



WEEKLY STUDY

WEEK THREE

In the letter to the Galatians we read this, "the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness and self-control." Each day we will continue to pray together that the fruit of the Spirit might grow out of us. If you are studying with your Providence Small Group, you can share from daily readings as well as the additional questions at the bottom of this guide.

Find a time each day to read the passage of scripture. Follow the daily prayer prompt and then prayer this prayer together:

God, your Spirit is with us even when we fail to notice. In this season may we pay more attention to the life of the Spirit. We look for the fruit of a life empowered by your Spirit. Give us life and may it bear good fruit for your purpose. Today I look to cultivate gentleness and self-control. Amen.

DAILY STUDY

MONDAY: MATTHEW 11.28

Come to me, all you who are weary and burdened, and I will give you rest.

- Many of us may be feeling hungry, angry, lonely or tired these days. Some of us are prone to slip into habits that leave us feeling stuck in one or more of these conditions. Are you feeling more angry than normal? Are you feeling disconnected from others? Disconnected from the church? Disconnected from God? Jesus gives us this response. And our response to the invitation leads to rest.
- *Pray that you would be able to come to Jesus over and over with every bit of hunger, anger, loneliness, and fatigue. Pray for rest.*

TUESDAY: ISAIAH 40.11

He will tend his flock like a shepherd; he will gather the lambs in his arms; he will carry them in his bosom, and gently lead those that are with young.

- This passage was a prophecy about Jesus the Messiah. His power is revealed through words like tending, gathering, and gently leading. How is Jesus most often represented in our world today? Is it easy or difficult for you to explore this image of a Savior who is gentle? How does gentleness compare with the world around you? Consider how the sheep in this passage might relate to the outside world after being so cared for by their shepherd.
- *Pray this verse from Isaiah. Pray a prayer of gratitude for a God who loves you like this.*

WEDNESDAY: PSALM 18.35

You have given me the shield of your salvation, and your right hand supported me, and your gentleness made me great. (ESV)

- God is strong. God is our savior, our protector and our support. (Notice how the Father, Son, and Holy Spirit are present in this short verse.) It is God's kindness that makes us great. To be great is to be more like Jesus--or to allow the fruit of the Spirit (like gentleness) to take root in you.
- *Pray that you would desire the kind of greatness that flows from the gentle nature of Jesus.*

THURSDAY: EPHESIANS 4.1-3

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. (ESV)

- Paul has literally been a prisoner for the Lord. And from that perspective, he is calling upon the followers of Jesus to live out the fruit of the Spirit in order to maintain the unity of the Spirit. Gentleness and patience are the core of healthy Christian community. How have your interactions with others modeled this gentleness and patience? Where have you shown room for growth?
- *Pray that patience and gentleness might guide each of your interactions and responses today.*

FRIDAY: 1 PETER 3.15

...always be 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.

- Pastor Jacob highlighted this verse in his recent message. He pointed out that the last seven words are often left out when we quote the verse. Gentleness and respect prepare the soil so that others can hear about the hope we have in Jesus.
- *Pray for moments to share about your hope in Jesus with a gentle heart.*

SATURDAY: 2 TIMOTHY 1.7

For the Spirit God gave us does not make us timid, but gives us power, love, and self-control.

- The last of the fruit of the Spirit listed in Galatians is self-control. On our own, we can make short-term improvements to the way we act, speak or live. But only through the Spirit can we

truly have the power to control our actions and responses to others. The promise is that we do have that power through the Spirit. Has self-control been elusive for you?

- *Pray to receive power, love and self control from the Spirit.*
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SMALL GROUP DISCUSSION

- This lesson highlights a difficult concept that, while Jesus displayed passion and anger, it was always in the context of this character that comes to us through the Holy Spirit. Where do you see gentleness in the world around you?
- How has this series on the fruit of the Spirit impacted your daily life? Are you able to notice ways that your words, actions and responses are guided by this fruit?