



John Battaglia, D. Min.  
PO Box 891, Jefferson City, MO 65102  
573-355-4161//Twitter @johnabattaglia  
John.battaglia@capitolcom.org

## “Listen and Do”

**Weekly Bible Study Schedule**  
**Tuesday, February 12, 7:00-7:55 AM in HHR #5**  
(hot breakfast provided)  
**Capitol Commission is non-partisan and**  
**non-denominational**

In **Summary**, influenced by the words of Jesus and the Proverbs was James’ teaching. Notable teachings of Jesus are found in what is known as the Sermon on the Mount {Matthew 5-7}. Proverbs, especially, chapters 1-9, read by James as a source of Scripture and to gain wisdom. The pinnacle of the TORAH (Old Testament Law) is to love God and to love people. The call to wisdom is to live according to the teaching of Jesus.

### **1:19: Understand this**

Followers of Jesus, I have a very important message for you. Lean in and listen. Break away from distractions and white noise.

### **1:19: Quick to Listen**

An essential ingredient to a healthy relationship with God and people is to listen.

Without the listen factor, reaction leads the way, when proactivity offers a better path to oneness. True in many areas of life: marriage, friendship, employer-employee relationship, leader-follower relationship and unity with involved persons.

Without the listen factor, assumption leads the way, when curiosity offers understanding and perspective.

Without the listen factor, judgement leads the way, when justice offers value and respect to others.

### **1:19: Slow to Speak**

To slow down the flow of words gives opportunity to Choose deliberately one’s words. Think words of life. Speak words of life. Do not waste your words.

*Death and life are in the power of the tongue, and those who love it will eat its fruits. Proverbs 18:21*

Words that encourage, build up, and give hope, result in life to the hearers. We all want encouragers around us.

What is for dinner? The words one sows one eats. The words one eats enters the heart. The ways of the heart exit one’s mouth. The words out of a person’s mouth reveal what is in one’s heart.

*For out of the abundance of the heart the mouth speaks  
Matthew 12:34*

*For as he thinks in his heart, so is he  
Proverbs 23:7*

Speaking deadly words to others or oneself ends badly. My mother taught me that if I do not have anything good to say, do not say it.

*Even fools are thought wise when they keep silent; with their mouths shut, they seem intelligent. Proverbs 17:28*

The best time to prevent hurtful words, sharp words, and misleading words is before speaking them.

Not only do your words reveal your heart and motives to others, they inform Satan to what is on your mind. He cannot read your mind. He identifies your weakness from your words. He knows your thoughts by your words.

How you emote words makes a difference. How you pray changes circumstances. What you declare has the power to determine your destiny.

### **1:19: Slow to Anger**

Anger might range from annoyance all the way to hostility.

Slow to speak helps prevent anger, manages emotions, fuels critical thinking. If conflict is present, reduce its speed by slowing down spoken words. Verbosity insights arguments. Controlled speech prevents blow-ups.

What triggers your anger? How do you resolve anger? Perhaps failed expectations instigate anger. When one is defrauded, violated or victimized promotes anger.



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When is anger appropriate, if ever?

*Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life. Ephesians 4:26-27*

### **1:20: Human Anger**

In the Greek, the original language of the New Testament, it translates, a man's/woman's anger. Human anger does not produce righteousness, or translated in the Greek, justice.

Human anger works against character. God lays out a better path.

*the Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God. Micah 6:8*

Anger blurs justice. Unchecked anger misses the mark of righteousness. Unresolved anger injures the object of its force. A gateway to destructive relationships, and a downward spiral, like an invading cancer.

### **1:21: Rid all the Spoiled Virtue and Cancerous Evil in your Lives**

What is in your heart? What do you need to rid from your life? What cancer is in need of healing?

### **1:21: Humbly Accept the Word God has Planted in your Hearts, for it has the Power to Save your Souls**

Humility accepts correction which changes your perspective toward God's view. Acknowledge God is the greater we are the lessor. God, the father of good gifts, planted His Word into the hearts of followers to bear life giving fruit, and not weeds. Unresolved Anger is weeds. Speaking words of death are weeds. Verbosity is weeds. When we accept what God offers His power is released; His power saves us from our sin, disease, and spiritual death.

In what ways did God plant His Word into your hearts? What is planted in your heart? Not sure, listen to your spoken words to others, to yourself, and to God.

The way to cultivate God's plant in you is to lean into Jesus. Time with Jesus in prayer, in Scripture, in worship, and in friendship. Time with the community of faith. Daily living out your faith with those outside the faith.

Believe that God loves you, and that He has a wonderful plan for your life.

### **1:22: Do not just Listen to God's Word**

As good as listening is when engaging others when it comes to God's Word listening without action hinders one's spiritual development.

### **1:22: You Must do What it Says**

Take action. Convert knowledge into praxis. Align your words with your values, and values with your beliefs, and decisions made from your biblical worldview.

### **1:22-25: Otherwise, you are Only Fooling yourselves. For if you Listen to the Word and don't Obey, it is like Glancing at your Face in a Mirror. You see yourself, Walk Away, and Forget What you Look Like. But if you Look Carefully into the Perfect Law that Sets you Free, and if you do What it Says and don't Forget What you Heard, then God will Bless you for doing it.**

The perfect law is to love God, and to love people. Jesus did it; He challenged the Pharisees, religious leaders, to live it, and taught His followers what love looks like, and to be love.

### **1:26-27: If you Claim to be Religious but don't Control your Tongue, you are Fooling yourself, and your Religion is Worthless. Pure and Genuine Religion in the Sight of God the Father means Caring for Orphans and Widows in their Distress and Refusing to let the World Corrupt you.**

Serve others: be a voice for the voiceless.

Sanctification: be set apart from the world and bear the fruit of God.

