



## Introduction

We're concluding a five-week series titled *Fresh Fruit*, and looking at the "fruits of the Spirit" mentioned in Galatians 5:22-23.

So that we can tackle all of the "fruits" listed in this passage, the preaching team and the group curriculum will alternate topics (see calendar listed at the end). This week, we're exploring the topic of gentleness.

To watch this week's sermon before your group discussion, go to [www.journeyoffaith.com/messages](http://www.journeyoffaith.com/messages)

## Share Your Story

1. What's one thing that comes to your mind when you think of "gentleness"?

## Hear God's Story

1. According to Galatians 5:23, one of the "fruits of the Spirit" is growing in a spirit of gentleness. To help us understand what this is, let's take a look at how God's gentleness is described in Scripture. Read the following verses, then answer: What does all of this tell us about the gentleness of God?  
*Isaiah 40:11; Matthew 11:28-30; 1 Kings 19:11-12*
2. What's one way you've used the reminder of God's gentleness to help deepen your relationship with Him in the past few months?
3. Let's now see how Scripture links gentleness with community. Read the following verses, then answer: What can we learn about modeling gentleness in these verses?  
*Proverbs 15:1; 1 Peter 3:15; Ephesians 4:1-2; 1 Thessalonians 2:3-8*
4. When seeing God through the lens of what we've been talking about, what challenges you the most about all of this?

## Create a New Story

5. What's one practical action step you're going to take this week to live out this lesson?

## **Further Studies: Learning from Jesus' Gentleness Toward Peter**

When Jesus was captured in the Garden of Gethsemane, Peter, along with the other disciples ran away. A few hours later he denied knowing Jesus three times before Jesus was crucified. Peter immediately wept and regretted it. After Jesus rose from the dead, He confronted Peter as they ate a meal together.

Read what happened in John 21:15-17

### **DISCUSS**

1. Peter knew he messed up, bad. But here we see Jesus digging deep into Peter's heart before Jesus reinstated him. Rather than being harsh with Peter, Jesus asked him loving questions over a meal.
  - ❖ What can we learn here about the gentleness of God as Jesus confronts someone who wronged Him?
2. In this brief interaction Jesus called Peter to God's larger mission three times: "Feed my lambs; Take care of my sheep; Feed my sheep." Imagine being in Peter's shoes. You had denied knowing Jesus when He needed you the most, and now Jesus was gently confronting you and asking you to join Him once again in His mission in the community.
  - ❖ What impact would Jesus' restorative gentleness shown toward you have had on you as you left that meal?
3. Now take a few moments to quietly contemplate all the times God's been gentle with you when you probably didn't deserve it - let it actually sink in.
  - ❖ How can we use this reminder to deepen our relationship with Him, and our commitment to joining Him in His larger mission in the community?

### **For Parents: Repackaging for Youth**

1. For those who have young children in the home, what are some ways you could teach this lesson to them that takes into account their age and learning level?

For questions about this curriculum, contact Pastor Matthew Jensen at [matthew.jensen@journeyoffaith.com](mailto:matthew.jensen@journeyoffaith.com)