



Fruit of the Spirit – Worksheet #3
Longsuffering, Gentleness, and Goodness

Long Suffering (Patience)

1. Am I slow to wrath or quick to condemn? Why am I like this?
2. Do others describe me as calm and laid-back or impatient and easily offended?
3. Does my patience with others mirror God's patience with me? How do I know?
4. Do I truly forgive others, or do I hold grudges? What makes it hard for me to forgive people?
5. How does this "microwave" society almost make patience extinct?
6. How does God use problems to develop patience [Read Romans 5:3, James 1:3-4]
7. Read Ephesians 4:2, 1 Thessalonians 5:14 – How do these passages exemplify how God uses people to develop our patience?

Gentleness

1. How would you define Gentleness?
2. What about gentleness makes it a quality from God?
3. What are the things that cause you to be rough and course with others?
4. How does being rough counteract Gentleness?
5. When have you been filled with Gentleness the most?
Read 1 Peter 3:14-16
6. Why do you think gentleness and respect are paired together in this passage?
7. What reaction does speaking with gentleness bring from others?
8. What about gentleness makes it a quality from God?
9. Peter says that speaking with gentleness will cause others to respect you and not speak out against you. Do you think that happens?
10. Read 2 Corinthians 10:1 Gentleness is presented as an attribute of Christ.
Does this make you look at it differently?
11. From these passages, you would be responding gently to people who you may not like or who may treat you badly. Do you do this? Does it seem hard to you?

Goodness

1. How do you define Goodness?
2. On one occasion, Jesus admonished Martha, one of his closest friends. Read Luke 10:38-42. How does Jesus' answer to Martha demonstrate the quality of goodness?
3. Jesus was even sterner when he drove out the money changers in the Temple. Often we refer to Mark 11:15-18 as an illustration of Jesus' righteous anger. 'What made Jesus' cleansing of the Temple an act of goodness?
4. How do you see gentleness accompanied with the healing quality of goodness in Jesus' response to the sinful woman in Luke 7:37-50?
5. Read Galatians 3:1-11. How does Paul also demonstrate the spiritual fruit of goodness in his dealings with the Christians in Galatia?
6. What is the difference between simply expressing our annoyance with others and manifesting the character of goodness?
7. Why is it more effective for you to express gentleness and goodness at the same time?
8. How can you grow so that the fruit of goodness flows through your life to others more often?