



My dear friends, you should be quick to listen and slow to speak or to get angry. If you are angry, you cannot do any of the good things God wants done. You must stop doing anything immoral or evil. Instead be humble and accept the message planted in you to save you. Obey God's message! Don't fool yourselves by just listening to it. If you hear the message and don't obey it, you are like people who stare at themselves in a mirror and forget what they look like as soon as they leave. But you must never stop looking at the perfect law that sets you free. God will bless you in everything you do, if you listen and obey, and don't just hear and forget. If you think you are being religious, but can't control your tongue, you are fooling yourself, and your religion is useless. Religion that pleases God the Father must be pure and spotless. You must help needy orphans and widows and not let this world make you evil. **James 1:19-27**

## — TALK IS CHEAP —

### 1. Following Jesus creates a teachable spirit

The wise listen and add to their learning... **Proverbs 1:5**

It's stupid and embarrassing to give an answer before you listen. **Proverbs 18:13**

### 2. Our reactions show what's really going on inside

A gentle and kind answer soothes angry feelings, but harsh words stir them up. **Proverbs 15:1**

Your words show what is in your hearts. **Matthew 12:34**

### 3. Hearing truth doesn't help if nothing changes

The people who are really blessed are the ones who hear and obey God's message. **Luke 11:28**

You know these things, and God will bless you, if you do them. **John 13:17**

### 4. Healthy faith shows up in how we treat people

...Be gentle, kind, humble, meek, and patient. Put up with each other, and forgive anyone who does you wrong, just as Christ has forgiven you. **Colossians 3:12-13**

If you love each other, everyone will know that you are my disciples. **John 13:35**