

# Fit Check

## Small Group Discussion Questions

*James 1:19-27*

- 1. Being quick to listen and slow to speak or get angry positions us to receive what God wants to say.** Which of these tends to be hardest for you: listening well, holding your words, or keeping your anger in check?
- 2. God's truth cannot take root in us while we are still holding onto things that need to be removed.** Is there something in your life right now that you sense needs to be put away so truth can take deeper root?
- 3. It is possible to hear the truth clearly and still walk away unchanged by it.** Why do you think it is so easy to hear something true and forget it almost immediately afterward?
- 4. Real faith does not just look at itself; it perseveres and shows up in action.** What is one place in your life where your actions and your beliefs are not quite lining up yet?
- 5. How we speak and whom we care for are both real measures of genuine faith.** Who is someone hurting or overlooked that you could show up for this week as an expression of your faith?
- 6. Knowing what is true and actually living it out are two very different things.** What is one truth you already know that you sense God inviting you to finally start living out?

**Takeaway:** Knowing the truth is not the same as living the truth.