

Leader's Guide - Youth Sunday School – Seeking a Gentle Spirit – 2/28/21

- Fighter verse
- Prayer
- Briefly discuss New City Catechism and associated verse
  - Question 34: Since we are redeemed by grace alone, through Christ alone, must we still do good works and obey God's Word? Yes, because Christ, having redeemed us by his blood, also renews us by his Spirit; so that our lives may show love and gratitude to God; so that we may be assured of our faith by the fruits; and so that by our godly behavior others may be won to Christ. (1 Peter 2:9-12)
  - Question 35: Since we are redeemed by grace alone, through faith alone, where does this faith come from? All the gifts we receive from Christ we receive through the Holy Spirit, including faith itself. (Titus 3:4-6)
- Review Memory Verse List

**Review and Prayer** - Gentleness is to treat others with a genuinely sensitive regard for their thoughts, feelings, and rights.

- What are some things you've learned about gentleness in these discussions?
  - Make sure to talk about God's gentleness with us, what it looks like, and why it matters.
- What are some specific areas you think God wants to work in your life regarding gentleness?
- Spend time in prayer for God to help us grow in these ways.

**Seeking a Gentle Spirit**

- Gentleness can be hard to desire because we want to appear tough and able (more true with males, we tend to think the opposite of toughness is weakness/passivity), and this is what our culture would value but we want to be tough and tender: tough with ourselves but tender with others.
  - What does it mean to be tough with ourselves and what might that look like? (taking our sin seriously, really holding our lives up to the Bible to see where God would have us grow, acknowledging and confessing our sin to God and others quickly and clearly, etc.)
  - An example of this balance between tough and tender is the Proverbs 31 woman. Proverbs 31:25-26 "Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue."
    - How is this woman tough yet tender?

**How we can develop a Gentle Spirit**

1. Decide –
  - 1 Timothy 6:11 "But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness."
  - We must decide that this a character trait we want to develop.
  - We must decide that we want to be mild and sensitive in dealing with others.
  - We must decide that we really want to care for people.
- How can we help hold each other accountable to these decisions?

## 2. Ask –

- Ask those who know us best and will be honest, “how do I come across to other people?”
  - Am I dogmatic/opinionated/blunt/abrupt?
  - Do I intimidate/dominate by sheer force of personality?
  - Do people feel ill at ease in our presence because they think we are judging their weaknesses and correcting their faults?
- Think of someone you can ask this to who will be honest and gentle in their answer.

## 3. Pray –

- Deciding and asking are important but won't make it happen. Gentleness is a fruit of the Spirit (Galatians 5:22-23). The Spirit must give the growth, so we must ask Him.
  - Pray that the Holy Spirit would make us aware of specific situations in which we fail to act with gentleness or considerateness. We can't be vague about this.
- Continue to pray some of the things we prayed earlier.

## 4. Memorize –

- Psalm 119:11 “I have stored up your word in my heart, that I might not sin against you.”
- Memorizing the Word of God is a weapon against sin. Memorizing verses about gentleness will help you fight against the sin of not being gentle.
- Continue to practice one of the verses you've been memorizing.

- Prayer

***For Next Time: - Do the Bible Study worksheet for next week's discussion.***

### **Gentleness Memory Verses**

- Proverbs 15:4 “A gentle tongue is a tree of life”
- Matthew 11:28-30 “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”
- Girls: 1 Peter 3:3-4 “[Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear]— but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.”
- Guys: 2 Timothy 2:24-25 “And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil, correcting his opponents with gentleness.”
- Bonus: 1 Peter 3:15 “but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect”