



EVERYDAY
PRAYERS
FOR
GENTLENESS

Discussion Guide



million praying moms

Hi Friend,

I'm Christie Thomas, author of *Everyday Prayers for Gentleness*. I'm a former Children's Ministry Director-turned-author, homeschool mom, and speaker.

After writing a family devotional on the fruit of the Spirit a few years ago, the fruit of gentleness continued to be on my mind and heart.

Both Christian and secular culture consider gentleness to be a weakness, but it's actually the very opposite. Jesus is called the Lion of Judah and the Lamb of God, and somehow, the gentleness of the Lamb does not negate the power of the Lion. Gentleness is the radical cousin of kindness, and can only be done by someone strong. A baby cannot be gentle, but a giant can.

The more power someone has, the more radical gentleness becomes.

In a world of outrage and hate, where everyone chooses sides and camps and opinions, firing shots at anyone with an opposing view, we may think that Christians can't afford to look weak.

But the Christian response is not to pick a side and fire more shots. It's found in the words of Christ, Paul, and many other Biblical writers: laying down our lives, loving our enemies, and picking up our cross.

Because of the radical gentleness of Christ, we are equipped to respond to our own enemies with gentleness. Sometimes those enemies are online, in our church (or other churches), and sometimes in our own family

. Proverbs 15:1 says *"A gentle answer turns away wrath,"* and this, right now, is what our world needs.

Our world needs to know that Jesus was the ultimate gentle answer that turned away wrath, and that because of his sacrifice and the indwelling of the Holy Spirit, we also have the power to live out these words.

We need to become gentle with our children, grandchildren, and husbands, we need to be gentle with our mothers and irritating uncles and that person at church who gets on our nerves, and we need to become gentle in the way we speak and lead.

When we become truly gentle, the world around us begins to change. And to do this, we need God. True gentleness is a work of the Holy Spirit inside us.

Together, I'm delighted to help women take the journey of gentleness. We'll discover what gentleness actually is (and what it's not), as well as how Father, Son and Holy Spirit all show true gentleness toward us. We're going to take an extra close look at the meekness and gentleness of Jesus.

We'll discover how to actually grow in gentleness, as well as the radical way that Christ calls us to treat our enemies. I pray that this devotional will inspire and equip women, and that at the end, we'll look back and praise God for all He's done in us.

-Christie Thomas

Session 1

What is Gentleness

SCRIPTURE:

"Let your gentleness be evident to all.

The Lord is near."

Philippians 4:5

Q: What comes to mind when you think of the word "gentleness"?

Q: Think of someone you know in real life who seems gentle. What other words would you use to describe them?

READ DAY 1

Q: Do you think differently about gentleness after this reading today's devotional?

Q: Think about a recent time when you (or someone you know) showed gentleness. Did it feel like strength or weakness in that moment?

Q: How does the definition of gentleness as a sign of strength change the way you view that situation?

Q: What other thoughts or concerns do you have about gentleness? Consider writing them down in the front of your book, so you can come back later and see if they were addressed.

Pray

Session 2

Jesus' Way of Gentleness

SCRIPTURE:

"I am the good shepherd. The good shepherd lays down his life for the sheep."

John 10:11

Q: What stood out to you from last week's devotions?

Q: Can you think of specific cases in the gospels where Jesus showed gentleness?

Q: If, as Colossians 1:15 says, "The Son is the image of the invisible God," what do your previous answers show us about God?

READ DAY 6

Q: As you read Isaiah 40, circle the words that point to God's strength, and underline words that point to God's gentleness. Share what you notice.

Q: Take a time of quiet prayer. Ask Jesus how He wants to show Himself as a Good Shepherd to you today. Write down what comes to mind.

Pray

Session 3

Growing in Gentleness

SCRIPTURE:

“But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.”

Ephesians 2:4-5

Q: What stood out to you from last week’s devotions?

Q: Does growing in gentleness feel achievable to you? Why or why not?

READ DAY 11

Q: Does growing in gentleness feel any more achievable to you now? Why or why not?

Q: What is a recent situation in which you tried to draw on your own strength instead of relying on God? How can you choose to rest in God’s finished work today?

Q: Ephesians 1:20 and 2:6 share Christ’s position and ours. We’re not told to sit down, but rather, that we’re already sitting. How could this understanding of your current position change the way you react to others?

Pray

Session 4

Gentleness with our Enemies

SCRIPTURE:

“So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. To those who sold doves he said, “Get these out of here! Stop turning my Father’s house into a market!”

John 2:15-16

Q: Share about a time when it felt like you had an enemy. How did you respond to that person/group?

Q: Jesus commanded us to love our enemies. Do you feel like you’ve had success with this command?

READ DAY 16

Q: This week we’re going to read about different kinds of enemies – from the kind that criticize us behind our backs to those who oppress full people groups. What kind of enemy gets you most riled up?

Q: Think of a time when you stood up for someone and let your anger get the best of you. How might Jesus call you to respond differently if it happens again?

Q: What group of vulnerable people stirs your heart the most today? Take a time of quiet prayer to ask God to show you how He wants you to stand up for them.

Pray

Practical Gentleness

SCRIPTURE:

"Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently.

But watch yourselves, or you also may be tempted. 2

Carry each other's burdens, and in this way you will fulfill the law of Christ."

Galatians 6:1-2

Q: What stood out to you from last week's devotions?

Q: In what area of life do you think Christians (in general) should grow in gentleness?

Q: have you ever felt like you needed to confront someone about a sin?

READ DAY 21

Q: Have you ever had an experience of either being confronted about a sin or confronting someone else about a sin? Did you feel like it was done in gentleness? If it wasn't, invite God to speak to you about how it could go differently next time.

Q: We have to be responsive to the Spirit (spiritual) to restore a person with a gentle spirit. Does that describe you? If not, invite God to help you learn to be more responsive to His Spirit.

Pray

Session 6

"But what about...?"

SCRIPTURE:

"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. ³ Make every effort to keep the unity of the Spirit through the bond of peace."

Ephesians 4:1-3

Q: What stood out to you from last week's devotions?

Q: In your opinion, what does it look like to walk worthy of the calling you have received?

Q: Name someone you feel is doing this well.

READ DAY 26

Q: Describe a situation in which you now realize you lacked humility, and as a result, you also lacked gentleness. Your group might need to take a minute to give these to God in prayer!

Q: The best way to move into a posture of humility toward others is to listen to their stories. Name a person you often find yourself disagreeing with. How can you truly listen to their story or their heart today?

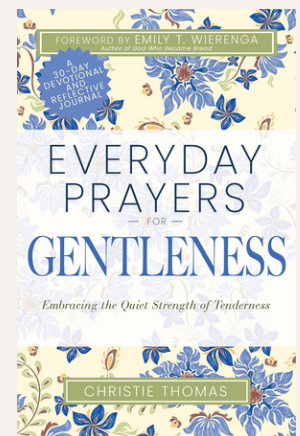
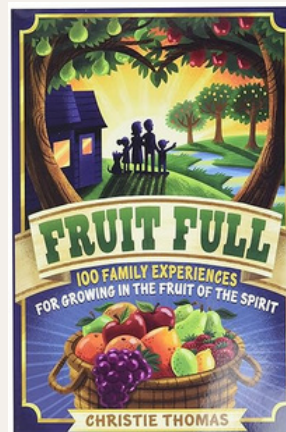
Pray

About Christie Thomas



[Learn more about Christie here](#)

Christie is a mom and writer who has been involved in children's ministry for most of her life, including working as director of children's ministry for more than a decade. Christie is a family discipleship coach to many parents who need equipping, support, and encouragement. She deeply believes that every Christian parent can confidently nurture deep faith in their kids through little habits that add up over time. Her devotionals and children's books help parents cultivate faith-filled moments. She lives with her husband and three boys in Canada.



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We believe that prayer is not a last resort. It's our first and best response to the challenges of parenting, a partnership for the hearts of our children that God invites us into.

MPM is a community of believers in Jesus Christ who are dedicated to praying for the next generation, partnering with God to usher in His Kingdom plans.

Prayer is our game plan. The whole thing.

We believe prayer is one of the most important, but most overlooked, parts of the Christian life today, and that God has given it to us as a gift. We get to pray! God's Word says He'll give us wisdom when we ask (James 1:5), so we ask.

A lot.

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