
SCRIPTURE

PRIMARY TEXT:

Matthew 5:5; Matthew 11:28-30

SUPPLEMENTAL TEXT:

Proverbs 15:1; Titus 2

OBSERVATION AND APPLICATIONS

GENTLENESS

- Proverbs 15:1 says, “A gentle answer turns away wrath, but a harsh word stirs up anger.” How do you see gentleness as “strength under control” in this verse?

- In Matthew 11:29, Jesus says He is “gentle and humble in heart.” What does Jesus’ example of gentleness in His life and ministry teach us about how we should approach others?

SELF-CONTROL

- Titus 2 repeatedly encourages believers to practice self-control. How would you define self-control?

- Galatians 5:22-26 speaks about the Fruit of the Spirit. How does self-control demonstrate a life led by the Spirit rather than by our desires?

PRAYER

Father, help us to understand and practice gentleness and self-control. May the fruit be evident in our lives. Amen. .

SCRIPTURE

Write which passage of scripture you are reading.

OBSERVATION

What is this text saying? What is the context? How does it fit with the verses before and after it? Are there any commands or instructions?

APPLICATION

How can you apply this verse to your life? What does this mean today? What is God saying to you?

PRAYER

Respond to the passage in prayer. Ask God to help you apply this truth to your life and spend some time listening to what He may be telling you.
