



PART SEVEN:
MEEKNESS & SELF-CONTROL

Connect Group Discussion Guide
Sunday, April 23, 2023



RESTORATIONLIFE
CHURCH

MEEKNESS & SELF-CONTROL

Galatians 5:22–23; Numbers 12:1–16; 1 Corinthians 9:26–27

ICE BREAKER

Who is your best friend and what do you like most about them?

GOING DEEPER

- 1) How would you define meekness? Using your definition, talk about how Jesus displayed meekness while he was walking this earth.
- 2) How are meekness and self-control related?
- 3) Have you ever had a period of time when you had to let God be your defender in the face of unmerited criticism?
- 4) Do you struggle with the need to always have the last word in an argument or a disagreement? How is this a sign of a lack of meekness and self-control?
- 5) The most important way for us to grow in meekness and self-control is to submit to Christ. Are there areas of your life that you need to surrender to Christ's control?

GOD'S TRUTH TO REMEMBER

Galatians 5:22-23 (MEV) - But the fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, faith, meekness, and self-control; against such there is no law.

FOR FURTHER READING

The Fruitful Life by Jerry Bridges

Fruit of the Spirit by Donald Gee

The Blessing of Humility by Jerry Bridges

Self-Control: Mastering Our Passions by Jack Kuhatschek

Gentleness: It's Not What You Think by Debbie Henne

PRAYER REQUESTS

(List prayer requests here so you can pray for them all week long.)

SERMON NOTES