

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