

{ Day 361 }

Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewelry and fine clothes. Instead, 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. **—1 Peter 3:3-5**

Gentleness (meekness). We need to approach praying for others with a fresh awareness that we don't have the answers for them but that we know the One who does. This keeps us from presumption and platitudes. Our movements, both physical and verbal, need to be gentle rather than abrupt or harsh. If we can help set them at ease by knowing that they are safe in our presence, then they will be able to receive more easily from the Lord.

{ PRAYER STARTER }

Give me a spirit of gentleness, dear Father. Pour Your oil of gentleness over my spirit, and cause it to flow carefully and consistently into the lives of others through a gentle spirit.

**Our movements, both physical and verbal, need
to be gentle rather than abrupt or harsh.**