

## Applications For Life Transformation

1. Read through Psalm 62 with your Life Group and reflect together on your “default” response in the most difficult times in life.
2. Read Mathew 11:20-29 (especially 28-29). What does it mean to be “gentle and lowly” in heart? What does it look and feel like?
3. Ask a friend, spouse, or co-worker if you are “gentle and lowly” in heart attitude. In other words, are you a team player? Do you get along with other kinds of people? Even when others are hard to work with, do you respond in gentle love and humility?