

HOW PEOPLE CHANGE

JAMES 1:19-27 // PASTOR ROGER FREEMAN

MAY 19, 2019

When I respond to God in faith I experience change that is practical (v. 19-21), pervasive (v. 22-25), and personal (v. 26-27).

GROUP DISCUSSION QUESTIONS

What did the sermon help you think about? Were there any particular points Pastor Roger made that you can apply right away? What does the first step toward changing look like?

How does James 1:22-25 support the idea that real faith brings real change? What are some practical changes in your behaviour that come specifically as a result of your faith? What else do you believe will change as you continue to grow?

Do you think the TANGO tool explained in this sermon (see reverse page) is a good way to help you be quick to listen, slow to speak, and slow to anger? What part of the TANGO do you need to work on developing?

James 1:27 moves us to think beyond what needs to change in ourselves to what needs to change in the world around us. How are you practically addressing the needs of the most vulnerable people around you? If you could do more with assistance from your small group, what would that look like?

THE TANGO TOOL

The TANGO acronym is used in our counselling to help people slow conversations down so that they don't quickly escalate into an unhelpful argument. The resource is offered as a handout at http://hopecouples.com/resources/TANGO_card.pdf

T - **Tell** what happened, directly and briefly.

A - Explain how what happened **affected** you (feelings).

N - Give a **nurturing** statement that encourages what you see as good in the other person.

G - reflect what you heard to make sure you understood. Try to **get** their perspective.

O - **Observe** how this conversation is affecting you both right now.

TANGO RULES:

1. Take turns being the leader of this dance. Only one listener and speaker at a time.
2. Be brief when you're the speaker.
3. Don't try and solve the problem. Just work to understand the other person's perspective, feelings, and hopes for the issue.
4. If either of you feel emotionally flooded, take a break and cool down.
5. Affection, valuing statements and tender touch is needed. Being positive will make the conversation go well.