



elev8

life on another level

Student Workbook

YEAR 3

Life and Action
Gentleness

Bible Readings

Romans 7

Romans 8

John 8

Philippians 3



Learning Outcomes

At the end of this week you will be able to:

- Locate the theme of gentleness in the Bible.
- Express the theme or story in your own way.
- Apply your learning from the story to your own life and community.

Notes from Bible Reading

Scripture A word or phrase that stood out to me:

Observation What is happening in this Bible reading?

Application Something that I learned about who I am or how I should live:

Prayer What I would like to say to God, ask of God, or what I think God is saying to me:

Key Question What does the Bible say about gentleness?

Engage

Go around the group and share one thing for each heading that has happened since you last met:

- Plus – What has been good or enjoyable?
- Minus – What has been difficult or painful?
- Interesting – What has been unusual or thought provoking?

If you were to sell yourself on eBay what would you promote as one of your best qualities and therefore why someone would buy you?

Explore – Locate

- *What stood out to you in the Bible readings this week?*
- *What did you find meaningful or significant?*
- *Is there anything that you didn't understand or found confusing?*
- *Any questions or comments you may have?*

Read together: Romans 7:14 - 8:2

Gentleness can mean many things, but the focus we've chosen for this session is taking it easier on yourself. It's generally pretty easy for us to identify all our short-comings, all the things wrong with our body, or our personalities, or our abilities, gaps in our skills and knowledge, etc.

Romans 7 - 8 are Paul's celebrity confession. How many can relate more to Romans 7 than Romans 8 in their own lives?

Notice how Jesus deals with someone caught in sin in John 8.

How does he deal with them?

What aspect of this do we need to take away and live out?

In what light does Philippians 3 remind us to consider our past?

How much instead should we be looking at the future?

What do we have to look forward to and is it going to be worth it?

Explore – Express

Your Coach will guide you through the following exercise. Rest assured it will not hypnotise you or anything, it's a standard relaxation activity. For it to work, everyone will need to cooperate and take part. In this exercise you will need to pay attention to what is going through your mind.

Either sit comfortably in a chair with your feet on the floor, or you can lie on the floor. Although you can have your eyes open it is easier not to. Quiet background music may also help to focus your thoughts.

Don't rush through the exercise.

- Relax every part of your body.
- Now notice your breathing. Notice your breath going in and out. In and out.
- Notice the noises in the room and outside, but just let them fade away.
- Just focus on your breathing. Notice your breath going in and out. In and out.
- Remember to think about what is going on in your mind as you say "I'm a whole, worthwhile, healthy, perfect person"
"I'm a whole, worthwhile, healthy, perfect person"
- When you're ready, just open your eyes.

(continued...)

Explore – Express *(...continued)*

Discuss:

- What went through your mind during that exercise?
- What did you think?

You might notice that your Coach didn't actually tell you to apply that statement to yourself - though you all did so. All he was saying was that he (the Coach) at this time was this.

Also notice how most of your minds would automatically react to why you are not whole, worthwhile, healthy and perfect.

Read together: Romans 7-8

- What stands out?
- Which is easier to think about yourself - Romans 7:15 or Romans 8:1-2?

Discuss why that might be the case.

- You might want to consider how many times you can sin the same way before you feel you're a lost cause?
- What would Jesus say to you?

Each person is to choose one verse from Romans 8 to memorise for the week.

Explore – Integrate

- What one verse from Romans 8 will I memorise over the week? How will I remind myself of its wording throughout the day, every single day of this week?
- How will I then be able to live it out in action this week?
- With complete (or at least some) assurance of this verse, how will I act differently towards others?

Extend

Discuss with your group the challenges you are tackling. Use the time to ask for any help you might need or to work together on any shared projects that you have.

Questions that may be helpful include:

- What challenges are you working on at the moment?
- Do you need any support or assistance?
- Are there any challenges that you have completed that we need to recognise and celebrate?
- Are there any new challenges that you want to work on?

Encourage

Tell another student in your group something you value or appreciate about them.

Share one thing you would like to pray for and pray for one another.

Pray for God to help me feel more forgiveness or grace in a specific area of my life that concerns me.

Give thanks for that if I am sincere and committed I will be forgiven and will no longer be condemned for it.

Pray that God shows me ways I can reflect that gentleness to other people around me and particularly highlighting one person I should be more active to about this week.