

Prayer Transforms Your Heart

Discussion Questions:

1. Do you have personal experience with prayer transforming your heart? Explain.
2. How do you see the connection between prayer and developing a spirit of gentleness and peace?
3. How do you handle moments when it's difficult to maintain a gentle and quiet spirit?
 - Are there specific prayers or practices that help you in these situations?

Verses for Reflection

- 1 Peter 3:3-4 (NIV): *"Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight."*
- Proverbs 15:1 (NIV): *"A gentle answer turns away wrath, but a harsh word stirs up anger."*
- Matthew 11:29 (NIV): *"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*

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- Galatians 5:22-23 (NIV): *"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law."*
- Proverbs 17:27 (NIV): *"The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered."*