

**Message:** *Jim Class Week 2 – Cool Down*

**Scripture:** James 1:19-20

*"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires." James 1:19-20*

*"Those who are sure of themselves do not talk all the time. People who stay calm have real insight. After all, even a fool may be thought wise and intelligent if he stays quiet and keeps his mouth shut." Proverbs 17:27-28 (GNT)*

### THREE COMMANDS

**1. BE SLOW TO SPEAK** - "slow to speak" James 1:19

*"Don't talk so much. You keep putting your foot in your mouth. Be sensible and turn off the flow!" Proverbs 10:19 (TLB)*

**2. BE QUICK TO LISTEN** - "quick to listen" James 1:19

*"Before they call I will answer; while they are yet speaking I will hear." Isaiah 65:24*

*"Hear, O Israel: the Lord our God, the Lord is one. You shall love the Lord your God with all your heart, with all your soul, and with all your strength." Deuteronomy 6:4-5*

**3. BE SLOW TO ANGER** - "slow to become angry" James 1:19

*"What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have so you kill." James 4:1-2*

*"When [Jesus] was accused by the chief priests and the elders, he gave no answer. Then Pilate asked him, 'Don't you hear the testimony they are bringing against you?' But Jesus made no reply, not even to a single charge—to the great amazement of the governor." Matthew 27:12-14*