



FRUIT — of the — SPIRIT

MEN OF IRON+



Fruit Eight | **Gentleness**

How Do We Define It?

Withholding a harsh response to situations and people, and instead using love to diffuse and promote peace.

What Does It Look Like?

1 Corinthians 4:14-21

1. Being willing to yield when it may seem right to lash out or defend in a moment of self-preservation.
2. It is anchoring our responses in who God calls us to be rather than our circumstance.

How Do We Do It?

Using your power and presence to promote dignity and peace in others, rather than forcing your way.

Let's Unpack It

- How does "being gentle" seem unmasculine? How does the definition discussed offer a different insight and value?
- What situations or people do you find hard to respond to in gentleness? Why?
- How can our emotions create a challenge to responding out of gentleness?
- What is the role of self-control and self-awareness in pursuing a gentle response?
- Are there individuals you have hurt due to a lack of gentleness, and what steps are needed to make that right?
- Do you see yourself as a "gentleman"?

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