

## Week Two: "Bearing with Each Other"

### Day One: "Humility"

**Reflect:** How do you become a humble person?

What experiences have you had that brought humility on your life?

**Dig:** Is humility commanded?

How is humility connected to gentleness?

How is Paul an example of this humility? See Eph. 4:1, I Timothy 1:12-16

How is humility described? That is, what adjective is used to describe it?

Does this seem possible?

If difficult, who do we need to turn to?

**Apply:** Prayer and serving other cheerfully are two ways to grow humility. Make specific plans to practices both of these two spiritual disciplines of prayer and service.

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### Day Two: "Gentleness"

**Reflect:** Is gentleness a sign of strength?

Why does it take strength to be gentle?

Describe a person you think is gentle.

**Dig:** Look up Galatians 5:22-23. Of the nine fruits of the spirit, which on the list is gentleness?

Look up Numbers 12:1-3. What is Moses faced with and how is he described?

How is Paul himself gentle in the word choices he uses in Ephesians 4:1 when, as an Apostle, he could have commanded them?

**Apply:** How in your words and actions can you be gentle today?

Write out a prayer to ask God to give you the resources you will need to be gentle today.

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### Day Three: "Be Patient"

**Reflect:** How has the length of your patience been tested recently?

**Dig:** Look up these other Bible passages which call us to patience. Write down what you learn about the biblical view of patience from the surrounding verses.

- I Thessalonians 5:14

- I Corinthians 15:4

- II Corinthians 6:6

- Colossians 1:11

How is this call to be patient connected to our calling in verse 1?

**Apply:** With where in the body of Christ do you need to be extra patient?

In this space, write out a short prayer asking God to give you the patience you need as you deal with this person.

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**Day Four: "Bearing with one another in love"**

**Reflect:** How did Jesus "bear with" or endure the weaknesses and insults of others?

What story in the life of Jesus Christ comes to mind when you think of how he was long-suffering?

**Dig:** Read Mark 10:32-44. How is Jesus "bearing with" the disciples?

What had he just told them? (See verses 32-34)

Why does this (his foretelling his death) make it even more remarkable that he responds the way he does in Verses 35-44?

How does the phrase "in love" change the way we bear with one another from merely gritting our teeth and grimly hanging on?

**Apply:** Bringing to mind exasperating people in your life, how does God desire that you treat them today?

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**Day Five: Memory Work**

**Read: Ephesians 4:1-2** *"As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love."*

Repeat (from memory if possible) verse one, ten times.

Read verse two ten times (out loud)

Repeat this procedure each day until you have these verses memorized.

We will add a third verse next week.