

**FEBRUARY 2, 2016 — DAY 23: PARAPHRASE IT!**

***My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. James 1:19-20***

Read the passage several times. Then put it into your own words.

How does this verse apply to your life? What will you do about it?

Spend some time in prayer.