

- + It being gentle easy? What makes it difficult?
- + In Matthew 5:5, Jesus says “blessed are the meek they will inherit the earth”. What did that mean for the audience and what does that mean for us today?

Does our society promote and praise the quality of gentleness?

- + Is it difficult to be gentle at work or in your day today? What new habits could help with this?
- + Why might someone be afraid to be gentle?

Why does the apostle Paul instruct early Christians to start the church and carry themselves in a spirit of gentleness?

GROWTH:

JOURNAL PROMPT

God, help me to live intentionally this fall as I learn more about your Holy Spirit and the attributes of a life rooted in you. Nourish me through my study of your word, community with my small group, and worship in church. Show me clearly the tasks, relationships, and work to which you are calling me. Amen.

CALLING PROMPT

God is inviting you to participate in his ministry by answering the unique call on your life. How can you actively respond to scripture and God’s presence this week?

CLOSING PRAYER

Let’s prepare for the week ahead, shaped by our time together today.

Gracious God, we trust that you go with us in the week ahead. We are changed each time we gather to learn more about you and your Word. Please give us boldness to proclaim your good news in the coming week and bring us back safely together again in this community. Amen.



OPENING PRAYER

Gracious God, help us to feel your presence during our gathering as a community today. As we do life together and learn more of your Word, help us to grow in faith. Help our time to be fruitful and the fellowship within our group to flourish. Thank you for the gift of today and of this small group study. Amen.

COMMUNITY

Time to build relationships: mix + mingle!

- + What specific point resonated with you from the weekend’s sermon?
- + If you couldn’t attend, ask others in your group what stood out to them. (Note: Links to both video and audio versions of previous sermons can be found at <https://standrewmethodist.org/worship/sermons/>)
- + Where did you see God’s presence in your past weekend?

**VIDEO – WEEK 8: GENTLENESS
WE ENCOURAGE YOU TO TAKE NOTES**

SCRIPTURE

A great starting place is always in God’s word. This week we are in:

MATTHEW 5:5

“Blessed are the meek for they will inherit the earth.”

MATTHEW 11:28-30

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy and my burden is light.”

PHILIPPIANS 2:1-13

Therefore, if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, ² then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. ³ Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others.

⁵ In your relationships with one another, have the same mindset as Christ Jesus:

⁶ Who, being in very nature God, did not consider equality with God something to be used to his own advantage;

⁷ rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

⁹ Therefore God exalted him to the highest place and gave him the name that is above every name,

¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,

¹¹ and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

¹² Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling,

¹³ for it is God who works in you to will and to act in order to fulfill his good purpose.

SITUATION

Our world often confuses gentleness for meekness or weakness. But true gentleness is softness in the midst of strength. Jesus is both strong and gentle. In a harsh and callous world, expressing gentleness can provide an on-ramp for many people to enjoy relationship and understanding with one another. But this tender approach does not compromise the strength of the gospel that we boldly proclaim. Gentleness is truly a gift of the Holy Spirit and takes commitment, proper nourishment, and practice.

QUESTIONS:

What is the difference between being weak and being gentle?

- + What is the correlation between gentleness and humility?
- + In what ways does Jesus exemplify gentleness in his own ministry?
- + How can Jesus be both strong and gentle?
- + How can we embrace true strength in gentleness?

Think of someone you know who has a spirit of gentleness. What do you admire most about them?

Do you think people were surprised by Jesus’s gentleness... As the supposed Messiah and king of Kings? How did he unexpectedly embody these roles while not conforming to cultural and powerful expectations?