

Reading Sunday 8 February 2026

James 1: 19 - 27

Listening and doing

¹⁹ My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires. ²¹ Therefore, get rid of all moral filth and the evil that is so prevalent, and humbly accept the word planted in you, which can save you.

²² Do not merely listen to the word, and so deceive yourselves. Do what it says. ²³ Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror ²⁴ and, after looking at himself, goes away and immediately forgets what he looks like. ²⁵ But whoever looks intently into the perfect law that gives freedom and continues in it – not forgetting what they have heard but doing it – they will be blessed in what they do.

²⁶ Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. ²⁷ Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.