

Gentleness and Reverence Worksheet

1. Describe the last time that you failed to treat another person with gentleness and reverence.

2. What was the trigger?

What was going on inside yourself that caused you to treat that person with less gentleness and reverence that they deserved?

What were your thoughts and feelings in that moment?

3. What do you need to change inside yourself—in your thoughts, your feelings, your attitudes—to reduce how often this happens in the future?

4. Make a firm purpose of amendment—a commitment to change your behavior with God's help. (This could be in the form of a written statement, or a written prayer, or—if the person you treated this way is someone you live with or interact with regularly—even a verbal promise to that person.)