

# Life Group Discussion Guide

COOL DOWN  
James 1:19-27  
Stuart Jones - July 7, 2019

# JIM CLASS



## INTRODUCTION

When problems come our way, we like to point at other people and pass the blame. When someone hurts us, we feel we are the target of their selfishness and anger. However, we may be the biggest cause of our problems.

Every one of us is tempted by evil desires every day, and we don't listen to God. The question we need to ask ourselves is, "Are we in control of ourselves—our words, our anger?" We need to remember the words of James and throw off all the filth and sin that so easily entangles and ruins our lives.

## DISCUSSION STARTER

1. Tell the group about a time when you chose to speak instead of listening and it backfired on you.
2. Who is someone you know/knew who was always a good listener and whose words could be trusted? Tell the group about them.

## EVALUATE IT

1. Read James 1:19-20. Why is it easier to be slow to listen and quick to speak? What is the value of asking questions instead of speaking?
2. After hearing Stuart's sermon, what are some practical steps a person could take to help them be slow to speak if they're not typically slow to speak?
3. Stuart said, "The Bible doesn't say never be angry. It says be slow to anger." If anger is part of life, how does a person be slow to anger? Why is this important?
4. According to Stephen Kendrick, the author of the Love Dare, "Almost every sinful action ever committed can be traced back to a selfish motive. It is a trait we hate in other people but justify in ourselves." How can being slow to listen, quick to speak and quick to become angry be traced back to a sinful motive? Explain.

## MAKE IT PERSONAL

1. James 1:19-20 are the foundation of Stephen Covey's Habit No. 5 from the Seven Habits of Highly Effective People—seek first to understand, then be understood. Where do you need to understand more and be understood less?
2. Which of these three—slow to speak, quick to listen and slow to anger—do you struggle with the most? Why?



Interested in joining or starting a Life Group?  
Contact our Life Groups Minister.

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