

***A Gentle & Quiet Spirit***  
**Reading Assignments**

Week 1	Chapter 1 – A New Perspective
Week 2	Chapter 2 – A New Heart
Week 3	Chapter 3 – Fear of Submission (Part 1 – Fear of Abasement)
Week 4	Chapter 3 – Fear of Submission (Part 2 – Fear of Neglect & Fear of Abuse)
Week 5	Chapter 4 - Sarah’s Daughters Chapter 5 – Why Me
Week 6	Chapter 6 (Part 1) Do I boss my husband
Week 7	Chapter 6 (Part 2) Are my expectations demanding? Are my words gracious?
Week 8	Chapter 6 (Part 3) Are my emotions controlling me? Do I treat him like one of the kids?
Week 9	Chapter 6 (Part 4) Do I fully submit to his leadership? Do I let him manage the household?
Week 10	Chapter 6 (Part 5) Am I a good listener? Do I ask for help?
Week 11	Chapter 6 (Part 6) Am I quick to make it right? Am I afraid of something?
Week 12	Chapter 7 – When It Hurts Chapter 8 – Happily Ever After

## **Week 1: Chapter 1 – A New Perspective**

Class Preparation: Read chapter and prepare points to cover with class.

### Presentation Suggestions:

#### Great Worth

Ask the class to list some things that they think God values.

List these on a chalk board (if available). If you don't have one, have everyone list the things suggested by the class on their own paper. [Suggestions: helping the poor, orphans, widows, teaching others about the Bible, etc.]

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

Next put “a gentle and quiet spirit” at the top of the list.

- Would you have thought a gentle and quiet spirit would have topped the list of the things God values the most?
- How does feeling valued impact you?
- Why do you think God highly values these qualities?
- What will it take for us to change our thinking about these qualities?

#### Gentle & Quiet

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

- 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).

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?
- 

## **Week 2: Chapter 2 – A New Heart**

Class Preparation: Read chapter and prepare points to cover with class.

### Presentation Suggestions:

#### Reverence:

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

- 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).

- 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 (Part 1 – Fear of Abasement)**

Class Preparation: Read chapter and prepare points to cover with class.

#### Presentation Suggestions:

##### The Fear of Abasement:

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

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

Review the definition of *ezer*. Read Deuteronomy 33:26; Psalms 121:2.

- 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]
- 

### **Week 4: Chapter 3 – Fear of Submission (Part 2 – Fear of Neglect and Fear of Abuse)**

Class Preparation: Read chapter and prepare points to cover with class.

##### 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:

- Read Psalms 141:3 and James 1:26. Discuss the challenges we have to guard our words.

---

**Week 5: Chapter 4 - Sarah's Daughters**  
**Chapter 5 – Why Me**

Class Preparation: Read chapters and prepare points to cover with class.

Presentation 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 their 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?

[Encourage a day of fasting (for those who can fast) during this week or special times in prayer with a focus on being more merciful.]

---

**Week 6: Chapter 6 – Self-Evaluation (Part 1)**

Class Preparation: Read chapter and prepare points to cover with class.

Presentation 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 25).

- How would this level of respect help you with bossiness?
- 

**Week 7: Chapter 6 – Self-Evaluation (Part 2)**

Class Preparation: Read chapter and prepare points to cover with class.

Presentation Suggestions:

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?

Assignment: Practice gracious words every day this week.

---

### **Week 8: Chapter 6 – Self-Evaluation (Part 3)**

Class Preparation: Read chapter and prepare points to cover with class.

Presentation Suggestions:

Are my emotions controlling me?

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

- 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 25).

- How would our respect help us in dealing with our emotions?
  - What fears might we be dealing with when we treat our husbands like a child?
- 

### **Week 9: Chapter 6 – Self-Evaluation (Part 4)**

Class Preparation: Read chapter and prepare points to cover with class.

Presentation Suggestions:

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 let him manage our household?

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

---

### **Week 10: Chapter 6 – Self-Evaluation (Part 5)**

Class Preparation: Read chapter and prepare points to cover with class.

Presentation 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 ask for help?

- Do you seek your husband's help with your schedule?
  - Do you and your husband agree on your schedule?
- 

### **Week 11: Chapter 6 – Self-Evaluation (Part 6)**

Class Preparation: Read chapter and prepare points to cover with class.

Presentation Suggestions:

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 12: Chapter 7 – When it Hurts**

#### **Chapter 8 – Happily Ever After**

Class Preparation: Read chapters and prepare points to cover with class.

Presentation 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 10).

- How would this quality help you not give up?