

the fruit of the spirit

(part 4 – gentleness and self-control)

recap

Read Galatians 5:16-26

1. Why do you think the Christian characteristics we have been looking at over the past few weeks are called the 'fruit of the Spirit'?

gentleness

2. Why do you think people often view 'gentleness' as a negative thing?
3. Check out what the bible has to say about 'gentleness'.

Why be gentle?	
Matthew 11:29	
When to be gentle?	
Philippians 4:5	
How to be gentle?	
1 Thessalonians 2:6-9	
1 Peter 3:15-16	

4. In light of the passages above, what are some areas in your life in which you need to be more gentle?

self-control

5. List the top three areas in your life in which you struggle with 'self-control'.

6. Check out what the bible has to say about 'self-control'.

Why show self-control?	
Proverbs 25:28	
1 Thessalonians 5:5-9	
How to show self-control?	
Titus 2:11-14	

Read 2 Timothy 3:1-5.

7. How accurately do you think these verses describe the world in which we currently live?

8. What should our response to these people be?

9. How can we encourage one another to maintain self-control in the areas that we identified above?