# **The Looking Glass (Part 1): Defuse**

James 1:19-21

# Instructions

• Will you take your Bibles and turn to James 1:19-21?

• Please search the Scriptures with us. We’re in the New Testament, which is in the last quarter of the Bible. Don’t be afraid to use your index.

• If you don’t have a Bible but have a smartphone, you can download the Y-O-U Version Bible App. Once you download it, you can go to the “More” tab, tap “Events,” and find Mt. Carmel Baptist Church, and you can see the Scripture, notes, quotes, and references.

# Context

In this section of Epistle of James, James, Jesus’ brother, shifts from instructions about life’s difficulties to pragmatic thoughts on the full implications of faith in Jesus. James reminds us a wise person will learn to control anger and eliminate one of the most common sources of hateful speech. James shows here by God’s grace and the work of the Spirit, the person can be transformed to bring emotions in line with God’s Word and will.

# The Question

• How can we defuse?

# Bible Verse

**James 1:19-21 CSB**

My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger,

for human anger does not accomplish God’s righteousness.

Therefore, ridding yourselves of all moral filth and the evil that is so prevalent, humbly receive the implanted Word, which is able to save your souls.

## Explanation

* John Cassian, “As long as this [sinful anger] in our hearts, and blinds with its hurtful darkness the eye of the soul, we can neither acquire right judgment and discretion, nor gain the insight which springs from an honest gaze, or ripeness of counsel, nor can we be partakers of life, or retentive of righteousness, or even have the capacity for spiritual and true light.”
	+ “An angry person acts without \_\_\_\_\_\_\_.”
		- **Proverbs 14:17 CSB** A quick-tempered person acts foolishly, and one who schemes is hated.
	+ “An angry person provokes \_\_\_\_\_\_\_.”
		- **Proverbs 29:22 CSB** An angry person stirs up conflict, and a hot-tempered one increases rebellion.
* Ed Stetzer, in *Christians in the Age of Outrage,* writes, “Unflinching devotion to a tribe not only pushes us to fight against issues that are not connected to the gospel and don’t advance the mission of God, but it also affects how we view others who disagree with us. They become opponents we have to beat rather than lost people made in the image of God whom we are to love and extend God’s grace to. Our true fight is not against those who are hurting in the world; it is against the sinful and demonic forces of darkness.”

# Big Idea

We defuse by \_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_!

* **Jeremiah 31:33 CSB** “Instead, this is the covenant I will make with the house of Israel after those days”—the Lord’s declaration. “I will put my teaching within them and write it on their hearts. I will be their God, and they will be my people.

# Pray

“Dear Jesus, I confess I am a sinner and deserve judgment and hell, but I believe You love, came to this earth for me, lived a sinless life, and died on the cross for my sins. I believe God raised you from the dead to forgive me. Please forgive me, come into my life, and grant me eternal life in You name. Help me to glorify you in all I do. In Jesus’ name, Amen.”

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Thank You, Lord, for Your Word. Hold it continually before me, and bring me to hear it preached and taught. May it be rooted deep inside me, that it may transform me into Your righteous servant. Amen.