

Small Group Questions: Gentleness is the Vibe

Series: Set the Tone

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Read

Colossians 3:12; Matthew 11:28–30; Psalm 23:1–3; Ephesians 4:1–2; and John 8:8–11

Reflect

In Colossians, Chapter 3, the apostle, Paul, is writing from prison in Rome. In this passage he teaches us about many of Christ's qualities, including gentleness, which in our culture is often dismissed. How do *you* view gentleness?

Katie Walters highlights three ways to view gentleness that can help us integrate it into our daily lives.

1. Gentleness is a process.

- a. Read Matthew 11:28–30. How does the passage reveal that Jesus is not the type of Messiah that people expected?
- b. How does the passage make you feel? What stands out to you?
- c. In what areas of your life is it hard for you to show gentleness, and why? When does harshness or impatience come out in you most?
- d. How can viewing gentleness as a process help you start addressing these areas?

2. Gentleness is a pace.

- a. For David, what different paces might he have experienced in his time as a king, a military leader, as a musician and shepherd?
 - i. What impact might these different paces of life have had on his ability to show gentleness?
- b. Think of someone you are close to who typically has a different pace than you do. What can you learn from them about gentleness?
- c. How could slowing down, switching gears, help you incorporate gentleness into your life?

3. Gentleness is our purpose.

- a. In your lowest moments, how have words said over you (good or bad) impacted you?
- b. Is there something you feel compelled to say to someone else that conveys gentleness?
- c. Are you holding yourself (or someone else) to perfection? Instead, what is something you sense God has spoken over you that you too easily dismiss? How has God been kind and gentle to you?

Respond: Where is God leading you? How can your small group support you?