

# LIFE GROUP

## DISCUSSION QUESTIONS

### Gentleness September 28, 2025

#### Summary

In this message, Kyle explores the virtue of gentleness, often misunderstood as weakness, but biblically revealed as *strength under control*. Jesus models gentleness in the Garden of Gethsemane, showing restraint when He could have called upon heavenly power, instead choosing to fulfill God's purpose. True gentleness means being strong in defending the gospel and the defenseless, but often silent in defending ourselves, entrusting our reputation and vindication to God. Though the world prizes power and self-promotion, Jesus teaches that the meek will inherit the earth—because God Himself vindicates the gentle, just as He vindicated Jesus through resurrection

#### Scripture

Blessed are the meek, for they will inherit the earth. Mathew 5:5 (NIV)

While he was still speaking, Judas, one of the Twelve, arrived. With him was a large crowd armed with swords and clubs, sent from the chief priests and the elders of the people. Now the betrayer had arranged a signal with them: "The one I kiss is the man; arrest him." Going at once to Jesus, Judas said, "Greetings, Rabbi!" and kissed him. Jesus replied, "Do what you came for, friend." Matthew 26:47-50 (NIV)

"Put your sword back in its place," Jesus said to him, "for all who draw the sword will die by the sword. Do you think I cannot call on my Father, and he will at once put at my disposal more than twelve legions of angels? But how then would the Scriptures be fulfilled that say it must happen in this way?" Matthew 26:52-54 (NIV)

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Colossians 3:12-14 (NIV)

#### Let's Start

When you hear the word *gentle*, what's the first image or example that comes to mind—an animal, a person, a memory? Why do you think that came up for you?

#### Gratitude and Prayer

How has God been at work in your life since we last met?

#### Let's Talk

1. How does the common definition of gentleness compare with the biblical definition of strength under control?

## DISCUSSION QUESTIONS

2. Why do you think gentleness is so confusing and countercultural in our world today?
3. Can you think of a time when someone responded to you with gentleness when you didn't deserve it? How did it impact you?
4. How does Jesus' response to Judas and Peter in Matthew 26 challenge your own instincts to fight back or defend yourself?
5. Where in your life do you feel called to be strong in defense of truth or of the vulnerable?
6. What situations tempt you most to defend your own reputation? What would it look like to trust God instead of proving yourself?

## Let's Act

This week, identify one situation where you are tempted either to defend yourself or to assert control. Instead of reacting in self-protection, pause to pray and ask God for the strength to respond with gentleness—strength under control. At the same time, look for one opportunity to actively defend someone else who may be overlooked, criticized or in need.

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