


The Fruit of the Spirit studies **GENTLENESS SELF-CONTROL**



Key verse: Matthew 5:5.
Blessed are the meek,
for they will inherit the earth.



Big Idea: To gentle and self-controlled is to
as a Christian is to be other person focused
and not upset about personal injustices.

Kick Off

David Seamands writes...

Have you ever heard of the "Dependant Order of Really Meek and Timid Souls?" When you make an acrostic of its first letters, you have 'Doormats'. The Doormats have an official insignia- a yellow caution light. Their official motto is: "The meek shall inherit the earth, if that's OK with everybody!"

Is his view of meekness accurate or not?

STUDY

In this last study on the fruit of the Spirit we are considering gentleness and self-control. Our society talks about self-control to some extent but meekness or gentleness is almost a forgotten virtue.

Read Matthew 5:1-16.

Meekness

1. How would you describe the concept of being blessed?
2. Who according to v5 are going to inherit the earth? How does this sit with the way most people go about living their lives and making their mark?
3. How does a person gain an inheritance? And what does this say about who the meek actually are?
3. Look up Psalm 37:10-11 who are the 'meek' contrasted with and what is the end of the two types of people?
4. Read Genesis 13: 5-15. How is this an actual example of the meek inheriting the earth?
5. Read Numbers 12:1-15. How did Moses display meekness in his situation?

Meekness is the ability to not justify yourself in the face of injustice and it's positively the desire to see other's needs meet in preference to your own. This is of all the fruit of the Spirit the one least on display in the Christian community.

6. What do we really need to focus on in order to be able to better display this fruit in our lives? cf 1 Peter 2:21-25 for the answer.

Self- control

7. Look up these verses and explain the value and use of self-control?

Proverbs 25:28

1 Cor 9:25

Titus 1:8, 2:6

1 Peter 4:7

THINK AND APPLY

Would you say in our world people are more inclined to be self-controlled or self-indulgent? Why is this so?

Why is it so hard, to restore sinners gently, correct opponents gently and walk in meekness?

Reflect on and memorise Proverbs 16:32. ***Whoever is slow to anger is better than the mighty, and he who controls his spirit than he who takes a city.***

PRAYER

What can you pray about arising from this study?



**For next week
Read
The Easter story
from all four
gospels!**