

Wednesday, August 5 2020 Bible Study Notes
Cedarville United Presbyterian Church Facebook Live
Fruit of the Spirit Series: Gentleness
Text: Colossians 3:12-17

Summer Series: Fruit of the Spirit

- Love – what does it mean to love God, love our neighbor, love our enemy, love ourselves?
- Joy – “rejoice always”; “the joy of the Lord is my strength”
- Peace – seek peace and pursue it... dig around for it because it doesn’t come naturally
- Patience – how do we become satisfied with what Christ offers?
- Kindness – kindness of Christ when talking with the woman caught in adultery, and kindness when dealing with our own sin; kindness when restoring Peter, we can all be restored
- Goodness – we put our own definition of “good” and “bad” on God
- Generosity – God showed generosity toward the more vulnerable
- Faithfulness –what we do with what God gives us
- Sunday – gentleness, what are we yoking ourselves to?

¹² As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. ¹³ Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. ¹⁴ Above all, clothe yourselves with love, which binds everything together in perfect harmony. ¹⁵ And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. ¹⁶ Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. ¹⁷ And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Francis Frangipane: *It is not hard to recognize when one has spent extended time at a newsstand: his conversation overflows with the drama of current affairs. And, it is also not hard to discern when a person has been to a sporting event, as their expression reveals the outcome of the game. Likewise, people can tell when an individual has spent extended time seeking God. An unflappable calm guards their heart, and their countenance is radiant with light. The church needs more people who have actually been with God.*

Background

- Because we are chosen, set apart, and loved...FACTS
- Put On...
 - Compassion – Greek uses the term “guts”
 - Kindness – can choose our reaction
 - Humility – the pagan world of Paul’s day admired pride and domination
 - Meekness – power under control
 - Patience/Longsuffering – can put up with circumstances without retaliating.
 - Bear with/Forbearance – literally means “to hold up”
 - Forgiveness – if we don’t, malice will develop in the heart; leads to greater sins.
 - Love – ties other virtues together
- The Word of Christ:
 - False teachers tried to harmonize God’s Word with their teachings.
 - We can find someone who agrees with our take on scripture
 - The Word will transform our lives if we permit it to “dwell” in us richly. The word *dwell* means “to feel at home.”

To Go Back To Sunday...

- Jesus tells us to take his yoke upon us, for he is gentle and humble in heart
- What are we yoking ourselves to? Is it getting us closer to shaking fists or praying hands? (See picture on Facebook page – Cedarville United Presbyterian Church)
- How do we yoke ourselves to Christ? How do we let the Word dwell in us richly?

Lectio Divina = Sacred Reading

- Introduced by St. Gregory of Nyssa (c 330-395), and also encouraged by St. Benedict of Nursia (c 480-547).
- It’s a way of developing a closer relationship with God by reflecting prayerfully on His words.

How to practice Lectio Divina

- Prepare – Sit quietly so your mind is open to hearing from God.
- Lectio (Read) – The first reading is an opportunity to get to know the Scripture passage. Listen for any words or phrases that seem to jump out.
- Meditatio (Reflect) – The second reading of the same passage focuses you more. Try not to analyze the passage like you would in a Bible study, but instead listen for the voice of the Holy Spirit.
- Oratio (Respond) – After a third reading, it’s time to respond. You can journal or you can respond in prayer.
- Contemplatio (Rest) – Spend some time in silent contemplation if possible. What is God teaching you through this passage? How will you live differently?