



A Heart Like His

Session #4

James 1:19-27

"The Mirror of Truth"

Start

- How many times a day would you say you look into a mirror? Do you think this is more or less than the average person? Why do you typically look in the mirror?
- How well do you think people in our society listen to each other? Compared to other people, how well do you listen? Explain.
- When you hear the word 'meek' what images jump into your mind? Would you prefer to be described as a 'meek' person? Why or why not?
- Read James 1:19-27**

Watch

Use the space below to take notes while you watch the video.



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Discuss

- What words would you use to describe our society? Explain your thoughts.
- James says, "Everyone should be quick to hear, slow to speak and slow to anger." How well do you think people in our culture demonstrate this? How well do you think Christians demonstrate this? How would you rate yourself at doing these things? Explain.
- Would you say that anger is a problem in our society? Why or why not?
- James calls us to "Be slow to anger because anger does not produce the righteousness of God." Do you find this difficult to do? Why or why not? What types of things seem to make you most angry?
- What does it mean to be 'meek'? How was it illustrated in the video? What does 'meekness' have to do with the 'hearing' that James talks about?
- The video talked about the mentality that believes, "The more I hear and take in, the better I must be doing." Do you think this is a problem for Christians in our culture? Why or why not? Have you ever found yourself falling into this trap?



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- James described the 'perfect law of freedom' as a mirror for our souls. In what ways is this true? Have you ever thought about the teachings of Jesus acting like a mirror in your life? How might this mentality change the way that you approach God's Word?
- What part of the video stood out to you the most? Why? What is one thing you can take from this lesson and apply to your life this week?