

Scriptures Shaping Us - Quick

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James 1:19

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Reflection & Discussion Questions

Some scriptures shape us more than others

The God of the universe decided that words could work wonders.

*Do you have a 'life verse' or a passage you are finding particularly shaping right now?

Read and discuss James 1:19(NIV)

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

*What is this passage saying? What does it tell us about God?

*What is this passage saying to us?

There is power in listening

It is a spiritual superpower; we listen not to hear but to understand.

*How well do you feel listened to? Who listens to you like your words have weight and value?

*When has listening well helped you understand something you wouldn't had you only 'heard'?

*What are obstacles for you in listening well?

Being slow to speak means you will say less

What you say will carry more power.

*What seems to be the connection between how powerfully Jesus listened and how powerfully he spoke?

*Who is a good example of a quick listener/slow speaker in your life?

We can get better at being quick to listen

If you are a 25% listener, you can practice getting comfortable with silence.

If you are a 50% listener, you can practice asking a good question and then being quiet.

If you are a 75% listener, you can practice setting aside judgement and treating the speaker as the most important person in the world.

100% listeners do these things AND listen to the voice of the Holy Spirit.

*What level do you think you are at in your quickness to listen?

*Is there any practice you have that helps you listen well to the Holy Spirit in conversations?

*What could be your practical next step in moving up a level?

Visual reflection (Visio Divina)* [Untitled](#) by Rene Magritte

Song for reflection [Hearing](#) by Sleeping at Last

*Visio divina – a thoughtful and slow way of contemplating a visual prompt like a piece of art, photograph or image and inviting God to speak to you through it. First, focus on the detail that your eyes are drawn to right away – keep focus there and pay attention to what thoughts and emotions you are having. Then, look at the entire image and consider it as a whole, being aware of thoughts, questions and emotions it provokes. End in silence and prayer, considering your experience and anything you feel called to respond to.