

review it *(Revisit the weekly rituals and follow-up on the last gathering)*

- Look over the last session’s Action Step Journal and ask how it went. Share as honestly as you can. It’s not meant to cause shame or guilt, rather, a community of care.
- Try to recite last week’s memory verse.
- Try to recite the series memory verse, James 1:22.

hear it *(Slow down and hear the Word)*

Read James 1:19-21 aloud (twice if possible, using two different translations).

- ASK: What word, phrase, or image stands out to you and why?
- ASK: What does this passage teach about God?
- ASK: What does this passage teach about humanity?

check the mirror *(Help the group examine themselves honestly by asking questions)*

- Where do you tend to be the quickest to: listening, speaking, or anger? Describe a moment from a recent week.
 - In that instance, what triggered you?
 - What did it “produce?” (see v. 20)
 - Which fruit of the Spirit might have changed that outcome? (*Galatians 5:22–23*)
- “Slow to speak” implies restraint. What helps you bridle your tongue when emotions are high?
 - When have fewer words brought more grace? (*Ephesians 4:29*)
 - How might *Proverbs 17:27-28* guide your next hard conversation?
 - What cue could remind you to pause before replying?
- “Receive with meekness the implanted word.” What weeds need cleared out so God’s Word can take root? (see v. 21)
 - Name one pattern to “put away” this week (*Colossians 3:8–10*)
 - What practices help you *receive* Scripture when you need it the most?
 - How have trials lately pushed you to listen first?

put it to work (Move from talk to action)

This week's practice: **listening**.

Short comment: Listening isn't passive, it's love in action. It slows our reactions, dignifies the other person, and makes room for the Spirit to lead the conversation.

- ASK: Have had a chance recently to practice truly listening?
 - ASK: What did you hear that you might've missed otherwise?
- ASK: What is a simple way/act/method/reminder you can be someone who is "quick to listen?"

wisdom in action (Apply wisdom principles to life situations.)

This is God's plan: growth comes through pressure.

When God's Word is planted and welcomed with meekness, it bears fruit that people can see.

- Where is God inviting you to *produce* something through a current pressure, not just *survive* it?
- How would your home, work, or group look different if we all lived "quick-slow-slower" this month?

weekly rituals (Do these in whatever order—be sure to move through them)

- Weekly Memory Verse:
"Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change." James 1:17
- Action Step Journal:

- Series memory verse:
"But be doers of the word, and not hearers only, deceiving yourselves." James 1:22