



Welcome to our final week in the “Help! My Family is Crazy” series! Today, we’re discussing communication—the kind that feels “crazy” to the world because it’s rooted in the wisdom of God. James 1:19 gives a countercultural approach: “be quick to hear, slow to speak, and slow to anger.” This verse could transform how your family handles conflict, misunderstandings, and emotions when practiced. Our goal in this discussion is to reflect honestly, apply practically, and walk away with one specific way to communicate more like Christ.

Key Passage: James 1:19

Discussion Questions:

1. What are the three main commands in James 1:19, and how do they contrast with our natural responses in conflict?
2. Why do you think listening is listed first in James 1:19? What does that teach us about priorities in our communication?
3. Think about a recent conflict. How could the outcome have changed if you had applied James 1:19?
4. How can you practically train yourself to be “slow to speak” in high-stress moments this week?
5. What role does your family of origin play in how you communicate? What patterns did you inherit?
6. In his letter, James later compares the tongue to fire (James 3). In what ways have your words recently helped “build a fire” or “put one out”?
7. When is the hardest time for you to listen well? What does that reveal about your emotional maturity or spiritual walk?
8. Do you think most family communication issues are rooted in skills, emotions, or spiritual condition?
9. What’s one new “family communication agreement” you could create this week based on James 1:19?