# REFLECTION GUIDE

## 9.24.23

#### INTRO

God's transformative work in our lives helps us make loving choices. When we are driven by God's love living in us, self-control and gentleness guide the way we treat others.

### THOUGHTS

## PRAYER

God of grace, help me to offer all that I am to you in a way that brings others to know you more. Help me think of gentleness and self-control as my moment-by-moment offering of worship to you. Change my mind so that I value my relationship with you and the well-being of others over my selfish desires. Thank you for inviting me into a life guided by your love. Amen.

#### **DIGGING DEEPER**

- During the last five weeks, we've heard about the fruit of the spirit--love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and selfcontrol. Of all these characteristics, which have you learned the most about? How has it changed your behavior?
- Both gentleness and self-control require humility. Describe the connections.
- Romans 12:1-2 says, "And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." [NLT]
  - What stands out to you in these verses?
  - Why do you think Paul links worship and sacrifice?
  - How does this passage make you feel when you think about the ways you demonstrate self-control in various parts of your life?
  - What practical steps can you take to allow God to "change the way you think"?
- Who has been the best example of gentle strength in your life? Why?