



❖ MESSAGE NOTES

GOOD FRUIT: Week 6 - Gentleness & Self-control

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. ~ Galatians 5:22-23

But in fact, if you happen to suffer for doing what is right, you are blessed. But do not be terrified of them or be shaken. But set Christ apart as Lord in your hearts and always be ready to give an answer to anyone who asks about the hope you possess. Yet do it with courtesy (gentleness) and respect, keeping a good conscience, so that those who slander your good conduct in Christ may be put to shame when they accuse you. ~ 1 Peter 3:14-16

ĒPIOS ~ GREEK

affable, kind or gentle

EPIEKĒS ~ GREEK

equitable, fair, patient or gentle

PRAOTĒS ~ GREEK

gentleness but it is really best defined by the word meekness

Blessed are the meek, for they will inherit the earth. - Matthew 5:5

So Judas obtained a squad of soldiers and some officers of the chief priests and Pharisees. They came to the orchard with lanterns and torches and weapons. Then Jesus, because He knew everything that was going to happen to Him, came and asked them, "Who are you looking for?" They replied, "Jesus the Nazarene." He told them, "I am He." (Now Judas, the one who betrayed Him, was standing there with them.) So when Jesus said to them, "I am He," they retreated and fell to the ground. ~ John 18:3-6

Jesus said to them, "Have you come with swords and clubs to arrest Me like you would an outlaw? Day after day I was with you, teaching in the temple courts, yet you did not arrest Me. But this has happened so that the scriptures would be fulfilled." ~ Mark 14:48-49

Instead of being motivated by selfish ambition or vanity, each of you should, in humility, be moved to treat one another as more important than yourself. Each of you should be concerned not only about your own interests, but about the interests of others as well. You should have the same attitude toward one another that Christ Jesus had, who though He existed in the form of God did not regard equality with God as something to be grasped, but emptied Himself by taking on the form of a slave, by looking like other men, and by sharing in human nature.

He humbled Himself, by becoming obedient to the point of death—even death on a cross! ~ Philippians 2:3-8

After He came down from the mountain, large crowds followed Him. And a leper approached and bowed low before Him, saying, “Lord, if you are willing, you can make me clean.” 3 He stretched out His hand and touched him saying, “I am willing. Be clean!” Immediately his leprosy was cleansed. ~ Matthew 8:1-3

EGKRÁTEIA ~ GREEK
self-mastery or self-restraint

When the woman saw that the tree produced fruit that was good for food, was attractive to the eye, and was desirable for making one wise, she took some of its fruit and ate it. She also gave some of it to her husband who was with her, and he ate it. ~ Genesis 3:6

But I say, live by the Spirit and you will not carry out the desires of the flesh. For the flesh has desires that are opposed to the Spirit, and the Spirit has desires that are opposed to the flesh, for these are in opposition to each other, so that you cannot do what you want. - Galatians 5:16-17

*For we do not have a high priest incapable of sympathizing with our weaknesses, but one who has been tempted in every way just as we are, yet without sin.
~ Hebrews 4:15*

❖ DIVE IN! ~ Discussion Questions

1. What was one thing Pastor G said this week that spoke directly to you?
2. Are you inspired by that to make a decision, make a change, or take some action in your life?

◆ **READ:** *Galatians 5:22–23 and Matthew 5:5*

1. What are some examples you are aware of where someone showed profound strength or power through their gentleness?
2. How does speaking out strongly against wrong still exercise a spirit of gentleness/meekness?

◆ **READ:** *1 Peter 3:14-16 and Philippians 2:5–11*

1. Peter is talking about explaining why we are a Christian to nonbelievers. How would a gentle answer help in our defense of our faith?
2. According to the Philippians passage what attitude did Jesus model for us? In what ways did Jesus model for us what it means to be meek or gentle?
3. When someone “attacks” you, either verbally or physically, is your first response typically to be gentle with them? Why or why not? Does it depend? Why? Can choosing a “gentle” or “meek” response still be considered a position of strength, power or authority? Why or why not?

◆ **READ:** *Genesis 3:6 and Galatians 5:16-21*

1. Think of someone whom you think has a great deal of self-control. What is that person like? Is their self-control human or from the Holy Spirit? How can you tell? What difference might it make?
2. What are the two warring factors Paul describes in Galatians 5:16–21? How does the Holy Spirit keep us from gratifying the desires of the sinful nature?

◆ **READ:** *1 Thessalonians 4:1–8*

1. To be sanctified means that we are set apart as holy. How does God do that with our lives? What does a holy life look like? What do holiness and self-control have to do with each other?
2. Are you a self-controlled person naturally? Why might this not be enough in the Christian life? What if you are not naturally self-controlled? Is there hope for you? Does it depend on you or on God? Why and in what way?
3. Share with the group one area in your life where you struggle with self-control and ask them to pray for you.