

## MESSAGE STUDY GUIDE

[FOR GROUP OR INDIVIDUAL USE]

#1UP week 3

Pastor Ken talked about "one-two combos" in boxing and teaching. A one-two combo is where the full effect of the teaching is two points viewed in relationship as a whole. An example is when Jesus was asked, "What's the most important commandment in all the law?" and he answered in a 1-2 combo.

See [Matthew 22:34-40](#)

James weaves a series of 1-2 combos throughout his letter, teaching what the relationship between Faith and Living looks like.

Scripture basis [James 1:19 - 3:12](#). We encourage you to read this passage as a whole or break it down into different days as you work your way through this study guide.

Read [James 1:19-25](#)

Questions to go further...

1. James says we should be quick to listen, slow to speak and slow to become angry. Pastor Ken mentioned it's often hard to do this when we feel we've been hurt in life. What are the situations and when are the times when you find it most difficult to listen? How do you feel when you don't believe you are being listened to?
2. How might verse 21 contribute to our own process of becoming angry and "lashing out" in our interactions with others? Verse 21 is a 1-2 combo itself. ONE is to get rid of certain things and TWO is to accept certain things. What are some practical ways you could do both 1 and 2?
3. Pastor Ken talked about the difference between listening and hearing. How would you describe the difference, and what makes you feel "listened to"?

Jesus modeled *listening* more than simply *hearing* as he interacted with a woman at a well.

Read [John 4:4-41](#)

The ultimate effect of Jesus listening to this woman is found in [John 4:39, 42](#). What was it?

Listening normally always precedes a connection.

A true connection normally always precedes a lasting transformation.

1. [Psalm 66:16-20](#) tells us God listens to us when we pray and cry out to him, but there is a prerequisite. What is it and how does it affect God listening to us?

Describe a time/relationship when you heard, but didn't really listen. What was the result?

Describe a time when you really listened. What was the result?

Read [James 2:14-20](#)

Go through this section of James, and list all the things James says faith is without action.

For additional reading:

Read [Ephesians 2:1-10](#) / [Galatians 5](#)

The key point is that we are saved by grace through faith, not by our works or good deeds.

Compare this teaching of scripture with [James 2:14-24](#)

Discuss how these verses complement one another.

1. Pastor Ken talked about "coasting disease." Have you ever suffered from this disease?

The progression was

- Things are going well, I deserve a break
- I'm still coasting the right direction
- Apathy sets in
- One negative thought creeps in
- A pattern of negative thinking develops
- Behavior eventually follows
- Hope, joy, peace slowly erode
- Other relationships are impacted

Do you agree with this progression of "coasting disease" - have you seen it?

James says that the first step is when we are professing faith without working on it every day. Are there some areas of life / relationships where you find it easier to coast? Why do you think that is? How could you combat this?

Read [James 1:26](#) (NIV)

1. So how are you doing with controlling your tongue? How about social media? Have you built a filter before speaking or posting? Letting wisdom be our guide, is it true, is it helpful, is it in love, for love and being done in love?

The 1-2 combo challenge Pastor Ken left us with was this:

1. How can you express love to those you love this week, where they will know without you ever saying one word? How are you doing?
2. Go an entire week, where nothing comes out of our mouth that doesn't pass through our filter, no word spoken, no social media post, or tweeted, or retweeted or instagamed or myspaced, you get the point:). [Does anyone even use myspace anymore??]

Pray for and encourage one another in this setting and throughout the week to stay faithful.