



**WARM UP:** What do you think is the longest period of time you can effectively listen? Can you think of any awkward moments you've been in because you *haven't* listened??

1. Read James 1:19. There are three important commands contained in this verse:

- “be quick to listen” Quick means to listen as your first instinct and priority. It’s more than just waiting to speak and more than just “hearing”. What does it mean to truly listen to someone? How often/well do you do it?
- “slow to speak” What are some examples of helpful and unhelpful ways of speaking, when your goal in conversation is to truly listen and bless someone?
- “slow to become angry” What makes you angry when someone is talking to you? How can you slow your anger in those moments and continue to bless them?

2. When has someone blessed you by really listening to you?

**This week’s challenge (from the bookmark):** When will I have space to listen intently to the Holy Spirit this week? To whom in my life do I need to truly listen this week?

**PRAY:** For God to help James 1:19 be a reality in your life.