

Bible Experience

James 1:19-20

My dear brothers and sisters, be quick to listen, slow to speak, and slow to get angry. 20
Your anger can never make things right in God's sight. NLT

Things you will need:

Your Journal
Worship CD
A box of crayons
Plain white paper

1) Read it

This is a passage of scripture that needs to be read out loud. So read it out loud with gusto. Really listen to the words as you read them. Let the truth bounce around inside of you. Really absorb it.

2) Write about it

Consider the meaning of the scripture. How does it apply to your life? Ask God to give you insight about how these verses speak to your life. Write down any thoughts or pictures that he gives you.

Make sure you spend time just being quiet. Relax and allow God to speak to you in the still, small voice of His Holy Spirit.

3) Memorize it

This is a very important verse to memorize. It was the theme verse of my life at one point. Anger does not bring about anything Godly in your life. Really learn these verses. Repeat them on a daily basis.

What really works for me to memorize scripture is to write it down. Write it down 5 times. Each time you write it, try to do it as much as you can without looking at the verses.

Then after each time you finish writing it, try to say it out loud without looking. You will be amazed at how quickly it will become yours.

Remember not to give up. These verses are important. If 5 times writing them are not enough, take as much time as you need.

4) Draw it

With your favorite worship music playing, pray to God and ask Him to identify the “trigger points” in your life that make you angry.

Draw a picture of as many trigger points as you can identify. Use colors that indicate anger (red, orange, black, etc.)

Now consider how you could react in those situations that would drain away your anger. The solutions in the scripture are good ones. Listen more, talk less, and be slow to get angry. In other words, be the master of your emotions.

Proverbs 15:1 tells us that “A gentle answer will turn away wrath, but harsh words stir up anger.” Dialing back the intensity of your words is a good way to defuse anger. Consciously speak softly (almost in a whisper) and watch in amazement as the anger and hostility is drained out of a situation.

Being slow to talk is also very important. Don’t react to what the other person is saying. Consider and weigh your words carefully before you respond. I don’t know about you. But I normally end up wishing I could take back most rash statements that I make.

Also really listening to the other person is critical. Be willing to admit any fault that is on your part, and don’t just be looking for what’s wrong with the other person.

After considering these things, draw them. Draw yourself reacting with the love of God instead of anger. Really see it in your head and then draw it.

It doesn’t matter if all you can draw is stick figures. Just putting it down on paper is very powerful.

5) Meditate on it

Carry the picture around with you in your purse or wallet. Look at it on a regular basis. Ask God to help you deal with the anger in your life. Allow the scripture to change your life.