



## LIFE OF DISCIPLESHIP

### Gentleness

Gentleness is a Fruit of the Spirit that the Holy Spirit cultivates. Gentleness is a balanced place that offers a place for love without being pushy or avoiding hard situations. Gentleness allows us to act in ways that offer respect for others and ourselves without being aggressive. Gentleness is the highest form of discipline that the Holy Spirit cultivates in us that allows us to address evil and move in ways that protect and uplift others.

### QUESTIONS

1. What is gentleness?
2. How do you need to ask the Holy Spirit to help you cultivate gentleness in your life?