



GUIDED BIBLE STUDY

Give God Five Seconds

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Highlighted Scripture

- **James 1:19 (NIV)**

"Everyone should be quick to listen, slow to speak and slow to become angry."

James addresses believers facing pressure and conflict. His instruction calls us to listen before responding, restrain our words, and resist anger. Shane applies that wisdom to the ordinary moments when irritation, discomfort, or fear tempts us to react before seeking God's direction.

Discussion Questions

- What kinds of situations most often trigger an immediate reaction from you?
- How would being quick to listen change the way you handle disagreement or frustration?
- When has a short pause helped you choose a wiser or more loving response?
- Which is hardest for you in the moment: holding your words, giving generously, forgiving, or taking an uncomfortable faithful step? Why?
- What could help you remember to invite God into your next five-second decision?

Reflection Challenge

For the next week, practice giving God a few seconds before you respond in moments of pressure. The aim is not hesitation for its own sake, but a deliberate pause that creates room to listen, pray, and choose a faithful next step.

Ask yourself:

- What am I feeling right now, and is that feeling driving my first reaction?
- Have I listened carefully before deciding what to say or do?
- What response would reflect patience, truth, and love?
- What might God be asking me to do next?

Try this:

- When irritation rises, take one slow breath before speaking.

- Pray silently, 'God, what would You have me do next?'
- Choose one concrete response: listen, stay quiet, forgive, give, help, or take the faithful step.
- At the end of the day, reflect on one five-second decision and what it revealed about your habits.

Remember

- Some of life's most important decisions happen in just a few seconds.
- Your first reaction does not have to become your final response.
- Being quick to listen creates room for wisdom and understanding.
- A faithful next step may be small, uncomfortable, and still deeply important.
- You cannot control every circumstance, but you can invite God into what you do next.
- Small decisions, repeated faithfully, can shape the direction of a life.

Prayer

Heavenly Father,

Thank You for meeting us in ordinary moments, not only in life's biggest decisions. Teach us to be quick to listen, slow to speak, and slow to become angry. When frustration, fear, or pride pushes us toward a careless reaction, help us pause and seek Your wisdom.

Give us courage to choose the next faithful step - whether that means speaking with grace, staying quiet, forgiving, giving, helping, or moving forward when we feel uncertain. Shape our small decisions so that our lives increasingly reflect Your love and truth.

In Jesus' name, Amen.