

Saturday, September 12, 2026

Philippians 2:8-11 (NIV) -

*⁸And being found in appearance as a man,
he humbled himself
by becoming obedient to death—
even death on a cross!*

*⁹Therefore God exalted him to the highest place
and gave him the name that is above every name,*

*¹⁰that at the name of Jesus every knee should bow,
in heaven and on earth and under the earth,*

*¹¹and every tongue acknowledge that Jesus Christ is Lord,
to the glory of God the Father.*

Look inward - is there any place in your life that is "rough" instead of gentle? Your words, your tone of voice, your attitude, etc.

Look upward - see in this passage that Jesus was fully gentle and humble, yet strong in his identity and strong in his facing of pain and suffering. See that he did that for YOU.

Look outward - who do you need to be more gentle with? Not a pushover, but in attitude or speech?

Look forward - we look forward to the day when everyone will bow the knee, in heaven and on earth and under the earth, and acknowledge that Jesus Christ is the gentle Lord.

WEEK 10



becoming
fruit of the Spirit summer series



"Becoming" • Week 10

This week, we dive a little deeper into the fruit of the Spirit of gentleness. Also translated meekness, we see in Scripture that meekness is not weakness. It is strength under control.

Ask God to help you grow in this quality this week.

Instructions: this could be a simple format for your prayer time:

1. Begin with a prayer of approach, asking God to reveal himself to you and to take you deeper into relationship with him.
2. Come with an attitude of humility, submission, and learning, so that you're ready to obey what God says.
3. Pray the Scripture for that day. Read it slowly. What stands out to you? What strikes you? Read it a second time slowly.
4. Keep note throughout the day how you gentle or not you might be as a person. Be thinking about what you could share with someone else regarding the goodness and love of God.

Friday, September 11, 2026

Colossians 3:12-14 (NIV) -

¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity.

1. What do you need to "take off" in your life? Or what would you like "taken off" of your life?

2. These "articles of clothing" are what others see on you. Which "piece" would you like others to see more of?

3. Ask Jesus what he thinks is the most important thing you need to know about gentleness.

Thursday, September 10, 2026

Philippians 2:5-8 (NIV) -

⁵ In your relationships with one another, have the same mindset as Christ Jesus:

⁶ Who, being in very nature God,
did not consider equality with God something to be used
to his own advantage;

⁷ rather, he made himself nothing
by taking the very nature of a servant,
being made in human likeness.

⁸ And being found in appearance as a man,
he humbled himself
by becoming obedient to death—
even death on a cross!

1. Becoming a gentle person means becoming like Christ.
What example do we have of Christ here in this passage? What
does that mean for your own life?

2. In the sermon, we heard that gentleness comes from our
security in who we are in Christ. where are you most tempted to
prove something? Your authority? Your intelligence? Your
righteousness? Your importance?

Name it and invite Jesus in to that insecurity.

Monday, September 7, 2026

Matthew 11:28-30 (NIV) -

²⁸ "Come to me, all you who are weary and burdened, and I
will give you rest. ²⁹ 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. ³⁰ For my yoke is easy and my burden is light."

This is the only place in the Gospels where Jesus himself tells us
who he is at the heart - "I am gentle and humble in heart." At the
core of who Jesus himself says he is, he says he is gentle and
humble.

1. How does Jesus' words land on your own heart? Do you take
him at his word here? If not, what is blocking you from believing
him?

2. If so, what about this invitation from Jesus intrigues you?

3. What does it look like for you to take Jesus up on his
invitation today?

Tuesday, September 8, 2026

Philippians 4:8-9 (NIV) -

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

1. What do you find yourself “mentally rehearsing” most days? Are they things that would line up with what Paul says here?

2. If crisis does not create character, but actually reveals it, what have you learned about your character from your most recent crisis? (Whatever that might be.)

3. Invite Jesus to come in to your crisis and your emotions surrounding it. Don’t try to fix it yourself; simply invite Jesus in.

Wednesday, September 9, 2026

Ephesians 6:12 (NIV) -

¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms

1. Gentleness does not ignore or deny that there is struggle; nor does it mean being a doormat in life. Are there any places in your life where you allow yourself to be more passive than you should?

2. Is there a person or people group with whom you struggle the most, or dislike more than others? Invite Jesus to help you see beyond the human being to the forces underneath that seek to keep you hating or condemning others. Again, simply invite Jesus into those emotions.

3. How does this verse make you want to pray to God?