

# BELIEVE

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## INTRODUCTION

Open with prayer then watch part twenty-nine—Gentleness—of the BELIEVE DVD Study

## KEY QUESTION

How do I demonstrate thoughtfulness and consideration?

## KEY IDEA

I am thoughtful, considerate and calm in my dealings with others.

## KEY VERSE

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

## QUESTIONS

- 1) Why do you think the Christlike virtue of gentleness is so challenging for Christians to appreciate or practice?
  - 2) What circumstances tend to call out a harsh response in from you? Think of 3-4, focusing on your spouse, your kids, and then others?
    - 3) Discuss how gentleness can really be a significant show of strength.
    - 4) How has God been gentle with you?
- In what ways can Jesus' life be a guiding example of gentleness to focus on when we face difficulties of our own?

Read Matthew 7:1-5 and James 3:4-9 together, then discuss the following questions:

- 5) How does judgment [or condemnation] choke our ability to be calm, considerate, and thoughtful?
- 6) If judgment [or condemnation] leads to anger and quarreling, what does gentleness produce?

## PRAYER

Thank God for his gentleness toward us. He is as gentle as each situation requires. Ask God to help you exercise gentleness when you'd rather judge, condemn, or lash out.