



Conversations On Who We Are Becoming

Week 2: Conversations about doing hard things

Opening Questions

1. Describe the hardest thing you had to do while navigating the difficult waters of high school. What is the hardest thing you had to do when you were a teenager?
2. How do you feel at this moment? Choose one or more feeling words like anger, fear, down, loved, sad, stressed, awkward, content, peaceful, anxious, guarded, optimistic, unsettled, surprised (*that you are asking this question!*), or something else.

Opening Prayer

God our Father, you have made yourself known in your Son Jesus Christ. Pour out your Holy Spirit upon us that we may see Jesus with fresh eyes. Continue to form our hearts in love so that we may long for what you desire and walk in the ways of Jesus. Give us the courage of heart to reject the ways of the world and embrace the ways that lead to life. In Jesus' name. Amen.

Scripture

Read James 1:19-25 slowly and out loud. Read it twice if that is helpful.

You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

Reflection Questions

1. What word, phrase, or image stands out to you?
2. What happens when we reverse James' instructions and are quick to *speak* and slow to *listen*?
3. What active skills are necessary to listen well during this angry and divided time in our world?
4. What role if any does anger play in our lives if anger does not produce God's righteous justice?
5. Why do so many Christians bear the label "hypocrite" in the eyes of so many outside the Christian faith?
6. Why is it so hard for us to act upon what we believe?

Final Questions

1. Finish this sentence: In light of our discussion today, I believe God is inviting me to _____ . What's God's invitation for you today?
2. What new things can you start doing this week that would help you become a more patient, more aware, less angry, and listening-and-then-acting kind of person?