

*What's **happening**:*

What causes fights and quarrels among you? Don't **they come from your desires that battle within you?** <sup>2</sup> You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. <sup>3</sup> When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

James 4:1-3

**Desires & emotions are **connected & powerful**.**

**I know **better**...**

*My weight is my love. By it **I am carried wherever I am carried**. By thy gift, we are enkindled and are carried upward. We burn inwardly and move forward. We ascend thy ladder which is in our heart, and we sing a canticle of degrees...*

-St. Augustine. Confessions.

**Connects desires with **decisions**:**

You desire but do not have, **so you kill**. You covet but you cannot get what you want, **so you quarrel and fight**.

v2

**Connects desires with **beliefs**:**

You do not have because **you do not ask God**. <sup>3</sup> When you ask, you do not receive, because you ask **with wrong motives**, that you may spend what you get **on your pleasures**.

v2b-3

**Connects **Emotional Health & Spiritual Health**:**

You adulterous people, don't you know **that friendship with the world means enmity against God?** Therefore, anyone who chooses to be a friend of the world becomes an enemy of God.

v4

*Emotional maturity is the capacity to interact with our emotions in a healthy way, including understanding **what we're feeling, where it's coming from, what it's doing to us, & what we should do with it**.*

**Name. Locate. Own. **Lead**.**

*Why it **matters**:*

**We live from **the heart**.**

Above all else, guard your heart, for everything you do flows from it.

Proverbs 4:23

**If we don't rule our desires, **they will rule us**.**

What causes fights and quarrels among you? Don't they come from your desires that battle within you?

When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; <sup>14</sup> but each person is tempted when **they are dragged away by their own evil desire and enticed**. <sup>15</sup> Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.  
James 1:13-15

**If we don’t rule our desires, they will ruin us.**

*“Every time I make an assumption about someone who has hurt or disappointed me without confirming it, I believe a lie about this person in my head. **This assumption is a misrepresentation of reality**. Because I have not checked it out with the other person, it is very possible I am believing something untrue. It is also likely I will pass that false assumption around to others.”*

-Pete Scazzero. Emotionally Healthy Spirituality

*The way **forward**:*

**Name. Locate. Own. Lead.**

Then the Lord said to Cain, “Why are you angry? Why is your face downcast? <sup>7</sup> If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.”

Genesis 4:6-7

**Name**

Then the Lord said to Cain, “Why are you **angry**?”

**Locate**

If you do what is right, will you not **be accepted**

**Own**

Why is your **face downcast**?

**Lead**

But if you do not do what is right, sin is crouching at your door; it desires to have you, but **you must rule over it**.”

**I cannot lead my desires or emotions well if I am unwilling to be led by Jesus.**

**Submit yourselves, then, to God**. Resist the devil, and he will flee from you. <sup>8</sup> Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. <sup>9</sup> Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. <sup>10</sup> **Humble yourselves before the Lord**, and he will lift you up.

v7-10

**Give Jesus the authority over your desires & emotions.**

Strengthen your heart by **making changes** in your life.

**Resist** the devil, and he will flee from you. <sup>8</sup> **Come** near to God and he will come near to you. **Wash** your hands, you sinners, and **purify** your hearts, you double-minded. <sup>9</sup> **Grieve**, **mourn** and **wail**. Change your laughter to mourning and your joy to gloom

v7b-9

Closing **Consideration**:

**Heart:**

*What are some **godly desires** for this area?*

*What are my current feelings, where does God want to **meet me** & how does He want to **lead me**?*

*Where am I with my emotional & spiritual health; where do I need to **grow**?*

*Who is a safe &/or strong place to share my **desires** & **emotions**?*