



Small Group Discussion Guide

Series: Fruit of the Spirit

GENTLENESS

Key Passage: Galatians 5:22–23

*“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, **gentleness**, and self-control.”*

ICEBREAKER (5–10 min)

- When you hear the word gentleness, what comes to mind?
 - Do you naturally see gentleness as strength or weakness? Why?
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SCRIPTURE FOCUS (Read Together)

- Galatians 5:22–23
- Matthew 11:29
- 1 Peter 2:23

Key Thought:

Gentleness is strength under control and power under submission.

OBSERVATION QUESTIONS (What does the text say?)

1. According to Galatians 5, where does gentleness come from?
2. In Matthew 11:29, how does Jesus describe Himself? What does that reveal about God's character?
3. In 1 Peter 2:23, how did Jesus respond to injustice and insult?

DISCUSSION: HEART & LIFE

1. Release Your Rights

- *Why is it so difficult to “release our rights” when we feel wronged?*
- *What does it practically look like to trust God as the just judge instead of defending yourself?*
- *Read Galatians 6:1 — How does gentleness change the way we restore others?*

2. Reshape Your Words

- *Read Proverbs 15:1 — Share a time when a gentle (or harsh) response changed the outcome of a situation.*
- *Why do words often become the place where gentleness breaks down first?*
- *What would it look like this week to have conversations “full of grace” (Colossians 4:6)?*

3. Remember God’s Mercy

- *Read Ephesians 2:1–5 — What stands out to you about God’s mercy toward you?*
- *How does remembering your own forgiveness affect how you treat others?*
- *In Matthew 18:21–35, what warning is Jesus giving about receiving mercy but not extending it?*

APPLICATION

- *Where is God currently asking you to grow in gentleness?
(Conflict? Marriage? Parenting? Workplace? Church?)*
 - *Which of the three areas do you need most right now?*
 - *Releasing your rights*
 - *Reshaping your words*
 - *Remembering God’s mercy*
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