



Growth Group Questions
June 7, 2026
“Peace Begins With Gentleness”

CONTEXT

As we continue learning about the fruit of the Spirit, we will dig into the Greek word *prautos*, which we translate into gentleness. In biblical Greek, this word signifies strength under control. It is not a sign of weakness, but rather a humble, gentle disposition while still having power through self-restraint and obedience to God.

This week’s sermon uses another Greek word for gentleness, *epiekeia*. We find this is Philippians 4. This word adds to the definition by showing that in order to follow the law, you have to have an understanding of the purpose of the rule, not just following the literal wording. This avoids the tendency of becoming too harsh when we adhere to the letter of the law.

As a result, we find the Apostle Paul using this word to urge the people of Philippi to make sure that they use good judgment as they attempt to follow the law. We must always approach our obedience with a gentleness and strive to be aware of the purpose of the laws. This assures that we allow God to be God and we work at being gracious, especially in the ways that Jesus taught us.

SCRIPTURE

Philippians 4:1-7

¹ Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved. ² I urge Euodia and I urge Syntyche to be of the same mind in the Lord. ³ Yes, and I ask you also, my loyal companion,^[a] help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my coworkers, whose names are in the book of life.

⁴ Rejoice^[b] in the Lord always; again I will say, Rejoice.^[c] ⁵ Let your gentleness be known to everyone. The Lord is near. ⁶ Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



QUESTIONS

1. How do you define “gentleness” as a fruit of the Holy Spirit?
2. What are some examples of gentleness you have witnessed that have helped to inform your definition of “gentleness”?
3. What does it mean to “let your gentleness be known to everyone”? (Philippians 4:5) What does that look like to you?
4. Pastor Mindy said that gentleness means you approach your life from your awareness of your proximity to Christ. How does being aware of God’s closeness to you help you to become gentle?
5. As you think through the Scriptures of the New Testament which tell us about the life of Christ on earth, what examples can you identify of how Christ modeled the kind of gentleness that is a fruit of the Holy Spirit?
6. What other Biblical characters or Bible verses help you to understand the kind of gentleness that is a fruit of the Holy Spirit?
7. What can we do to cultivate gentleness in our lives?
8. Did this sermon and your study of these questions modify how you might have previously defined gentleness? If so, how?

