



FACILITATOR'S GUIDE FOR A GENTLE & QUIET SPIRIT

SUGGESTED SCHEDULE FOR 8 WEEK STUDY

This schedule can be adjusted to finish more quickly; however, if you have the time, it's helpful to have good discussions about each chapter. If you have flexibility, you can see how far you get each meeting.

Week 1

Romeo & Juliet - Without the Poison
Chapter 1 – A New Perspective
Chapter 2 – A New Heart

Week 3

Chapter 3 – Fear of Submission

Week 4

Chapter 4 - Sarah's Daughters
Chapter 5 – Why Me

Week 5

Chapter 6 (Part 1)
Do I boss my husband
Are my expectations demanding?
Are my words gracious?

Week 6

Chapter 6 (Part 2)
Are my emotions controlling me?
Do I treat him like one of the kids?
Do I fully submit to his leadership?
Do I interfere with his parenting

Week 7

Chapter 6 (Part 3)
Am I a good listener?
Do I seek advice from my husband?
Am I quick to make it right?
Am I afraid of something?

Week 8

Chapter 7 – When It Hurts
Chapter 8 – Happily Ever After

Meditations:

Your group may enjoy doing some of the Bible meditations together that are in this book. Practicing a meditation as a group can be very rewarding, because you get to hear each other's insights. For help on how to lead a meditation, you will find some videos with guided meditations on my website at: BibleMeditation.com/guided-meditations.

Class Preparation:

To prepare to facilitate your meetings, read the chapter and choose discussion points (either from the chapter or from the worksheets. I've offered some suggested discussion questions under each meeting.

With love,

Virginia Lefler

WEEK 1

CHAPTER 1 – A NEW PERSPECTIVE

Class suggestions:

Great Worth

Ask the class to list some things that they think God values. [Suggestions: helping the poor, orphans, widows, teaching others about the Bible, etc.]

Review the definition of the Greek word *poluteles* (great worth) (page 14).

- With the understanding of this Greek word, where on this list of things that God values should we put a gentle and quiet spirit?
- Would you have thought a gentle and quiet spirit would have topped the list of the things God values the most?
- What does the world typically value in a woman?
- Why do you think God puts such a high value on these qualities?

Gentle & Quiet

Review the definition of the Greek word *praus* (gentle) (page 17).

- Does this definition change your perspective about a gentle woman? If so, how?

Read Matthew 21:5 and Matthew 26:53 – Jesus had incredible power, yet he was “gentle.”

- What qualities would you need to have this kind of surrender to God?

Read the definition of the Greek word *hesuchios* (quiet) (page 19).

Read Luke 8:40-56; Mark 6:32-34; Matthew 8:23-26 – Jesus' example of a quiet spirit.

- When are times in marriage that it is challenging to have a quiet spirit?
- How important is our faith in being able to grow in a gentle and quiet spirit?

Adornment

Review the definition of the Greek word *kosmos* (adornment) (page 21).

- How do you order your world of beauty (your *kosmos*)?
- Why is it challenging to prioritize our inner beauty.



WEEK 2
CHAPTER 2 - A NEW HEART

Class Suggestions:

Reverence:

Review the definition of the Greek word *phobos* (reverence) (page 29).

- How does reverence for God help us in our role as a wife?
- What would “wholesome dread of displeasing God” look like?

More thoughts on Uzzah

Read 1 Samuel 7:1-2. We are not told whether Uzzah was a child when the ark of the covenant was brought into his father’s house or already a man. But for twenty years, the ark was in his father’s house. At some point Uzzah lost his reverence for the ark. In 1 Samuel 6:19, we are told that 70 men died because they looked into the ark. This happened immediately before it was put in Uzzah’s father’s house. Those deaths may be the reason Uzzah’s father wanted it guarded – not to protect the ark, but to protect his family.

We don’t know why Uzzah was center stage in this event. Maybe he felt he was entitled to be in the center of this drama, or to get the attention of King David. One thing we do know is that his actions were irreverent (2 Samuel 6:7).

- What can we learn from the story of Uzzah?

Respect:

Review the definition for the Greek word *phobeo* (respect) (page 36).

- When we have respect for someone, how does that change how we treat them?
- When is it most difficult to respect your husband?

Purity:

- What are some challenges we face to be pure toward our husbands?



WEEK 3
CHAPTER 3 – FEAR OF SUBMISSION

Class Suggestions:

The Fear of Abasement:

Review the definition of the Greek word *hupotasso* (submit) (page 54).

- How has our culture impacted our view of submission?
- What impact does fear have on us?

Review the definition of the Hebrew word *ezer* (page 56).

Read Deuteronomy 33:26; Psalms 121:2. God is our helper / *ezer*.

- Do you think a wife's role is inferior to a husband's role?
- Do you think Jesus had an inferior role? (Philippians 2:9)
- What are God's promises concerning being humble? (James 4:10; 2 Samuel 22:28)

The Fear of Neglect:

Review Esther's story.

- What are the benefits of being vulnerable in your marriage?
- What are the challenges you might face?
- How does gracious communication impact a relationship?
- Can we be gracious and honest at the same time?

The Fear of Abuse:

(The only discussion I've included in this guide is on verbal abuse. If you know of someone in your group that is in a physically abusive relationship, encourage them to get professional help.)

Verbal Abuse:

Read Ecclesiastes 10:12-14.

- How do words impact your relationship with your husband?



WEEK 4
CHAPTER 4 - SARAH'S DAUGHTERS
CHAPTER 5 - WHY ME

Class Suggestions:

- Why is it hard to submit to someone who is not perfect?
- What impact did Sarah's decision that Abraham should sleep with her maid servant have on her family?
- What are common fears we face, and how can we overcome them?
- How has God's mercy changed you?
- Do you love showing mercy to other people?
- When do you find it difficult to show mercy?



WEEK 5
CHAPTER 6 - SELF-EVALUATION (PART 1)

Class Suggestions:

Do I boss my husband?

- Is there an area in which you boss your husband?
- If so, what impact does it have on your husband when you are bossy?
- If you find you are bossy, is there a fear you have that causes you to be bossy?
- Consider again the definition for the Greek word *phobeo* (respect) (page 36). How would this level of respect help you with bossiness?

Are my expectations demanding?

- Do you try to orchestrate what your husband gives to you or does for you?
- How does it impact your relationship with him?
- Do special days of celebration cause tension in your marriage? Birthdays? Anniversaries?

Are my words gracious?

- Why are gracious words difficult?
- When do you find it the hardest to be gracious in your words?
- Who are you most apt to speak to in a sweet tone?



WEEK 6
CHAPTER 6 – SELF-EVALUATION (PART 2)

Class Suggestions:

Are my emotions controlling me?

Review the definition of the Greek word *sophronos* (self-control) (page 116).

- How would this quality help us during emotional times?
- What helps you the most to gain self-control over your emotions?

Do I treat him like one of the kids?

- What are ways we might treat our husbands like a child?

Review the definition of the Greek word *phobeo* (respect) (page 36).

- How would this type of respect help us in dealing with our emotions?
- What fears might we be dealing with if we treat our husbands like children?

Do I fully submit to his leadership?

- When is it the hardest to “fully” submit?
- What fears make it difficult?

Discuss Sapphira’s choice (Acts 5:1-10).

- Why do you think Sapphira agreed to do this?
- Sapphira was held accountable for her part in this deception. What does this teach us about our choices?

Do I interfere with his parenting? (If you have children...)

- Do you see areas in which you don’t allow your husband to parent your children?
- If so, are you driven by a fear?



WEEK 7
CHAPTER 6 – SELF-EVALUATION (PART 3)

Class Suggestions:

Am I a good listener?

- How does it impact you when someone listens to you?
- When do you find it hard to listen to your husband?
- Do you answer for your husband?

Do I seek advice from my husband?

- Do you seek your husband's input on your decisions?
- Do you and your husband agree on your schedule?

Am I quick to make it right?

- When is it most difficult for you to apologize?
- How does humility change these difficult times?

Am I afraid of something?

- What are your greatest fears that hinder your relationship with God?
- What are your greatest fears that hinder your relationship with your husband?



WEEK 8
CHAPTER 7 – WHEN IT HURTS
CHAPTER 8 – HAPPILY EVER AFTER

Class Suggestions:

Read 1 Peter 2:21-25.

How does Jesus' example of entrusting himself to God impact you?

- When are times that we might be tempted with deceit during a time of suffering?
- What are the benefits of longsuffering (patience)?
- Are you tempted to give up in a certain area of your marriage?

Review the definition for the Greek word *praus* (gentle) (page 17).

- How would this quality help you not give up?

