



1. BE A LEAN-IN LISTENER

James 1:19b, *Let every person be quick to hear...*

2. SLOW DOWN

James 1:19c, *Let every person be...slow to speak*

Proverbs 10:19, *When words are many, transgression is not lacking, but whoever restrains his lips is prudent.*

★ James is telling us to think before we speak; to slow down our words not just on the outside, but on the inside.

Ephesians 4:29, *Let no unwholesome word proceed from your mouth, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.*

3. DON'T BE

James 1:19d-20, *Let every person be...slow to anger; for the anger of man does not produce the righteousness of God.*

★ Being quick to anger isn't being quick to hear, teachable, or humble, all of which are vital for our personal spiritual growth.

Romans 12:18-19, *If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."*

James 3:17, *But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.*

4. PREP THE

James 1:21, *Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.*

★ If you want to prep your heart for the Word, be sure to take out the trash!

MORE TO CONSIDER

Psalms 119:97, *Oh, how I love your law! I meditate on it all day long.*

Psalms 119:15-16, *I will meditate on your precepts and fix my eyes on your ways. I will delight in your statutes; I will not forget your word.*

Psalms 119:47-48, *I shall delight in Your commandments, which I love. And I shall lift up my hands to Your commandments, which I love; and I will meditate on Your statutes.*

Colossians 4:6, *Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.*

Colossians 3:8, *But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.*

Exodus 34:6b, *The Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness,*

2 Corinthians 13:11, *Finally, brothers, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you.*

Proverbs 29:11, *A fool gives full vent to his spirit, but a wise man quietly holds it back.*

Ephesians 4:31, *Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.*