

GENTLENESS

Bearing fruit at home

What is gentleness?

Gentleness is power under control. It is humility and restraint that derives from a position of true strength in Christ.

*Let your gentleness be evident to all. The Lord is near.
Philippians 4:5*

Parents / Teens

BEST USE

A mealtime activity with older children/teens to consider how the Bible describes gentleness and how this fruit of the Spirit results from God's own gentleness

ADVANCE PREP

A device with Internet connection

Step One

Discuss what comes to mind when you hear the word gentleness. Gentleness is often misunderstood. It is a characteristic that is best understood by seeing how the Bible gives it meaning.

Step Two

Have your teen navigate to a Bible passage search tool such as openbible.info/topics to find what the Bible says about "gentleness."

Step Three

Take turns reading some of the verses given in order to answer the following questions:

- How often do the verses talk about how we relate to others?
- How does God relate to us?
- What other characteristics do you see alongside gentleness?

Step Four

Gentleness involves how we relate or respond to others. Read Psalm 18:35 and James 3:17 to discover that we are able to show gentleness to others out of the overflow of God's gentleness toward us in Christ.

Step Five

Discuss how each of you have responded in gentleness toward others in the last few weeks. Be ready to share a personal example of how you could have been more gentle toward someone. Determine together to continue pursuing gentleness with others.

Optional

Check back in with each other throughout the week and report the ways that God has given you the grace and strength to be gentle in those opportunities.