

Discussion Questions for “The Marks of Transformation”
James 1:19-27, Pastor Trey Sonnenberg, Weekend of March 15, 2026

Outline:

Three Marks of Transformation (How do we respond to God’s Word?):

1. Humility - with a heart that receives the Word (vv. 19-21)
A new creation allows God’s Word to instruct them. They listen!
2. Obedience - with a life that practices the Word (vv. 22-25)
A new creation applies God’s Word to their lives. They act!
3. Integrity - with a faith that shapes the whole person (vv. 26-27)
 - a. Do my words reflect a life that knows and loves Jesus?
 - b. Are my heart and hands moved for those who have need?
 - c. Where has worldly influence crept into my life?*A new creation is not half-hearted in their devotion. They love!*

Questions:

1. When you read James 1:19–27, what phrase, command, or image stands out to you the most, and why do you think it catches your attention?
2. James says we should be “*quick to hear, slow to speak, and slow to anger.*” Why do you think anger often makes it difficult for people to truly connect with one another, and also in this case, hear from God’s Word?
3. James tells believers to be *quick to hear, slow to speak, slow to anger.* Where do you see the opposite of this pattern most clearly in our culture today? What effect does that have on people’s ability to receive truth?
4. Why might simply hearing the truth create a false sense of spiritual health? Why do you think it is so easy for people—especially those who have been around church a long time—to mistake hearing truth for living it?
5. James compares God’s Word to a mirror. What does this analogy teach us about the purpose of Scripture in our lives, and what might it look like to “look intently” into it rather than glance at it and walk away?
Bonus: Why might people sometimes avoid looking closely into that “mirror”?
6. Can you think of a time when God’s Word exposed something in your life that needed to change? What helped you respond instead of ignoring it?
7. In verses 26–27, James gives three concrete examples: controlling the tongue, caring for the vulnerable, and remaining unstained from the world. Why do you think James chooses these particular areas as indicators of genuine faith? What do they reveal about the kind of transformation God’s Word produces?
8. Which area—your speech, your compassion for those in need, or your separation from worldly values—most reveals where God is currently challenging you to grow?