



SPIRITUAL GROWTH REVIEW

The Fruit of the Spirit Is...



THE SECRETS OF BEING FRUITFUL

Memory Verse for this week: *"Come to me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."* Matthew 11:28-30

1. How was your week? Was there anything that happened that we would want to celebrate or pray for with you?
2. How is gentleness different from kindness, or generic nice behavior?
3. What can we learn about gentleness how Jesus describes himself in **Matthew 11:28-30**?
4. Read **Ephesians 4:1-3**. In these verses, we see Paul linking gentleness with humility, just as Christ does in Matthew 11:28-30. How are gentleness and humility related?
5. Gentleness isn't always something that is treasured by the world. Responding gently to someone who is offensive or hostile truly differentiates those who have the Fruit of the Spirit from the world that doesn't. When would showing gentleness seem the most surprising to a non-Christian?
6. Consider **1 Peter 3:14-16**. Why is Peter concerned with way in which we share the reason for our hope in Christ? Why be gentle when the hope of Christ is ultimately death to sin?

7. What would giving a gentle answer for the reason for our hope sound like? If someone approached you tomorrow and asked you: what possible reason do *you* have to have hope given the current state of the world? How would you respond?
8. Look at **Titus 3:2**. Considering today's political climate, this verse can be a challenge! With so much disagreement over moral and spiritual realities, why is gentleness to be stressed?
9. What are some of the ways we justify a lack of gentleness in our day to day lives?
10. Read **Ephesians 4:1-3**. Gentleness with other Christians can be just as hard as gentleness with the world! Consider: why is gentleness so important even in our Christian community?
11. Are there circumstances that call for us to *not* be gentle? What if there are truly situations that require stern words?
12. Does gentleness come easy for you? How can other Fruits of the Spirit we've covered aid us in exercising gentleness?
13. What are some practical steps you can take this next week to begin producing more of the fruit of gentleness?
14. What are some ways you can help remind yourself to abide God as your source of gentleness this week so that we do not try and manifest this Fruit of the Spirit on our own?

For this week: Take time each day to consider who you will be interacting with. How have you interacted with them in the past? Remember: Fruits of the Spirit cannot grow without abiding in God as their source!