

## The Truth About Reactions

### Discussion Questions

#### 1. Quick to Hear

- James encourages us to be "quick to hear." How can actively listening to others change the dynamics of our relationships? Can you share a personal experience where listening first made a difference?

#### 2. Power of the Tongue

- The sermon emphasizes that our words can direct our lives. How have you experienced the impact of your words in your own life? What steps can you take to ensure your words are more constructive and positive?

#### 3. H-A-L-T Strategy

- Reflecting on the H-A-L-T strategy (Hurt, Angry, Lonely, Tired), how do you recognize when you're in one of these states? What strategies can you employ to manage your reactions during these times?

#### 4. Seeking Wisdom

- The importance of seeking God's wisdom before reacting is highlighted. What practices do you find helpful in seeking God's guidance? How can you encourage one another to do this in challenging situations?