

"My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger." (James 1:19)

• Negative instructions are nearly always paired with <u>positive actions</u>. It is though positive action that we are empowered to honor a negative prohibition.

"Lord, I praise you for divine beauty reflected in the form of this person. Now train my heart so that my response to their beauty would not be twisted downward into envy or desire, but would instead be directed upward in worship of you, their Creator—as was your intention for all such beauty before the breaking of the world." (Every Moment Holy) JAMES

• Before James ever calls us to control our speech and anger, he invites us to cultivate generous listening.

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"Even a fool is considered wise when he keeps silent—discerning when he seals his lips." (Proverbs 17:28)

"It's better to keep your mouth shut and appear stupid than open it and remove all doubt." (attributed to Abraham Lincoln)

"A good person produces good out of the good stored up in his heart. An evil person produces evil out of the evil stored up in his heart, for his mouth speaks from the overflow of the heart." (Luke 6:45) JAMES

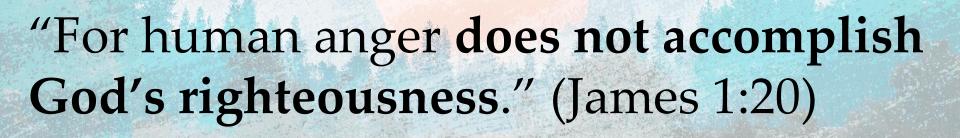
"Create in me a clean heart, O God, and renew a right spirit within me." (Psalm 51:10)



"The one who has knowledge restrains his words, and one who keeps a cool head is a person of understanding." (Proverbs 17:27)

"Psychologists will sometimes claim that emotions, since they are a natural product of the personality, cannot truly be controlled—only suppressed or ignored. But James' exhortation here... presumes differently. Emotions are the products of the entire person, and by God's grace and the work of the Spirit, the person can be transformed so as to bring emotions JAMES in line with God's word and will." (Moo)

 Partnering with the Holy Spirit and depending upon power of the gospel's work in our lives, our emotional reactions can be changed and brought into conformity with Christ. JAMES



Venting your anger and frustration on someone is like popping a pimple. It feels good in the moment, is disgusting to witness, and is ultimately dangerous.



• Human anger is ineffective in accomplishing God's purposes. It is a false guide, incapable of leading us into Christ's will or way.

"I never work better than when I am inspired by anger; for when I am angry, I can write, pray, and preach well, for then my whole temperament is quickened, my understanding sharpened, and all mundane vexations and temptations JAMES depart." (Martin Luther)

"Therefore, ridding yourselves of all moral filth and the evil that is so prevalent, humbly receive the implanted word, which is able to save your souls." (James 1:21) JAMES "I have been crucified with Christ, and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me." (Galatians 2:20) JAMES

"Look, the days are coming... when I will make a new covenant with the house of Israel... I will put my teaching within them and write it on their hearts. I will be their God, and they will be my people. No longer will one teach his neighbor or his brother, saying, 'Know the LORD,' for they will all know me, from the least to the greatest of them... For I will forgive their iniquity and never again JAMES remember their sin." (Jeremiah 31:31, 34-35)

• HUMBLY RECEIVE THE WORD:

Be open to Jesus' new instruction and the Holy Spirit's new power at work in you.



 Hearing requires DOING or it is not receiving. Be obedient to the word.
Trust it and start to put it into practice.

