Him and receive support. How do you need Christ's gentle presence to uplift you at this time?

Prayer Focus

Receive Jesus' invitation to rest in His peaceful presence. Imagine sharing your burdens with Jesus and soaking in His gentle, caring presence.

Fruit of the Spirit

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Galatians 5:22-23

Don't lose any opportunity, however small, of being gentle toward everyone. Don't rely on your own efforts to succeed in your various undertakings, but only on God's help. Then rest in God's care for you, confident that God will do what is best for you, provided that you, for your part, work diligently but gently. I say "gently" because a tense diligence is harmful both to our heart and to our task and is not really diligence, but rather over eagerness and anxiety. Francis de Sales

Message Notes:

Small Group Format

Welcome

- Introductions/getting acquainted
- Mutual Invitation question: *How have you experienced and expressed the fruit of gentleness this past week?*

Opening Prayer

Song (optional)

Reflection on Ephesians 4:1-6.

- Have someone read **Ephesians 4:1-6**.
- Discuss observations about the text
 - *What word or phrase strikes you the most?*
 - *What do you think is the most important point of the text?*

Application of Scripture (The central transformative questions)

- What did you hear God say to you through this week's Scriptures?
- What are you doing about it?
- How can we support you?

Share your faith (in groups of 3)

- *How have you experienced God recently in your life?*
(This is a weekly question – it may be difficult to answer at first, but if you ask it each week you may start to notice God more in your life.)

Pray for each other

Refreshments (optional)

November 4, 2018

Fruit of the Spirit: Gentleness



Monday *Lead a life worthy of your calling.*

Read Ephesians 4:1-2

Questions for Reflection and Application

1. Ephesians 4:1 says we are chosen in Christ “to be holy and blameless before him in love.” To be “holy” means set apart. How do you feel called in Christ to be set apart? From whom or what? Set apart for what purpose?
2. What is the relationship between humility, gentleness, patience, and bearing with one another in love?

Prayer Focus

Invite the Holy Spirit to cultivate gentleness within you, in your speaking, in your actions, in your relationships.

Tuesday *With humility, gentleness...maintain unity*

Read Ephesians 4:1-3

Questions for Reflection and Application

1. What does unity of the Spirit look like for you? for the church? for our nation? for our world?
2. How do humility, gentleness, patience, and love help maintain the unity of the Spirit?

Prayer Focus

Pray for a healthy unity amidst diversity in our congregation, denomination and country. Pray that all might use their power gently and nonviolently to build up the good of all.