



GENTLENESS & SELF CONTROL

BRIDLED POWER: INTERNALLY & EXTERNALLY

Gentleness towards others; Self-Control towards me | Galatians 5:22-23

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness,
23 **gentleness and self-control**. Against such things there is no law.

We get it from Him | Matthew 11:29

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.

Demonstrating Christ towards others | Ephesians 4:1-2

1 As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.
2 Be completely humble and gentle; be patient, bearing with one another in love.

We obey Him before we expect others to | Titus 2:11-12

11 For the grace of God has appeared that offers salvation to all people. 12 It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age,

The need for self-discipline | 1 Corinthians 9:24-27

24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. 27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Gentleness is not a part-time deal | Philippians 4:5

Let your gentleness be evident to all. The Lord is near.

LET'S OBSERVE THE TEXT...

Observe Matthew 11:29 - *Take my yoke upon you and learn from me, for I am _____ and humble in heart, and you will find rest for your souls.*

- What are you observing in the character of Christ, in this scripture?
- **Read Matthew 26:52-53**, and observe His meekness in action.

Observe Ephesians 4:1-2 - *1 As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. 2 Be completely humble and gentle; be patient, bearing with one another in love.*

- We are to take advantage of the freedom we have, to display the evidence of Christ living in us while we have the opportunity. Fruit of humility, gentleness, patience, & love.
- It's an honor to be an ambassador, a representative of Christ's Kingdom.
 - Read 2 Timothy 2:24-25

Observe Titus 2:11-12 - *11 For the grace of God has appeared that offers salvation to all people. 12 It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age...*

- This entire chapter was written by Paul to encourage Titus to carry on his work in instructing various demographics on how to honor God in their daily life. Gentleness and self-control was the overarching theme of this chapter.

Observe 1 Corinthians 9:24-27 - *24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. 27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be _____ for the prize.*

- What stands out to you in these verses? What are you observing in this analogy, with a modern day perspective?
- **Read Proverbs 25:28**

Observe Philippians 4:5 - *Let your gentleness be evident to all. The Lord is near.*

- **Read 1 Peter 3:15**
- **Read 2 Peter 1:5-6**



CONCORDANCE ACTIVITY



Gentleness: (prautés)

Strong's G4240

Found in Galatians 5:23



Self-Control (egkrateia)

Strong's G1466

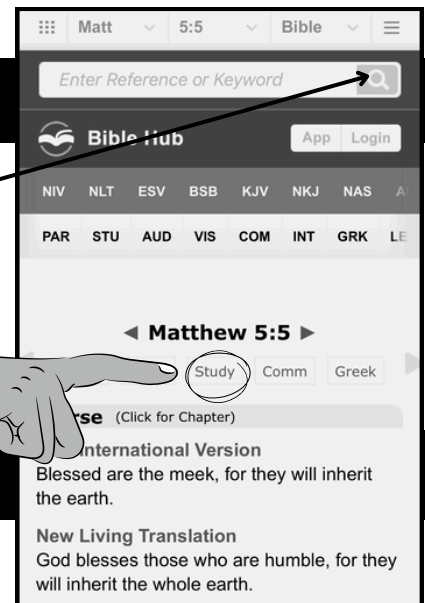
Found in Galatians 5:23



ONLINE RESOURCE ACTIVITIES

Observe Matthew 5:5

- Go to BibleHub.com and do a search for **Matthew 5:5** in the "Enter Reference or Keyword" box and then click on the magnifying glass.
- Once it loads, click on the button titled "Study"
 - Read the **Study Bible** section.



LET'S INTERPRET...

- What do you believe all of these verses mean?
- What is God speaking to you personally through this study?
- Read a trusted commentary and compare to your interpretation.



LET'S READ THE AFTER-SUMMARY TOGETHER

When we talk about gentleness and self-control as fruit of the Spirit, we are not describing traits we can achieve by sheer effort. These qualities flow from being submitted to God. Galatians 5:22-23 reminds us that the Spirit produces fruit in us, not for our image, but as evidence of Christ's life within. Gentleness and self-control are God's power under restraint, directed by His Spirit. They show the world a picture of strength that is governed by love, not by pride or impulse.

Jesus demonstrated this perfectly. In Matthew 11:29 He invited us to learn from Him because He is gentle and humble in heart. The same Jesus who could call down legions of angels (Matthew 26:53) chose to walk in meekness. Gentleness is not weakness but bridled strength, like a powerful horse not needing the reins of its owner because it has the self-control to move direction or stop at command. All the power is still there, but it is submitted to the direction of its owner's voice. That is how we are called to live...fully alive, fully strong, yet fully surrendered to God's will.

Ephesians 4:1-2 reminds us that our calling is to live with humility, gentleness, patience, and love. These qualities reveal Christ to others more than any sermon we could preach. Titus 2:11-12 shows us that grace is not permission to indulge ourselves, but power to say no to ungodliness and to live disciplined lives. Self-control is how we guard the temple of our lives so the Spirit can shine clearly through us. Without it, our witness is weakened, but with it, Christ's character is revealed.

Paul compared this to athletes in 1 Corinthians 9:24-27. A runner disciplines his body to win a prize, and a boxer trains with purpose. In the same way, we are to run with focus and restrain our desires so that we do not disqualify ourselves. Proverbs 25:28 says that a person without self-control is like a city without walls. But when we yield to the Spirit, we become fortified. Our gentleness toward others and our discipline within ourselves testify that God's Spirit truly governs us.

Philippians 4:5 calls us to let our gentleness be evident to all, because the Lord is near. That means consistency in our conduct, not part-time gentleness. The meek, Jesus said in Matthew 5:5, will inherit the earth...not because they forcefully take it, but because they trust the One who owns it all. Gentleness and self-control remind the world that God's Kingdom is not built on domination but on submission to His Spirit.

The fruit of the Spirit is the evidence that Jesus is alive in us. Love is the foundation from which all else flows, because God is love. Joy is the strength that carries us when trials press in. Peace keeps us anchored when everything shakes around us. Patience holds the line while God refines us into His reflection. Kindness and goodness bless others freely, advancing His Kingdom and driving back darkness. Faithfulness keeps us convinced that the blood of Jesus is still enough to conquer sin and death. And now gentleness and self-control show that God's power in us is not reckless, but bridled and holy. *This is the Spirit-filled life, and when it shines through us, the world cannot help but see Christ.*

APPLICATION QUESTIONS

- **Applying Galatians 5:22–23** - Gentleness and self-control are listed as fruit of the Spirit. If someone observed your life this week, what evidence would they see of these two qualities?
- **Applying Matthew 11:29** - Where do you notice yourself resisting His yoke instead of learning His way of gentleness?
- **Applying 1 Corinthians 9:24–27** - What “training habits” could you adopt to strengthen your self-control and keep your spiritual focus sharp?
- **Applying Proverbs 25:28** - Where do you feel most vulnerable to attack, and how can you shore up your “walls” with prayer, community, or Scripture?
- **Applying Philippians 4:5** - Who in your circle of influence would be most surprised if you responded with gentleness instead of frustration or defensiveness?
- **Applying Matthew 5:5** - How does choosing gentleness and self-control in your present situation remind you of your future inheritance in Christ?

CLOSING PRAYER

Father, we come before You in humility, recognizing that every fruit of the Spirit is a gift from Your hand. Teach us to walk in love that flows from the heart of Jesus, joy that gives us strength, peace that steadies us when the world shakes, and patience that holds the line while You refine us into Your image. Help us to extend kindness and goodness that reflect Your Kingdom and to remain faithful, fully persuaded that the blood of Jesus is enough to reconcile the lost and defeat the power of sin and death.



Lord, we submit ourselves to You so that Your Spirit may govern our hearts. Let gentleness guide how we treat others, never harsh or careless with the power You’ve entrusted to us. Give us self-control to say no to ungodly passions and yes to Your will, living as disciplined carriers of Your presence. May our lives be like a bridled horse, strong yet surrendered, fully available for Your purposes. Let the fruit of the Spirit be evident in us, not for our glory, but so the world will see Christ alive in us and be drawn back to You.

WHAT’S AHEAD...

Next Week

Gifts of the Spirit Intro

Homework

Read 1 Corinthians 12