

The Book of James:  
Ancient Wisdom for Modern-Day Times  
Week Three: March 3, 2024

### **How do you deal with anger?**

*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)*

1. Be eager to listen.
2. Be eager to be quiet.
3. The ability to control our anger.

### **How do we face our anger?**

*Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do. (James 1:21-25)*

1. We face our anger with the Word of God.
2. We face our anger with the Words of Jesus.
3. We face our anger with healing and forgiveness.

### **How can we live a life controlled by God and not by anger?**

*Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world. (James 1:26-27)*

1. Worship to God (not to ourselves).
2. Words to Glorify God (not ourselves).
3. Actions to Reveal God (not ourselves).

**Small Group Discussion Questions:**

1. Out of a scale of 1-10 (1 meaning low and 10 meaning high), how good is your active listening skills? Why did you rate yourself as you did?
2. How have you faced your anger in the past? Share a practical skill which has helped you face your anger.
3. How can you realistically let God control your life (rather than your anger)? Write a list in prayer of how God can heal you from anger.

**News and Notes**

March 10, Baptism class at 1:30pm.

March 17, Pastor Terry Wong speaking.

March 29, Good Friday Service at 10:30am.

March 30, Easter Brunch Event at 10:00am-1:00pm.

March 31, Easter Services (with water baptism).

May 31-June 2, SAVE THE DATE: VCPC 75<sup>th</sup> Anniversary. Details will be released shortly.