

blessed  
september 24/25

talk **IT** over  
GENTLENESS

## looking AT

Talk about the following verse as a group and how it applies to your individual lives: *“God blesses those who are gentle. The whole earth will belong to them!”* MATTHEW 5:5

## looking IN

Share your responses to the following:

- ▶ How do you define gentleness?
- ▶ Jesus makes quite a promise to those who are gentle – they will inherit the earth! Rather than weakness, as many believe, *gentleness* is defined as *strength under control*. How does that differ from what your definition of gentleness might be?
- ▶ Who is one person that epitomizes gentleness to you? Describe that person to your group.
- ▶ Would you want to be called gentle? Why or why not?
- ▶ What does “the whole earth will belong to those who are gentle” mean?

## looking AT

Talk about the following verse as a group and how it applies to your lives: *A gentle answer turns away wrath, but a harsh word stirs up anger.* PROVERBS 15:1 [NIV]


## looking IN

Share your responses with the group:

- ▶ When you're in conflict, what advice does Proverbs 15:1 have for you?
- ▶ Lowering your voice in response to heated words will often have the desired effect seen in Proverbs 15:1. As a group, discuss how this can defuse situations past or present. What's been your experience with deescalating things when they heat up?

## looking AROUND

Brainstorm the following as a group:

- ▶ When we are attacked or criticized, responding with gentleness will disarm our critics. How does this exemplify the definition of gentleness – strength under control?
- ▶ How does Jesus' example of gentleness contradict the world's view?
- ▶ What could “gentleness” look like in the following situations:  
▶ *In Business* ▶ *In School* ▶ *In Church* ▶ *In Our Neighborhoods*
- ▶ Share about a situation when you have been *anything **but** gentle* in the above situations. 

## looking UP

Pair up with two others in your group. Pray for God to grow the fruit of gentleness in your life. Asking Him to take your heart captive and make you a gentle example of Jesus.

## looking OUT

Practice gentleness, “strength under control,” in every area of your life. God will give you the strength to live in gentleness.

**QUESTIONS?**

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