

BELIEVE SERIES Lesson 28

GENTLENESS

VIDEO TEACHING NOTES

Key Idea: I am thoughtful, considerate and calm in my _____ with others.

Key Verse: "Let your _____ be evident to all. The Lord is near."(Philippians 4:5)

Key Question: How do I _____ thoughtfulness and consideration?

"A _____ answer turns away wrath, but a harsh word stirs up anger." (Proverbs 15:1)

(Key Application) Be _____.

(Key Application) Be _____.

(Key Application) Be _____.

GROUP DISCUSSION

As a group, discuss your thoughts and feelings about the following declarations. Which statements are easy to declare with certainty? Which are more challenging and why?

- I consider my own shortcomings when faced with the failures of others.
- I am known as a person who is sensitive to the needs of others.
- I am known for not raising my voice.
- I allow people to make mistakes.

Choose 2-3 questions that will lead to best discussion about the Key Idea

1. Why do you think the most challenging Christ-like virtue for believers to grasp is gentleness?
2. Consider someone in your life who has the ability to be calm and collected in stress-filled moments. How did he or she manage to develop this virtue?
3. Are there certain circumstances in your life that make gentle conduct nearly impossible? How could your relationship with God empower you to alter your reaction to this situation?
4. In what ways can Jesus' life be a guiding example of gentleness for us when we face difficulties of our own?

Read Matthew 7:1-5, 1 Timothy 3:1-4, and James 3:17-18 and choose 1-2 questions to discuss.

1. How does judgment choke our ability to be calm, considerate and thoughtful?
2. Why do you think the Bible specifically instructs authority figures to be gentle with the people under their care?
3. If judgment leads to anger and quarreling, what does gentleness produce?

OTHER PASSAGES

John 13:31-38; 18:12-27; 21:1-19

Matthew 5:5, 38-42; 7:1-5; 11:28-30

1 Timothy 3:1-4; 5:1-2; 6:10-11

2 Timothy 2:24-26

Titus 3:1-2

Galatians 5:22-23

Ephesians 4:2, 26-32; 6:4

Colossians 3:12

Philippians 4:2-5

James 3:17-18

1 Peter 3:1-4, 7

1 Samuel 25:1-42

2 Sam. 16:5-14

1 Thessalonians 2:1-13

CLOSING PRAYER

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PERSONAL QUESTIONS FOR NEXT WEEK

Read Believe, Chapter 30: Humility and/or read the following passages

Luke 2:1-20; 9:37-48	John 13:1-17	Philippians 2:1-13	Psalms 10:2-4; 18:27; 25:8-9; 147:6
Daniel 4:1-37	James 4:1-17	1 Peter 5:1-6	Proverbs 3:33-34; 11:2; 16:18-19
Matthew 5:1-12	Mark 10:35-45	John 3:22-31	Proverbs 18:12; 21:4; 21:24; 22:4
Matthew 11:11	1 Tim. 1:12-17	Micah 6:1-8	2 Corinthians 11:16-12:10

Then, answer the following questions:

1. Servant leadership is what Jesus modeled while on earth. What other ways can we demonstrate this principle besides washing someone's feet?
2. What do you think was involved when it says Jesus "made himself nothing"? What was he before he made himself nothing? Why did he do this?
3. As you read the Scripture passages from Psalms and Proverbs, write down all the ways God opposes the proud and grants favor to the humble.
4. As you read the Scripture passage from Matthew 5, identify all of God's paradoxes (such as, rejoice when people persecute you). Have you seen the truth of any of these paradoxes in your own experience?
5. Micah tells us that God requires us to act justly, love mercy, and walk humbly with God. How are these acts related?

Key Verse: "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others." (Philippians 2:3-4)

Key Idea: I choose to esteem others above myself.

Personal Application

1. How would this virtue express itself in your life?
2. What visible attributes can be found in persons who esteem others above themselves?
3. What is impeding your ability to value others above yourself? How can you overcome this obstacle?
4. What action step can you take this week to reject pride and grow in humility?