

review it *(Revisit the weekly rituals and follow-up on the last gathering)*

- Look over the last session’s Action Step Journal and ask how it went. Share as honestly as you can. It’s not meant to cause shame or guilt, rather, a community of care.
- Try to recite last week’s memory verse.
- Try to recite the series memory verse, James 1:22.

hear it *(Slow down and hear the Word)*

Read James 4:1-6 aloud (twice if possible, using two different translations).

- ASK: What word, phrase, or image stands out to you and why?
- ASK: What does this passage teach about God?
- ASK: What does this passage teach about humanity?

check the mirror *(Help the group examine themselves honestly by asking questions)*

- **start light**
 - Snow has a way of bringing out strong opinions. Love it or hate it? What’s your “snow personality?” (Sledder, hibernator, road-anxiety realist, shovel-avoider, reader, coco-maker, ski patrol...)

Snow melts. But anger? That tends to stick around longer. This passage goes upstream of outward issues and visible sin, into a deeper question that James poses: what’s *actually* going on underneath all the conflict?

- **go further**
 - James doesn’t start with behavior, he starts with the heart. What does he say is the source of quarrels and fights?
 - Which words or phrases in these verses stand out most to you? Why?
 - James uses intense language (“murder,” “adulterous people,” “enemy of God”). What do you think James is trying to wake his readers up to?

- How does verse 6 change the tone of the passage?
- Help the group see that James isn't shaming people—he's diagnosing something deadly before it spreads.
- The sermon named this clearly: Anger often begins with disordered desires.
- Where do you most notice frustration or irritation surfacing in your life right now?
 - James says the problem isn't having desires, but desires that rule us.
- How can you tell when a good desire has become a ruling one?
- "Friendship with the world" is described as divided loyalty, not bad behavior. Where do you feel tension between wanting God and wanting control?
- Verse 6 says God opposes the proud but gives grace to the humble.
 - What's opposition here? Why is it different than any other response God could have?
 - Which side of that do you instinctively resist, and why?

wisdom in action (Apply wisdom principles to life situations.)

The sermon framed humility as the on ramp to grace. What does humility look like in real life, maybe not theoretically, but practically?

- How does prayer shift when it's about alignment, not control?
 - What's getting aligned here? In what direction?
- This week, what's one small step you could take to...
 - ...loosen your grip on control?
 - ...invite God to reorder a desire?
 - ...respond differently the next time anger shows up?

put it to work (Move from talk to action)

This week's practice: **humility**.

Invite each person to quietly finish this sentence:

"God, I trust You with _____, even though I want to control it."

Grace isn't compromise. Grace is the power to let go of what God is trying to put to death in us, the works of the flesh.

- Go around the group after a moment of quiet contemplation.
 - Ask if anyone would share a place they've tried to hold onto their own way, or perhaps have a disordered desire.
 - Ask if they'd share a little about the struggle.
 - Ask about what the struggle is teaching them.
 - Pray with anyone who shares.

weekly rituals

(Do these in whatever order—be sure to move through them)

- Weekly Memory Verse:
James 4:4: "You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God."
- Action Step Journal: *Be sure to take some notes here.*
- Series memory verse:
"But be doers of the word, and not hearers only, deceiving yourselves." James 1:22