

The Parish Church of **St. Barnabas, Swanland** - *'Sharing Christ through friendship'*

6th Sunday after Trinity, w/beg 11th July 2010.

Readings: **Galatians 5: 22; Numbers 12: 1 – 15; Matthew 11: 25 - 30**

The Fruits of the Spirit are Gentleness

Welcome/ icebreaker		What is your favourite fruit and why – and how do like to eat it?
Worship		O worship the Lord (457) Meekness and Majesty (SOF 390) O Lord, your tenderness (433)
Word		When might we expect start showing the Fruits of the Spirit in our lives?
		What are the conditions which encourage the growth in us of the Fruits of the Spirit?
		What fruits or attributes are similar to gentleness?
		'Gentle Jesus, meek and mild.' How accurate a picture of Jesus is this?
	Matt 11: 29	What does Jesus invite us to learn from him?
	Numbers 12:1–2 & 9	Why did Miriam and Aaron cause God to be angry?
	Numbers 12: 13-15	How was God being gentle to Miriam?
		<i>'Nothing is so strong as gentleness – nothing is so gentle as real strength.'</i> Bishop Francis De Sales died 1622. Explore what he might have meant.
Wind		Pray for the Fruits of the Spirit to be more evident in us.
Witness		Try to be 'gentle' this week when our instinct might be to be harsh on someone.