**James 1:19-25**

**19** My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, **20** because human anger does not produce the righteousness that God desires. **21** Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

* Thank You Jesus for the example You are to us, of someone who while on Earth was quick to listen, slow to speak and slow to become angry. God, You have always embodied those traits, and I thank You for that today too.
* Those words are easy to say, but much, much harder for me to put into daily practice. Teach me to stop, and listen before interrupting or responding.
* Instead of doing so many things quickly, at the same time, help me to slow down.
* Help me have a slower pace when I’m with You too. I want to linger with You, unhurried.
* Similarly to weeding a garden, please take out of me, that which is doing me no good, but is only taking precious energy and space. I confess to You…
* Thank You that I have Your Word planted in me and not just those pesky weeds of sin. **I accept Your Word. I accept Your truth.** Holy Spirit change me, by the power of Your Word.

**22** Do not merely listen to the word, and so deceive yourselves. Do what it says. **23** Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror **24** and, after looking at himself, goes away and immediately forgets what he looks like. **25** But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

* Again, so many things are easier to talk about than to actually do. Help me be a person of Your Word. Deepen my hunger for Your Word and my commitment to obedience of that Word.
* When I get off track, direct my gaze back to Your Truth and not my own performance, or anyone else's. I intently look into Your Word to be my guide.
* Help me to not overcomplicate things. Help me remember the greatest commandments that You’ve given me, to love God, and to love others.
* As I’m loving and learning this week, please help me remember that You love them the most. Help me with my interactions with …

**To my God whom I can always trust to keep His Word,**

**In Jesus’ name, Amen.**