



# Fruit of the Spirit



## The Alexander SBS Summer 2025 Series

### Lesson #9 – The Element of Gentleness

#### Main Idea

This summer we are becoming intimately familiar with the fruit of the Spirit, the elements of which are listed below. This week we'll be discussing the eighth element, gentleness.

Love  
Joy  
Peace

Patience  
Kindness  
Goodness

Faithfulness  
**Gentleness**  
Self-Control

As we discussed several weeks ago, it seems as if the nine elements can be broken into three groups:

- The first three (love, joy, and peace) appear to be internal. They are the things that you and I do and actions we reflect in our living out the Fruit of the Spirit. It all starts with these three as they're the building blocks for a life honoring Jesus.
- The next three (patience, kindness, and goodness) are elements that reflect our interaction with others. Because we are able to experience long, joy, and peace in our own lives, our interaction with others is reflected in our ability to exhibit these three elements with others.
- Finally, the last three (faithfulness, gentleness, and self-control) reflect our state of existence when we are walking with Jesus through the power of the Holy Spirit. Specifically, gentleness is strength under control and is guided by humility, compassion, and self-discipline. It's seen in how we speak truth with kindness, respond to conflict calmly, and treat others with grace.

Jesus modeled gentleness by welcoming the broken, healing and leading with love. In a world that often rewards aggression, gentleness stands apart as it brings peace, fosters healing, and reflects the Holy Spirit's work in how we treat, see, and show appreciation to others.

#### Questions for Consideration

1. Have you ever been around someone who is (or was) consistently gentle? In thinking about their lives, how would you describe them and what factors seem(ed) to contribute to the gentleness they exhibit (or exhibited if they are no longer with us)?
2. Make a list of all the factors, contributors, or reasons, either we or others lack gentleness?
3. Review the Bible passages provided on the back page that in some way address being gentle. Which verse stands out most to you?
4. Why is it sometimes difficult to be gentle? What draws us away from being consistently gentle?



But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.

**Galatians 5:22-23**

---

The Lord is compassionate and gracious, slow to anger, abounding in love.

**Psalms 103:8**

A gentle answer turns away wrath, but a harsh word stirs up anger.

**Proverbs 15:1**

He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.

**Isaiah 40:11**

I led them with cords of human kindness, with ties of love. To them I was like one who lifts a little child to the cheek, and I bent down to feed them.

**Hosea 11:4**

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

**Matthew 11:29**

Be completely humble and gentle; be patient, bearing with one another in love.

**Ephesians 4:2**

Let your gentleness be evident to all. The Lord is near.

**Philippians 4:5**

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

**Colossians 3:12**

Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth.

**2 Timothy 2:25**

But in your hearts revere Christ as Lord. Always be prepared to give an answer... But do this with gentleness and respect.

**1 Peter 3:15**

