

# DAY FIVE

## REFLECTION AND PRAYER

We've spent the week learning about the process of transformation and how we can live out our faith.

Press pause on this portion of the workbook. Complete today's study of Romans 12:18-21 and then come back and finish.

Now, look back through the week and re-read all of Romans 12, then answer the following questions.

What did you learn?

What were your Yield steps?

What were your "Next Steps" in the transformation grids?

Take some time to pray and ask God how you can, in view of His mercies, present your body as a living sacrifice, holy and pleasing to Him, as true worship. (from Romans 12:1)

Write out these action steps, pray through them, and then share with your small group or a trusted friend this week.

## **ROMANS 12:19-21**

Grab your Bible and open to today's reading. Use the PRAY and HEAR tools as you spend time in the Word.

**H**

**E**

**A**

**R**

Take a moment and use the PRAY tool to respond in prayer.