



# MOVEMENT

Week 2

## BREAKING THE ICE

What is one scripture that stuck out to you from your James reading this week?

What are some themes you came across in your James reading that you can incorporate into your life?

What did you learn about temptations, trials and how you face them last week through the James reading plan?

## MAIN CONTENT

As we continued in our Movement series on Sunday, we had the opportunity to hear from our good friend Jeff Henderson.

Jeff started the message by talking about taking the movement of Jesus and passing it to the next generation, that is the movement we get to be a part of. When we serve and help others find a place and purpose in our church, Nashville and our world, we are part of a movement to help people know Jesus.

1. Where do you see yourself as part of the movement of what God wants to do?

Read James 1:19-27

Behind every movement is a moment. Moments turn into movements. Conversations, acts of courage and moments of ingenuity can turn into movements.

In the book of James, we are reminded to pay attention to how we interact with others and our daily conversations. These moments can produce a movement in someone.

The way we change moments to movements is to be quick to listen.

2. How much do you listen to others? How many questions do you ask in a conversation?

A listening tip Pastor Jeff gave us was: As you listen to someone you say, "What I hear you saying is..." This comment of clarity is critical to help people know you are listening to them.

But, it's important to know who we listen to as well. Jeff told us another piece of advice for listening is, "Who you listen to is a preview of the future you."

3. Who is the biggest voice in your life? How has their voice been influential in your life? What unhelpful voices do you need to silence in your life?

Another way we make moments into movements is to be slow to speak. We have to want to make a difference and not respond too quickly. Some things are worth discussing, sometimes we need to slow down, pray and wait with our words of response.

4. Are you quick to speak or slow to speak? How easy is it for you to slow down your responses in situations that may frustrate you?

The third thing that helps us take moments into movements is to be slow to anger. Anger can make us do foolish things. We have to think smart instead of getting angry. One way to get through our anger is by writing it out.

5. How do you get your anger out? What kinds of things do you need to write out and give to God right now?

When we are quick to listen, slow to speak and slow to anger we allow ourselves time to hear from God and do what HE says, rather than what we think we should do.

6. Who is someone in your life that is quick to listen, slow to speak and slow to anger? How has the way they live their life been influential to you?

## CLOSING PRAYER

God thank you for reminding us this week that you bring us good gifts. You love us and want the best for us. Help us to slow down and really listen to those around us. Give us the words to say at the right time and come to you with our anger instead of responding quickly. Holy Spirit walk with us and through us in everything we do. Help us see the moments you give us as opportunities to be a part of the movement you want to accomplish through us. Amen.

## ACTION STEP

+ Continue with the Movement reading plan and listen to this week's Movement Podcast release on Thursday at <https://crosspoint.tv/movement/>. Follow the questions in the reading plan, journal what God is teaching you as you read the book of James and ask your questions about James on Cross Point's Instagram for a chance for them to be answered on the podcast.

+ Throughout the week take note of what kind of listener you are. Ask clarifying questions as you speak to someone. Ask God to guide your conversations and help you hear from Him in everything you do.