

Bucket Talk – The Change-Up

Bible Verses

James 1:19-20 My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.

Slow it Down



The Change-Up is a pitch that does just that, it changes speed. Pitchers use the change up to keep the batters off balance. The pitch is usually thrown after a fast-ball. Because it is much slower than a fastball, often times batters are out in front of the pitch...they swing way too early. Trevor Hoffman, who is the career saves leader for Major League Baseball, credits his great change-up for his success. Greg Maddux, many years an All-Star pitcher and a shoe-in Hall of Famer credits that pitch to the high level of success he had throughout his career. The success of the change-up can be directly linked to the speed of fastball . By messing up the hitters timing, this SLOWER pitch has helped many a pitcher get to the next level in their careers. Take a look at two different but successful

grips used by Major League pitchers to slow things down.

In today's Scripture, James is throwing us a change-up. Not to get us OFF balance, but to put balance INTO our lives. James implores us to be quick to listen, slow to speak, and slow to become angry. But how many times do we do just the opposite? Most of the time, aren't we slow to listen and quick to speak and become angry? James is throwing us a change-up. A change-up to better our lives.



Can we “Change it up”?

When was the last time we were quick to listen, wanting knowledge instead of thinking we already know everything?

When was the last time we were slow to speak? We can't listen and talk at the same time, right?

When was the last time we took a timeout and were slow to get mad?

Life tends to be much better when we take the change-up James throws us today and we make it a part of our daily lives. Give it a try... quick to listen, slow to speak, and slow to become angry.

It's a “change-up” that is sure to make a difference in our lives as well as in the lives of those who we interact with.