

1. A gentle answer disarms anger.

Proverbs 15:1 (NIV); James 1:19-21

2. Being gentle leads to living restful.

Matthew 11:28-30 (NIV)

3. A gentle person builds bridges not barriers.

Galatians 5:25-26; Galatians 6:1-2

Small Group Outline & Discussion Questions

Connect:

Have each person share a high and low from this past week.

Consider:

A gentle answer disarms anger.

Choose one or two questions for your group to discuss as time allows.

- ▶ Make a list with your group of what gentleness is and what it is not.
- ▶ Read Matthew 11:28-30 (NIV).
 - What might it have looked like for Jesus to be gentle in the world where he lived?
 - What could it look like for us to be strong enough to be gentle today?
- ▶ Read James 1:19-21 (NLT). Is there a right way to be angry?
- ▶ Who is a good historic and/or current example of gentleness?

Commit:

Spend 1-2 minutes in silence with these questions then share your thoughts.

Read Galatians 5:25—6:3. Where can you build a bridge of gentleness? What is your next step there?

Care:

Thank God for the highs mentioned earlier and remember the lows in prayer.

Pray that God will show us how we have been treated with gentleness, and to help us pay it forward to others.