

# PT. 2: QUICK, SLOW, SLOW

**JAMES 1:19-22** *My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. Do not merely listen to the word, and so deceive yourselves. Do what it says.*

## THREE KEYS TO RELATIONAL GROWTH

1. Be \_\_\_\_\_ to listen.

- “Put on your listening ears.”
- Great listeners are \_\_\_\_\_
- Great listeners ask good \_\_\_\_\_
- Observations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Be \_\_\_\_\_ to speak.

- Fast to listen + slow to speak = few regrets
- Slow to listen + fast to speak = many regrets
- Exercise: Practice not interrupting
- Question: Why do I talk so much?
- Observations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Be \_\_\_\_\_ to become angry.

- Question: What makes you angry?
- Anger reveals a lot about what we value.
- Unchecked anger affects health. It spikes heart rate, drops O<sub>2</sub> levels, restricts arteries, and serotonin levels drop.
- Unchecked anger affects relationships.
- Observations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## THE ANTIDOTE WHEN WE'RE SLOW, QUICK, QUICK

- *Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. (v. 21)*
- The antidote is \_\_\_\_\_

## OTHER NOTES

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# PT. 2: GROUP GUIDE

## THEME:

Healthy relationships grow when we listen fast, talk slow, and humble our anger.

## SCRIPTURE:

James 1:19–22

## ICE-BREAKER

1. What is one “small habit” that made a big difference in your life (health, work, relationships, etc.)?
2. If you had a “relational dashboard” with three gauges (listening, speaking, anger) which one is most “in the red” lately, and why?

## REFLECT (Read James 1:19–22 TOGETHER)

3. James gives a simple rhythm: quick to listen, slow to speak, slow to become angry (James 1:19–20). Which part of that rhythm is most challenging for you right now—and what do you think is underneath it?
4. Read James 1:19–20 again. Why does James connect anger to “the righteousness God desires”? What kind of damage can anger do even when you feel justified? (see also Proverbs 15:1)
5. In real conversations, what usually keeps you from being “quick to listen”? (distraction, defensiveness, needing control, fear of silence, etc.) How does that show up? (James 1:19; Proverbs 18:13)

6. James says to “humbly accept the word planted in you” (James 1:21). How does humility act like an antidote to bad listening, too much talking, or quick anger? (see also Philippians 2:3–4)

## TAKE ACTION

7. Choose one focus for the week - listen fast, talk slow, or anger slow. What’s one moment or relationship where you most need to practice it?
8. What’s one practical habit you can try this week? Examples:
  - Ask 2 follow-up questions before you offer an opinion
  - Pause 3 seconds before replying
  - Don’t interrupt; summarize what you heard first
 Which one will you try, and with whom?
9. Think of a time you handled a tense moment well—you stayed calm, listened, or chose your words carefully. What helped you respond that way, and how can you repeat that “win” the next time pressure rises?
10. What would change in your home, workplace, or friendships if you consistently lived James 1:19? What’s one way this group can support that change (check-ins, prayer, role-play hard conversations, accountability)?

## CLOSING CHALLENGES

- Practice: Pick one conversation each day to practice “Quick, Slow, Slow.”
  - **Before:** Pray, “God, help me listen.”
  - **During:** Ask one good question.
  - **After:** Reflect: “Did my words produce peace or regret?”
- Prayer: Pray for humility and self-control - that God would plant His word deeply, shape your tone, and help you become a person who brings peace into conversations.