



Date: February 1, 2025
Title: Rooted, Not Reactive

¹⁹ My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires. ²¹ 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. James 1:19-21

Big Idea: Spiritual maturity grows not through reactive counterfeits, but through humbly receiving God's Word.

¹⁹ My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. James 1:19

Even a fool is thought wise if he keeps silent, and discerning if he holds his tongue. Proverbs 17:28

- The Message: Even dunces who keep quiet are thought to be wise; as long as they keep their mouths shut, they're smart.

For the anger of man does not produce the righteousness of God. James 1:20

Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls. James 1:21

- **put away**
- **receive with meekness**

Counterfeit #1: Reaction Over Reflection

- We assume fast responses equal maturity.
- James says maturity looks like restraint.

Counterfeit #2: Expression Over Obedience

- The world says healing comes from saying everything you feel.
- Scripture says healing comes from yielding to what God says.

Counterfeit #3: Control Over Trust

- Human anger often grows where we seek to control.
- James invites us to surrender to the Word God has already planted.

BREATH PRAYER

Step 1 – Slowing the heart

- Inhale: “Lord, slow my heart.”
- Exhale: “Quiet my reactions.”
- (Repeat once)

Step 2 – Releasing control

- Inhale: “I release my anger.”
- Exhale: “I release my need to control.”
- (Repeat once)

Step 3 – Receiving the Word

- Inhale: “I receive Your Word...”
- Exhale: “...with humility.”
- (Repeat twice)

Step 4 – Rooting deeply

- Inhale: “Plant Your truth deep in me.”
- Exhale: “Let it shape my life.”
- (Repeat once)

Step 5 – Sending us out

- Inhale: “Form my responses, Lord.”
- Exhale: “Produce Your righteousness in me.”