
LIFE IN THE
WORD SERIES:
Managing Our
Emotions

Lesson Ten:

Slow to Speak

Ephesians 4:31

But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.

What we are on the inside matters more than what happens on the outside.

James 1:19-20

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.

Lesson Ten:

Slow to Speak

“Quick to hear.”

Wisdom begins when we listen more and talk less.

“Slow to speak.” Ecclesiastes 5:2

God is in heaven and you are on earth. Therefore, let your words be few.

"Speak when you are angry and you'll make the best speech you'll ever regret."

“Slow to angry.”
James 1:19

“Don’t get worked up into a rage so easily.”

Proverbs 16:32

Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

James 1:20

Human anger does not produce the righteousness that God desires.


STEP ONE:
Quick to Listen

Proverbs 13:10

Pride leads to conflict;
those who take advice
are wise.

Proverbs 18:2

A fool takes no pleasure in understanding, but only in expressing his opinion.


STEP TWO:
Slow to Speak


STEP THREE:
Slow to Angry

The rhythm of quick, slow, slow begins with God.

"Speak in such a way that others love to listen to you. Listen in such a way that others love to speak to you."