

DAILY BIBLE VERSES AND PRAYER THOUGHTS:

MONDAY - VERSES: Joshua 3:9; Deuteronomy 4:1; 7:12; 11:13; 1 Kings 22:19-23; PRAYER THOUGHT: Thank God for your ears. Beg God to help you listen to Him and His will for you as revealed in His Word. Pray for the strength to change to fit what you have heard even when it is not popular.

TUESDAY - VERSES: Deuteronomy 1:16-17; James 1:27; 1 John 3:16-18 PRAYER THOUGHT: Thank God for your ears. Ask God to help you learn to truly listen to those in need around you, listen to their needs, and help.

WEDNESDAY - VERSES: Exodus 4:10-12; 1 Corinthians 2:1-4 PRAYER THOUGHT: Thank God for the ability to speak, but more importantly for the ability to control what we say.

THURSDAY - VERSES: Job 40:3-5; Colossians 4:6; PRAYER THOUGHT: Ask God to help you speak up when you ought to and be quiet at the right times as well. Remember silence is not always golden, sometimes it is just yellow.

FRIDAY - VERSES: Ephesians 4:26; Titus 1:7; James 1:20 PRAYER THOUGHT: Thank God for emotions, even anger, but ask His help in learning to control your anger. Anger is not always sinful. We can be angry about some things, but slowly.

SATURDAY - VERSES: Matthew 5:21-22; Ephesians 4:31; Colossians 3:8 PRAYER THOUGHT: Ask God to forgive you for the times you have failed this week, and ask Him to help you have better control over your listening, speaking, and anger in the future. Don't quit working on these things!

ASSIGNMENTS

1. Read over this material and read or sing the song daily.
2. Place the scripture in a place where you will see it each day.
3. Look for ways to practice being quick to listen, slow to speak & slow to anger daily.
4. Pray for help in obeying God in listening, speech & anger.
5. At the close of day write down the ways you have practiced this scripture that day.
6. Plan to tell the class how you practiced being quick to listen, slow to speak & slow to anger and what happened, or tell how you could have practiced this scripture, but did not.

SPIRITUAL HEALTH REGIMEN WEEK 4 SWIFT TO HEAR, SLOW TO SPEAK AND WRATH

SCRIPTURE - James 1:19 - So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;
COMMENT - If in a potentially explosive situation, we listen carefully without interrupting, we will be less likely to be angered.

SONG - ANGRY WORDS

Angry words! O let them never From my tongue unbridled slip;
May the heart's best impulse ever Check them ere they soil the lip.

Love is much too pure and holy, Friendship is too sacred far,
For a moment's reckless folly Thus to desolate and mar.
Angry words are lightly spoken, Bitt' rest tho'ts are rashly stirred,
Brightest links of life are broken By a single angry word.

Let our words be sweetly spoken Let kind thoughts be greatly stirred;
Show our love to one another With abundance of kind words.

REFRAIN: "Love one another," thus saith the Savior; Children, obey the Father's blest command;
"Love one another," thus saith the Savior; Children, obey the Father's blest command;

THOUGHTS

Speaking about floored fighters, how about the fellow who was knocked to the canvas midway in the third round? Although the punch which had downed him was a light one, he didn't get up until after the ten count.

"Whatsa matter, you crazy?" demanded his manager after the fight. "You wasn't hit hard. Whyncha get up in time?"

"I was SO mad at being floored by that jerk," explained the defeated pug, "that I thought I'd better count to ten before I did anything."



His thoughts were slow, His words were few and never formed to glisten. But he was a joy to all his friends, You should have heard him listen



Recent medical research has found new evidence linking heart disease and anger. According to an Associated Press release, Dr. Redford B. Williams Jr. and some of his colleagues did a personality study on 118 students in law school. They were graded on their hostility. Twenty-five years later, 20 percent of those who had scored highest as being angry persons had died, compared with only 5 percent of those who had registered lowest.

Dr. Williams said that people who are inclined towards anger may "get furious, for instance, in slow-moving bank lines. They complain to themselves about why other customers haven't filled out their deposit slips ahead of time and may show their unhappiness by making sour faces or even surly comments to those ahead of them."

No question about it, anger is hurtful to the heart both physically and spiritually.



I have heard that if a rattlesnake is cornered, it can become so frenzied that it will accidentally bite itself with its deadly fangs. In the same way, when a person harbors hatred and resentment in his heart, he is often hurt by the poison of his own malice. He thinks he is injuring his enemies by displaying his wrath, but the real harm is inflicted deep within his own soul.

Anger can also cause us to do and say things we may deeply regret. George W. Martin tells the following true story: "I remember a fellow who once wrote a nasty letter to his father. Since we worked in the same office, I advised him not to send it because it was written in a fit of temper. But he sealed it and asked me to put it in the mail. Instead, I simply slipped it into my pocket and kept it until the next day. The following morning he arrived at the office looking very worried. 'George,' he said, 'I wish I had never sent that note to my dad yesterday. It hurts me deeply, and I know it will break his heart when he reads it. I'd give 50 dollars to get it back!' Taking the envelope from my pocket, I handed it to him and told him what I had done. He was so overjoyed that he actually wanted to pay me the 50 dollars!"

SWIFT TO HEAR, SLOW TO SPEAK, SLOW TO WRATH

Introduction

A. James 1:16-20

B. Our Tongue Gets Us in Trouble More than Almost Any Other Part of Our Body.

C. James 3:2-9

I. Swift to Hear

A. You Have Two Ears and Only One Mouth Therefore You Should Listen Twice as Much as You Speak

B. Jesus Often Said "He Who Has Ears to Hear Let Him Hear"

C. We Need Not to Be Dull of Hearing - Heb 5:11

D. Listening Brings Wisdom - Pro 1:5; 8:33; 15:31-32; 19:20

II. Slow to Speak

A. Quick Speaking Brings Shame - Prov 18:13; 29:20

B. Think Before Speaking - Prov 15:28

C. Be Sure the Time Is Right - Prov 15:23

D. When You Speak, Speak Softly and Calmly - Prov 15:1

E. Lack of Speech Control Makes Our Religion Useless -

James 1:26

III. Slow to Wrath (Anger)

A. Wrath Belongs to God - (Rom 12:17-21)

B. Outbursts of Wrath or Anger Are Not Fitting for Christians - 2 Cor 12:20; Gal 5:19-21; Eph 4:31-32; Col 3:6-10; 1 Tim 2:8

C. Being Slow to Anger Is Wise - Prov 14:17; 14:29; 15:18; Eccl 7:9

D. Do Not Keep Anger Within - Eph 4:26-27; Eccl 7:9

Conclusion

A. It's Not Always Easy to Listen with Deep Understanding, Especially If What You Are Hearing Is Not Pleasant to You

B. It's Not Easy to Refrain from Speaking When You Have a Strong Desire to Say Something

C. It's Not Easy to Control Feelings of Anger Which Cause Us to Lash out at Others

D. It's Not Easy to Make Your Religion Real and Apply it to Your Daily Life but That's What God Expects Us to Do - James 1:26; 1 Pet 3:8-12

SWIFT TO HEAR, SLOW TO SPEAK, SLOW TO WRATH

INTRODUCTION

A. (James 1:16-20) Do not be deceived, my beloved brethren. {17} Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning. {18} Of His own will He brought us forth by the word of truth, that we might be a kind of firstfruits of His creatures. {19} So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; {20} for the wrath of man does not produce the righteousness of God.

B. OUR TONGUE GETS US IN TROUBLE MORE THAN ALMOST ANY OTHER PART OF OUR BODY

C. (James 3:2-9) For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body. {3} Indeed, we put bits in horses' mouths that they may obey us, and we turn their whole body. {4} Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires. {5} Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! {6} And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell. {7} For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. {8} But no man can tame the tongue. It is an unruly evil, full of deadly poison. {9} With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God.

I. SWIFT TO HEAR

A. YOU HAVE TWO EARS AND ONLY ONE MOUTH THEREFORE YOU SHOULD LISTEN TWICE AS MUCH AS YOU SPEAK

B. JESUS OFTEN SAID "HE WHO HAS EARS TO HEAR LET HIM HEAR"

C. WE NEED NOT TO BE DULL OF HEARING - (Heb 5:11) of whom we have much to say, and hard to explain, since you have become dull of hearing.

D. LISTENING BRINGS WISDOM

1. (Prov 1:5) A wise man will hear and increase learning, And a man of understanding will attain wise counsel,
2. (Prov 8:33) Hear instruction and be wise, And do not disdain it.
3. (Prov 15:31-32) The ear that hears the rebukes of life Will abide among the wise. {32} He who disdains instruction despises his own soul, But he who heeds rebuke gets understanding.
4. (Prov 19:20) Listen to counsel and receive instruction, That you may be wise in your latter days.

II. SLOW TO SPEAK

A. QUICK SPEAKING BRINGS SHAME

1. (Prov 18:13) He who answers a matter before he hears it, It is

folly and shame to him.

2. (Prov 29:20) Do you see a man hasty in his words? There is more hope for a fool than for him.

B. THINK BEFORE SPEAKING - (Prov 15:28) The heart of the righteous studies how to answer, But the mouth of the wicked pours forth evil.

C. BE SURE THE TIME IS RIGHT - (Prov 15:23) A man has joy by the answer of his mouth, And a word spoken in due season, how good it is!

D. WHEN YOU DO SPEAK, SPEAK SOFTLY AND CALMLY - (Prov 15:1) A soft answer turns away wrath, But a harsh word stirs up anger.

E. LACK OF SPEECH CONTROL MAKES OUR RELIGION USELESS - (James 1:26) If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one's religion is useless.

III. SLOW TO WRATH (ANGER)

A. WRATH BELONGS TO GOD - (Rom 12:17-21) Repay no one evil for evil. Have regard for good things in the sight of all men. {18} If it is possible, as much as depends on you, live peaceably with all men. {19} Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord. {20} Therefore "If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head." {21} Do not be overcome by evil, but overcome evil with good.

B. OUTBURSTS OF WRATH OR ANGER ARE NOT FITTING FOR CHRISTIANS -

1. (2 Cor 12:20) For I fear lest, when I come, I shall not find you such as I wish, and that I shall be found by you such as you do not wish; lest there be contentions, jealousies, outbursts of wrath, selfish ambitions, backbitings, whisperings, conceits, tumults;
2. (Gal 5:19-21) Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, {20} idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, {21} envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.
3. (Eph 4:31-32) Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. {32} And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.
4. (Col 3:6-10) Because of these things the wrath of God is coming upon the sons of disobedience, {7} in which you yourselves once walked when you lived in them. {8} But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. {9} Do not lie to one another, since you have put off the old man with his deeds, {10} and have put on the new man who is renewed in knowledge according to the image of Him who

created him,

5. (1 Tim 2:8) I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting;

C. BEING SLOW TO ANGER IS WISE

1. (Prov 14:17) A quick-tempered man acts foolishly, And a man of wicked intentions is hated.

2. (Prov 14:29) He who is slow to wrath has great understanding, But he who is impulsive exalts folly.

3. (Prov 15:18) A wrathful man stirs up strife, But he who is slow to anger allays contention.

4. Eccl 7:9) Do not hasten in your spirit to be angry, For anger rests in the bosom of fools.

D. DO NOT KEEP ANGER WITHIN

1. (Eph 4:26-27) "Be angry, and do not sin": do not let the sun go down on your wrath, {27} nor give place to the devil.

2. (Eccl 7:9) Do not hasten in your spirit to be angry, For anger rests in the bosom of fools.

CONCLUSION

A. IT'S NOT ALWAYS EASY TO LISTEN WITH DEEP UNDERSTANDING, ESPECIALLY IF WHAT YOU ARE HEARING IS NOT PLEASANT TO YOU

B. ITS NOT EASY TO REFRAIN FROM SPEAKING WHEN YOU HAVE A STRONG DESIRE TO SAY SOMETHING

C. ITS NOT EASY TO CONTROL FEELINGS OF ANGER WHICH CAUSE US TO LASH OUT AT OTHERS

D. ITS NOT EASY TO MAKE YOUR RELIGION REAL AND APPLY IT TO YOUR DAILY LIFE BUT THAT'S WHAT GOD EXPECTS US TO DO

1. (James 1:26) If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one's religion is useless.

2. (1 Pet 3:8-12) Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; {9} not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing. {10} For "He who would love life And see good days, Let him refrain his tongue from evil, And his lips from speaking deceit. {11} Let him turn away from evil and do good; Let him seek peace and pursue it. {12} For the eyes of the LORD are on the righteous, And His ears are open to their prayers; But the face of the LORD is against those who do evil."

James 1:19 Wherefore, my
beloved brethren, let every man be

swift to hear,

slow to speak,

slow to wrath: