

GROUP Guide: "Gentleness" – The Sweet Life

Gentleness is not weakness—it is strength under the Holy Spirit's control.

Opening Question

When you hear the word gentleness, what comes to mind? Do you tend to see it as strength or weakness? Why?

Key Scriptures

Read together:

- Galatians 5:22–23 — Gentleness is a fruit of the Spirit.
- Matthew 11:28–30 — Jesus describes Himself as gentle and humble.
- John 21:15–19 — Jesus restores Peter after failure.
- Ephesians 4:29 — Our words should build up and give grace.

Gentleness is not about being passive, quiet, or avoiding hard conversations. Biblical gentleness is strength surrendered to God. It is power guided by love, truth shaped by grace, and correction wrapped in humility. Jesus had all authority and power, yet He used His strength to restore, serve, and invite people closer to God. As followers of Jesus, we are called to use our words, influence, and strength in the same way.

Discussion Questions

1. Gentleness Begins with Jesus

Jesus said, "I am gentle and lowly in heart."

- What does Jesus teach us about true gentleness?
- Where do you need Jesus to teach you His gentle and humble way?

2. Gentleness Restores Instead of Reminds

In John 21, Jesus did not shame Peter for his failure. He restored him and called him back to purpose.

- When someone fails, is your first instinct to restore them or remind them of what they did wrong?
- What does restoration look like in real relationships?

3. Gentleness Puts Others First

Philippians 2 teaches us to consider others before ourselves.

- How does pride make gentleness difficult?
- Do people feel safe and encouraged around you, or do they feel the need to defend themselves?

4. Gentleness Speaks Life

Ephesians 4:29 says our words should build up and give grace.

- Do your words tend to bruise or bless?
- How can we speak truth without being harsh?
- What would change if you paused before responding and asked, "Will this give grace?"

5. Strength Under Control

Gentleness is strength under the Spirit's control.

- Where are you most tempted to respond harshly?
- How can you surrender that area to the Holy Spirit this week?

Personal Reflection

Take a quiet moment and ask yourself:

When people experience my strength, do they feel restored by grace or reminded of their failure?

Group Challenge for the Week

This week, practice gentleness by doing three things:

- Pause before responding.
- Choose words that build up.
- Look for one opportunity to restore, encourage, or serve someone.

Closing Prayer

Jesus, teach us to be gentle like You. Help us surrender our strength, words, and responses to the Holy Spirit. Remove pride from our hearts and help us restore others with grace instead of reminding them of failure. May our lives reflect Your humility, patience, and love. Amen.