



GENTLENESS & SELF CONTROL

GET TALKING

Share one of the “harshesht” and most “out-of-control” interactions you’ve ever witnessed or experienced.

MESSAGE HIGHLIGHTS

- When we know the Word of God and are filled with the Spirit of God, then we bear the fruit of God.
- Change is a consistent part of life.
- How we respond when pushed to our limits is determined by who we trust.
- When we surrender to God’s will, we no longer have a sense of entitlement, but are an expression of God’s character.
- True self-control is giving up control to the God who is in control.

DISCUSSION QUESTIONS (Choose 2 or 3)

1. There is a lot going on in our world right now. Would you say most people are responding with gentleness and self-control or aggression, hostility, and impatience? Why do you think that is?

This fruit of God, or the fruit of the Spirit, is the character of Jesus expressed through us in different ways that reflect who He is. It’s not a list of good manners or virtues to strive for using our own willpower for the benefit of others, not our own good standing.

2. Share a specific example when you or another were able to express the character of Jesus in response to difficult circumstances that was for the benefit of others. What factors can make this so very challenging?

Our fleshly desires and the Holy Spirit are contrary to one another resulting in an internal conflict taking place over our souls. Read Galatians 5:1,13-26, in different versions if possible, and reflect on the following questions:

3. From what has Christ set the readers of Paul’s letter free? (This includes us today.)
4. What obstacles can come in the way of standing firm in this freedom?
5. What are we called to do because of this freedom in Christ?
6. What will it take for us to express Jesus’ gentleness and self-control in our world today?
7. What will be the consequences if we are unable to “obey the truth” (vs 7) and walk in the Spirit?
8. What areas of your life do you feel the most out of control or mean-spirited? Pray, confess how you have gone against the Spirit and give God the control over that area of your life. Seek the Spirit’s guidance through time in God’s Word related to the area.



BIG IDEA

True self control is giving up control to a God who's in control

NEXT STEPS

Through this series Freed to Be, we have said repeatedly, "when we know the Word of God and are filled with the Spirit of God, then we bear the fruit of God." Think back over our time studying the Fruit of the Spirit. What do you feel or hear God calling you to act on? (It could possibly be what has made you the most uncomfortable to discuss.)

For in Christ Jesus, only faith working through love counts for anything (Gal. 6). What next step will you take so the character of Jesus can be expressed through you for the benefit of others?

PRAYER

Almighty God, we thank you for your gift of the Holy Spirit. Please forgive us for allowing the desires of our flesh to pull us away from your wisdom and will. May we choose to make being in your Word a priority in our lives so we may better hear and follow the guiding of the Spirit and bear your fruit. May all Christians of this world be an example of "loving your neighbor as yourself" by putting others before themselves. For all honor and glory goes to you. Please use us as your hands, feet and mouthpiece for spreading your love. In Jesus name, Amen.