

Group Discussion Guide

Week of April 23, 2023

Ephesians 4:2 – Lowliness, Gentleness, and Patience

GETTING TO KNOW YOU

- Who is someone you have known who is humble, gentle, and patient?
- What specific behaviors did they have that displayed these traits to you?
- Do you find you are able to be humble, gentle, and patient in some situations better than others? Why do you think that is?

QUICK REVIEW

Looking over your notes from this past teaching... was there anything you heard for the first time, caught your attention, challenged you, or confused you?

MAIN POINT

Our calling is to be like Jesus; humble, gentle, and patient.

DIGGING INTO THE WORD

Read Ephesians 4:1-2

- How is healthy lowliness/humility different than unhealthily hating ourselves?

Read Philippians 2:3

- Why do you think God wants us to love others more than ourselves?
- When someone treats you like they esteem you more than themselves, how does that make you feel?

Gentleness = meekness – having our strength and emotions under control

- What kinds of things cause you to lose control of yourself?

Read Proverbs 15:1

- Why do you think God did not instruct us to get angrier and yell louder than the other person?
- What might cause you to not want to respond to someone's anger with a soft answer? How might this be a lack of trust in God?

Read Romans 12:17-21

- How do these verses in Romans relate to God's call for us to be gentle?
- How can the term **longsuffering** be more accurate than the term **patience**?
- How do patience, and a desire to be in control, contrast with each other?
- How does loving others help us to be **lowly/humble**?
- How does loving others help us to be **gentle**?
- How does loving others help us to be **longsuffering/patient**?
- If we find it difficult to love others, what do you think the issue is? How do we fix it?
- Why is faith and trust in God necessary to see these 3 things active in our lives?
- How does the Holy Spirit help us to accomplish these 3 things?
- How does looking to Jesus help us live out these 3 things?
- How did Jesus live out these 3 things in His life?

BRINGING IT HOME

- Which of these 3 things do you want God to help you live out more in your life?

PRAISE REPORTS & PRAYER REQUESTS