

# How to Keep Your Cool in Tense Situations

*A Study on the Book of James*

James 1:19-27

## **A SIMPLE PLAN**

*In tense situations, wise people choose...*

### **① A CAREFUL REACTION**

(James 1:19-20)

LISTEN UP!

QUIET DOWN!

CALM DOWN!

### **② A COMPLETE SURRENDER**

(James 1:21)

GET CLEANED UP

GET TEACHABLE

### **③ A COMMITMENT TO ACTION**

(James 1:22-27)

A CONTROLLED MOUTH

A CARING HEART

A CLEAN MIND

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A \_\_\_\_\_ MOUTH

A \_\_\_\_\_ HEART

A \_\_\_\_\_ MIND