






**What the Well-Dressed
Christian Wears
Zoom Bible Study**

7:00 pm (CST)
Sept. 7 - Oct. 19




Register: christianworkingwoman.org/events

Lesson 3 – Tuesday, September 21, 2021
HUMILITY, GENTLENESS, AND PATIENCE

Review

Our memory verse from last week:

Matthew 6:33: But seek first his kingdom and his righteousness and all these things will be given to you as well.

The wardrobe for a well-dressed Christian, as listed in **Colossians 3:12 – 15:**

- | | |
|---------------|-----------------|
| 1. Compassion | 6. Tolerance |
| 2. Kindness | 7. Forgiveness |
| 3. Humility | 8. Peace |
| 4. Gentleness | 9. Thankfulness |
| 5. Patience | 10. Love |

Did you wear compassion more this week than usual?

What acts of kindness did you intentionally exhibit? Toward whom?

Now let's look at two more garments for our inner selves.

Humility

Proverbs 6:16 – 19: There are six things the LORD hates, seven that are detestable to him: haughty eyes, a lying tongue, hands that shed innocent blood, a heart that devises wicked schemes, feet that are quick to rush into evil, a false witness who pours out lies and a person who stirs up conflict in the community.

“Haughty eyes”—another description of pride—is at the top of the list of the things the Lord hates. And pride, of course, is the opposite of humility. Why does God hate pride so much?

How would you describe someone you think of as humble?

The following verses give us God's view of the importance of being humble. As you read them, identify the good things—the benefits that God promises for those who are humble.

2 Chronicles 7:14: If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

Psalms 25:9: He guides the humble in what is right and teaches them his way.

Proverbs 29:23: Pride brings a person low, but the lowly in spirit gain honor.

Isaiah 57:15: For this is what the high and exalted One says—he who lives forever, whose name is holy: “I live in a high and holy place, but also with the one who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite.

Matthew 11:29: Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Matthew 18:2-4: He called a little child to him, and placed the child among them. And he said: “Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven.”

Matthew 23:11-12: The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.

What are the characteristics of a truly humble person? Add to the list below.

- A truly humble person would have respect for other people's opinions and ideas.
- A truly humble person is teachable – knows she doesn't know it all.
- A truly humble person doesn't have to have the final word.
- A truly humble person can admit they are wrong and say I'm sorry.
- A truly humble person recognizes her strengths and her weaknesses

What is false humility?

What kinds of things might you see in a person who has “false humility”?

Do you find yourself displaying signs of “false humility” at times? For example, refusing to accept sincere compliments, degrading yourself in front of others, apologizing for things that don't require apologies, etc.

A humble person *is* humble, without trying to *be* humble. It is a natural outcome of learning who we are in comparison to who God is. When we are in a life-long process of constantly learning that everything we are and everything we do is because of who God is and what he has done for us and given to us, then humility becomes a natural characteristic.

Are you teachable - open to other ideas, suggestions and constructive criticism?

1 Corinthians 4:6-7: Now, brothers and sisters, I have applied these things to myself and Apollos for your benefit, so that you may learn from us the meaning of the saying, “Do not go beyond what is written.” Then you will not be puffed up in being a follower of one of us over against the other. ⁷ For who makes you different from anyone else? What do you have that you did not receive? And if you did receive it, why do you boast as though you did not?

What does this passage teach us about an attitude of thinking we're better than others?

1 Peter 5:5-6: In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another because, “God opposes the proud but shows favor to the humble.” Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time.

Peter says we are to clothe ourselves with humility—literally, consciously “put on” humility. What are some specific things you can do to humble yourself?

Gentleness:

1 Peter 3:3-4: Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.

Matthew 11:28-30: “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

The “gentle and quiet” nature which Peter admonishes us to have are the same words Jesus used to describe his nature in Matthew 11. No wonder it is “of great worth in God’s sight.”

If you and I are in the process of becoming more like Jesus, then we should be in the process of becoming more “gentle and humble in heart.”

2 Corinthians 3:18: And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

Think of some examples of the gentleness of Jesus:

- How Jesus treated the woman caught in adultery
- How he treated the woman at the well in **John 4**
- His gentleness with the disciples who were so slow to learn and understand
- How he treated the outcast of society, the tax collectors, the sinners.

Can you describe how Jesus has dealt gently with you?

Look at the following passages to see what characterizes a gentle person:

Proverbs 15:1: A gentle answer turns away wrath, but a harsh word stirs up anger.

Galatians 6:1: Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted.

Ephesians 4:2: Be completely humble and gentle; be patient, bearing with one another in love.

2 Timothy 2:24-26: And the Lord’s servant must not be quarrelsome but must be kind to everyone, able to teach, not resentful. ²⁵Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth, ²⁶and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.

1 Peter 3:15: But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect

A gentle person:

- Uses gentle words in difficult situations
- Restores people gently when they are caught in a sin
- Is patient with people and bears with others – puts up with them!
- Is not quarrelsome
- Is kind to everyone
- Is not resentful of others
- Instructs opponents gently
- Witnesses and shares her faith gently, with respect

Is a gentle person one who never raises her voice, or never confronts other people, or never asserts her beliefs or convictions?

Jesus is always our supreme example, and we know he had a gentle nature. Look at these passages to see how that same nature responded to certain circumstances:

John 8:44: You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

Luke 19:45-46: When Jesus entered the temple courts, he began to drive out those who were selling. "It is written," he said to them, "My house will be a house of prayer; but you have made it a 'den of robbers.'"

Matthew 23:27-28: "Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean. In the same way, on the outside you appear to people as righteous but on the inside you are full of hypocrisy and wickedness.

Do you see a conflict with the "gentle and lowly" Jesus and his strong words and actions in the passages above?

From the example Jesus gave us, what principles can we apply to our own lives as to when we should be confrontational and when we should not?

Patience

Proverbs 14:29: Whoever is patient has great understanding, but one who is quick-tempered displays folly.

Proverbs 15:18: A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.

Proverbs 16:32: Better a patient person than a warrior, one with self-control than one who takes a city.

Ephesians 4:2: Be completely humble and gentle; be patient, bearing with one another in love.

How would you classify yourself:

- Very patient. Fairly patient. Hardly ever patient

Who and/or what can most easily cause you to lose your patience?

Ask yourself why? Then pray about it regularly.

Suggested Assignment

Memorize: **Matthew 11:28-29:** Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Well-Dressed Christian Wears

Inner Garments



205 N Washington St . Wheaton IL 60187-5314
Office Hours: Mon-Thurs 8:30 am – 5:00 pm (CST) 630.462.0552
Email: tcww@christianworkingwoman.org . Website: christianworkingwoman.org