

How to Not Blow Up

A Study on the Book of James

James 1:19-27

REALife Application

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friend, or REALife Group.

A SIMPLE PLAN

In tense situation, wise people choose...

❶ A CAREFUL REACTION

(James 1:19-20)

LISTEN UP!

QUIET DOWN!

CALM DOWN!

❷ A COMPLETE SURRENDER

(James 1:21)

OUR NATURAL IMPULSE

THE WORD OF GOD

❸ A COMMITMENT TO ACTION

(James 1:22-27)

A CONTROLLED MOUTH

A CARING HEART

A CLEAN MIND

Series Big Idea:

Maturity is consistently hitting the bulls eye (doing the right thing), no matter the circumstance.

Key Questions:

1. When you face a difficult situation, what is your natural reaction? Why is listening so hard? See Prov. 1:5, 8:33, and 18:13. What are we listening for? (James 1:5)

2. What are some of the dangers of anger? See Prov. 14:17, 16:32, 25:28, 29:11, 22 and Eccl. 7:9. When do you tend to get angry?

3. What does it mean to be "self-deceived"? Note 4 areas given in the Bible where this occurs. See 1 John 1:8, 1 Cor. 3:18, James 1:22, and James 1:26. Why is self-deception so devastating?

4. How would you rate yourself on being a "doer of the Word"? What are some things you know you need to start "doing" today?

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❶ **A CAREFUL** _____
(James 1:19-20)

_____ UP!

_____ DOWN!

_____ DOWN!

❷ **A COMPLETE** _____
(James 1:21)

OUR NATURAL _____

_____ OF GOD

❸ **A COMMITMENT** _____
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A _____ MOUTH

A _____ HEART

A _____ MIND

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