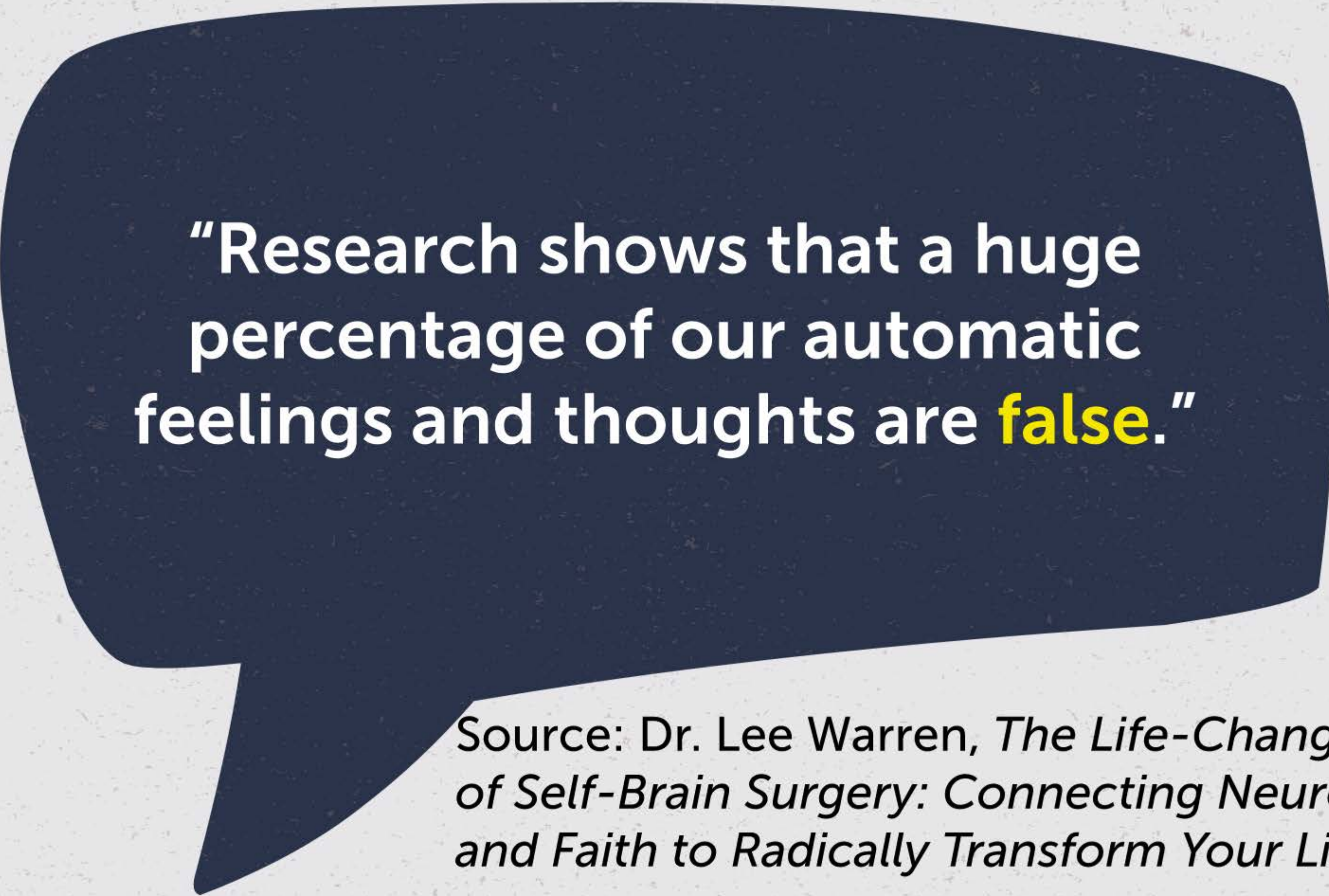




TALK IS CHEAP

A STUDY OF JAMES



"Research shows that a huge percentage of our automatic feelings and thoughts are **false."**

Source: Dr. Lee Warren, *The Life-Changing Art of Self-Brain Surgery: Connecting Neuroscience and Faith to Radically Transform Your Life*

WHY do we lie to ourselves
and **HOW** do we stop?

TALK IS CHEAP
A STUDY OF JAMES

Sometimes we tell ourselves untrue stories...



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- about our trials (James 1:2-4)



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- about our trials (James 1:2-4)
- about our prayers (James 1:5-8)
- about our poverty or wealth (James 1:9-11)
- about our temptations (James 1:12-18)



¹⁹ Know this, my beloved brothers: let every person be **quick to hear, slow to speak, slow to anger**; ²⁰ for the anger of man does not produce the righteousness of God. ²¹ Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted **word**, which is able to save your souls.

James 1:19–21

ESV

²² But be doers of the word, and not hearers only, **deceiving yourselves.**

James 1:22

ESV

²³ For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. ²⁴ For he looks at himself and goes away and **at once forgets** what he was like.

²⁵ But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but **a doer who acts**, he will be blessed in his doing.

²⁶ If anyone **thinks he is religious** and does not bridle his tongue but deceives his heart, this person's **religion is worthless.**

²⁷ Religion that is pure and undefiled before God the Father is this: to visit **orphans** and **widows** in their **affliction**, and to keep oneself **unstained from the world**.

Don't **talk yourself out of
the new life God is offering you.**

