

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 4:7-10 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)

- **quick check-in:**
 - What's one small win (or funny moment) from the last two weeks, especially with all the weather/cancellations?
 - If your life had a "control panel," what's the one setting you keep trying to adjust? (sleep, schedule, kids, money, mood, etc.)

James keeps bringing faith from the often heady, hard to grasp, and theoretical down to reality. He's been confronting conflict, pride, double-mindedness, and what it looks like to actually live like Jesus and not just claim a label.

If conversation gets heavy (it might), keep the tone serious but *hopeful*. James is direct, but he's not cruel, he's calling the church back to a righteous state.

- **from the text**
 - What commands do you notice in James 4:7-10? Which one feels most direct to you right now?
 - What promises are here, explicit or implied?

- How would you describe being “double-minded” (v. 8) in everyday language?
- “Submit yourselves... to God.” What do you think submission is and is not?
 - Why do you think James ties submission to resisting the devil?
- The sermon noted the word choice of “resisting” the devil. What does the text not say? (*Hint: “defeat”*)
 - Why is that distinction helpful?
- James says “Wash your hands” and “purify your hearts.” What’s the difference between “hands” and “hearts”?
- Verses 9-10 feel intense (grieve, mourn, wail). Why would godly repentance be described so strongly?
 - What’s James trying to wake us up from?
- **go further**
 - The sermon’s big idea: we often want Jesus as “part” of our life, like a card you keep in your pocket that says: “I’m good with God, Jesus is cool, and I’m going to heaven”... yet we often keep our way.
- Where does that show up most easily for people in our area/culture?
 - The sermon listed examples that drag us down (relationships, addiction, pride, anger, control, etc.). What’s one “baggage” category that commonly sneaks into Christian life without being challenged?

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

- A quote from the message: “Some of us need to stop praying about our sin and start doing something about it.”
 - Where is prayer sometimes used as a substitute for obedience?
 - What’s one “do” step that would match your situation this week? (a boundary, confession, deleting an app, reaching out, counseling, apology, accountability...)

Pick ONE of the “ten verbs” to focus on this week as a group.

- Have each person fill in the blanks: “This week, I will practice _____ by _____.”
 - *Example: “resist” by texting my accountability partner when tempted; “come near” by 10 minutes in Scripture before my phone; “humble” by apologizing to my spouse.*
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put it to work *(Move from talk to action)*

This week's practice: **temptation as a mnemonic device.**

- What would it look like for you to treat temptation like a trigger to pray or turn toward Jesus... instead of turning inward?
- What specific sentence could you pray in the moment?

Keep it simple: "Jesus, I submit to You." / "Lord, I need Your help right now." Come up with your own little cheer to say to yourself when you catch yourself in a sinful place.

weekly rituals

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

- Weekly Memory Verse:
"Draw near to God, and he will draw near to you." James 4:8
- 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

pray

UP: Tell God that you are submitting to His authority.

IN: Confess your sins and ask for strength to resist.

OUT: Pray for the people potentially impacted by your obedience (spouse, kids, coworkers, neighbors...)