

Name: _____

Date: _____

BECOMING MORE LIKE CHRIST (III): FAITHFULNESS, GENTLENESS, SELF-CONTROL

“Whoever has no rule over his own spirit is like a city broken down, without walls.” (Proverbs 25:28)

Objectives

<i>Knowledge of God’s Will</i>	God is faithful to us, even if we are unfaithful to Him. Gentleness is not a weakness, but a strength. God is the source of true self-control.
<i>Knowledge of God</i>	God is faithful and gentle. He wants His children to lead disciplined lives.
<i>Good Works</i>	Demonstrate faithfulness to God and to others. Be gentle to others and strive to live a self-controlled life with the power of the Holy Spirit.

A. Faithfulness (Ps 119:90)

No one has been more faithful to us than God. He is the best example for us to learn from.

1. *He never breaks His promises (Ps 89:1–8)*
2. *He always provides our needs (Ex 16; Mk 8:1–13; Mt 6:31–32)*
3. *He shows us compassion and forgiveness (Lam 3:22–23)*
4. *He gives us strength and hope every day (Mk 5:21–36)*

How Faithful Am I?

While it is normal and easy for those around us to break their promises or commitments, God wants us to be different.

B. Gentleness (1 Pet 3:4)

In society, gentleness may be perceived as a sign of weakness, but the Bible teaches us that it is simply another form of spiritual power and strength.

Gentleness in the Spirit

Gentleness has the power to turn away anger (Prov 15:1), making it more powerful than aggressive or forceful speech. It is also a key element in building up and supporting each other’s spirituality (Gal 6:1; 1 Thess 2:7). Gentleness shows itself when we grow in the Spirit and support each other in faith.

C. Self-Control (1 Cor 9:27)

When we exhibit self-control, we are able to choose God’s word over our own desires and say “no” to temptation.

The Importance of Self-Control

When we cultivate self-control with the Spirit’s help, we will be able to control our thoughts, emotions, and speech. But when we don’t have any self-control, we submit to temptation, are unable to control our thoughts, and often act or speak impulsively, without forethought.

Life Application

1. *Faithfulness:* Once we realize the myriad ways we break our faithfulness to others, we can see how easy it is to fail in our faithfulness to God. But when we understand our failure, we can improve.
2. *Gentleness:* Gentleness is love in action. It means being considerate, meeting the needs of others, allowing time for the other person to talk, and being willing to learn.
3. *Self-Control:* We might convince ourselves that we can stop whenever we want, yet realistically, we are more addicted to worldly things than we think.

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Lesson 5 Homework Assignment

Becoming More like Christ (III):
Faithfulness, Gentleness, Self-Control

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read							
Pray							

Memory Verse (Proverbs 25:28):

1. Explain the importance of self-control according to the memory verse.
2. “[Rather] let it be the hidden person of the _____, with the _____ beauty of a _____ and _____ spirit, which is very _____ in the sight of God.” (1 Peter 3:4)
3. What are four ways God demonstrates His faithfulness to us?
4. Why is gentleness in the Spirit so different from gentleness as defined by the world?
5. What does it mean to live a life that is spiritually athletic? Why is it so important to do?
6. In what area of your life do you lack self-control? Write down your action plan for overcoming this weakness of yours. Focus on specific steps you can take, such as asking a family member to help hold you accountable or moving your computer to a common space instead of your own room.