

# GENTLENESS



*Matt.*  
11:29-30

# WEEK 8

Gentleness (meekness) is often misunderstood as weakness, but it is not without power. Just like our Savior, Jesus, it is characterized as strength under control. It's the kind of life that is characterized by a lack of hard-heartedness, unforgiveness and harshness in correction.

**Personal Reflection:** Do you come across as harsh and headstrong or does the gentle grace of God flow through you to others? As the Lord has dealt gently with you, how have you learned to do the same with others?

## SCRIPTURE ✨

“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.”



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## ASK ✨

- What do you learn about God and gentleness in this passage?
- Where do you see Jesus demonstrating this fruit of the Spirit?
- What do you see or learn about yourself?
- What changes (thoughts, beliefs or actions) might God be calling you to make?

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## NOTES ✨

## CULTIVATE

Jesus spoke in Matthew 13 of different types of soil. God wants us to till the soil of our hearts so that we would be receptive to the seed of his Word and bear fruit. Before digging into Scripture, prepare your heart by asking the Holy Spirit to help your heart receive and respond to His Word.

## PLANT

Read the Scripture passage. Feel free to mark up the passage, highlighting key words or phrases.

**MEDITATE & MEMORIZE:**  
Choose a key verse that the Holy Spirit reveals to you and record it below. Commit to memorizing it and spend time this week meditating on it.

## GROW

Ask the Holy Spirit to show you the quality of gentleness in your life. Consider recent examples. Where did you feel like the Spirit was helping you live this out, rather than times when you allowed your natural, sinful nature to take over?

Matthew 3:8 says, "Produce fruit in keeping with repentance." Is God showing you any areas where pruning is necessary so that you can bear more fruit?

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# NURTURE\*

- Have you recently been harsh with someone? Ask God and that person for forgiveness.
- Ask God to help you use the Spirit's power to respond with gentleness in every situation this week. Record your story in the Harvest section.

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# HARVEST\*

We find various stories in the Bible illustrating these virtues at work in people's lives. Most importantly, these virtues were perfectly displayed in Jesus' life. Your personal story is also important, and it's a testimony to those around you. Reflect back on the quality of gentleness in your life and note any changes that the Holy Spirit revealed to you throughout the week. Was anything convicting? Did you make any changes or take any action steps in obedience to the Spirit? How will you be different as a result?

**PERSONAL**\*

**ANSWERED  
PRAYERS**\*

**GROUP**\*

**I'M THANKFUL FOR**\*

**SERMON NOTES**\*