

**SUNDAY, JUNE 7, 2026 | PART 8 - GENTLENESS | Matt Seadore**

Scriptures referenced: (John 1:18; Matthew 5:5; Philippians 2:1-11;  
I John 4:17-19; James 3:13-18; Colossians 3:12-17)

**Gentleness** = Spirit-formed strength that refuses to dominate and instead shows up as humble, patient, non-retaliatory love, rooted in dependence on God rather than trust in our own power.

**1. Why is gentleness important in the Christian life?**

- a. Because \_\_\_\_\_ reveals God, and \_\_\_\_\_  
is \_\_\_\_\_.
- b. Because Jesus both \_\_\_\_\_ it and \_\_\_\_\_ it.

**2. What keeps us from living gently?**

- a. We are formed by a culture of \_\_\_\_\_  
and \_\_\_\_\_.
- b. \_\_\_\_\_.

**3. How can we reflect this Spirit-formed strength in a broken world?**

- a. Learning to \_\_\_\_\_.
- b. Adopting a \_\_\_\_\_, yet \_\_\_\_\_.

**4. What practices help root gentleness more deeply in our lives?**

- a. Not having to have \_\_\_\_\_.
- b. Alter your \_\_\_\_\_ through \_\_\_\_\_.