



Introduction

Gentleness is strength expressed through humility and restraint. Often mistaken for weakness, gentleness reflects deep trust in God's justice and power. Jesus described himself as "gentle and lowly," approaching sinners with compassion and enduring insults without retaliation.

Study Questions

Read Galatians 5:22-23

1. How does Scripture define gentleness?
2. Why is gentleness often misunderstood?
3. How did Jesus demonstrate strength under control?
4. What hinders gentleness in our lives?
5. How does gentleness promote restoration?

Application Questions

1. How do you usually respond when you feel threatened or misunderstood?
2. Where might God be calling you to respond more gently?
3. How does pride interfere with gentleness?
4. What relationships could benefit from a gentler approach?
6. How can gentleness reflect Christ to others?