

A men's devotional you can act on today

Practise listening, giving a gentle answer and turning a proverb into one visible action.

01 A better first line in a heated text

Proverbs 15:1 contrasts two ways to answer anger. A friend says you let him down. Draft a first line that makes room for his side.

Try a one-sentence reply

02 Put one proverb into practice before lunch

After reading Proverbs 15:1, which challenge gives you a specific action you could recognize at the end of the day?

- ▢ Lower my voice before answering the next sharp comment
- ▢ Try to have a better attitude all day

03 Turn James 1:19 into one listening challenge

Think of a conversation you expect today. Finish this line in your own words. “Before I give advice, I will…”

Finish the sentence

Worked answers
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