

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 1:13-18 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)*

- When and where do you tend to shift blame instead of owning my choices? Toward God, other people, stress, “that’s just how I am,” or something different?
- Read *James 1:13-14*. Where do your own desires most often “drag” you?
 - How does that show up in a normal week?
- Read *James 1:15*. Where have delayed consequences made sin feel “safe” to you?
 - What would change if you kept the end in view?
 - What’s the “bait” in your life, and what’s the appetite in you that bites?
- Read *1 Corinthians 10:13*. What “way out” has God already put within reach and what keeps you from taking it?
- Read *Proverbs 26:11*. Where do you see a pattern of returning to the same thing?
 - What small boundary could break that loop?
 - Do I confuse being tempted with *actually sinning*?
 - How does that confusion help the enemy or harm me?
- Read *Hebrews 4:15*. How does Jesus’s empathy help you respond differently in the moment of temptation?

- Where do you need more than willpower—where do you need to run to Jesus for rescue today?

put it to work *(Move from talk to action)*

This week's practice: **run (and replace)**.

Identify one recurring temptation in your life and then *run*. Decide now when your exit is coming up (it could be a person, a place, certain times, the phone, the pantry). Know it's a tripping hazard for you.

Then, *replace*: pre-choose a pursuit to turn toward. It could be to text a friend, step outside, pray, serve someone, do a 10-minute chore, read a Psalm, whatever... Share your plan with a the group and check in mid-week.

Why we want to run and replace: we rarely "think our way" out of temptation in the moment. Scripture's pattern is "flee and pursue," meaning to change proximity and direction before desire is full-grown.

- ASK: What's your specific exit when the cue shows up?
- ASK: What will you pursue instead, and why will that re-aim your desire toward the Giver of good gifts (*James 1:17*)?

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

- How does believing that "every good and perfect gift is from above" (*James 1:17 again*) reshape how you see both temptation and success this week?
- Where are you tempted to ignore long-term outcomes because consequences feel delayed (*James 1:15*)?
 - What Monday-morning adjustment would a long view inspire?

Something to carry with you: take responsibility, then run to grace. Own your part, and run to Jesus for power to walk a new way.

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

- Weekly Memory Verse:
"Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change." James 1:17

- Action Step Journal:

- Series memory verse:

"But be doers of the word, and not hearers only, deceiving yourselves." James 1:22