

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 1:21-25 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)*

- **“Take out the garbage” (v.21)**
 - Where have you normalized a habit or attitude that James would call “moral filth” or “prevalent evil?”
 - What would “taking it out” specifically look like this week?
 - Read *Proverbs 4:18-19*. In that picture, are you walking toward the light or into deeper darkness lately? Why?
- **“Humbly accept the word” (v.21)**
 - When the Bible and your gut disagree, which one usually wins?
 - What does that reveal about your trust?
 - Read *Proverbs 3:5-6*. Where might you be leaning on your own understanding right now?
 - Share a time you obeyed before it made sense. What fruit came later?
 - What small posture shift would show humility toward God’s Word?
- **“Do what it says” (vv.22-25)**
 - Where have you been a hearer but not yet a doer (e.g., generosity, honesty, forgiveness, fleeing temptation)?

- Read *Matthew 28:20* and *John 13:17/Luke 11:28*. How do these reshape discipleship as teaching to obey rather than just to know?

put it to work *(Move from talk to action)*

This week's practice: **simple obedience**.

Pick one clear command you've been delaying. It could be to make amends, tell the truth in a situation where you've not been honest, give generously in a way you're convinced to do, set a guardrail, extend forgiveness to someone, flee a temptation, or something like that.

James says the blessing is in doing, not just hearing. Acting breaks inertia towards complacency or sin, trains your heart to trust God, and makes space for His peace in real life.

- Where did you feel resistance and what truth from Scripture may you push through?

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

Wisdom grows as we keep looking into the "perfect law of freedom" and continue in it. Small, steady acts of obedience form a blessed life.

- If "blessed" looks like God's presence and freedom in ordinary life (not just easy circumstances), how would your calendar, tone of voice, what we use our money for, and choices look different this week?
- What would change if you assumed God's way works before you see the results?

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

- Weekly Memory Verse:
"But be doers of the word, and not hearers only, deceiving yourselves." James 1:22
- Action Step Journal:
- Series memory verse:
"But be doers of the word, and not hearers only, deceiving yourselves." James 1:22