JIM CLASS PT 5: GOOD POSTURE

The Bible talks about good posture often: "Pride goes before destruction. A haughty spirit before a fall. Humble yourselves under God's mighty hand that He may lift you up. God opposes the proud but gives grace to the humble. Stand firm. Let nothing move you. Be joyful always. Be quick to listen, slow to speak, and slow to become angry. Trust in the Lord. Do not lean on your own understanding." Instead of trying to muscle our way through difficult situation, what if we considered "good posture"?

BIG IDEA: **Your posture could be the difference between being down for the count or finishing on top.**

DISCUSSION QUESTIONS

1. Follow up from last week: How did you choose your words differently this past week?
2. What insight did you discover from this weekend's message?
3. Among the many concerns that you carry throughout each day, what is one thing that matters most to you, and how did your actions today either support or contradict that?
4. With your Bible or the YouVersion app, read James 4: 1-6. How does coveting leads to quarreling? What does James say about why we do not receive what it is that we desire?
5. What is the role of grace in this conflict?
6. Summarize in one sentence, what James identifies as the deeper cause of fights and quarrels among us. How would you define "friendship with the world"? What does it mean that God "shows favor to the humble"?
7. How might a problem that you are currently facing be related to something that is within you (i.e. how are you part of the problem)?
8. C.S. Lewis wrote, "We say people are proud of being rich, or clever, or good-looking, but they are not. They are proud of being richer, or cleverer, or better-looking than others." How is this statement true of you?
9. To what extent do these two statements describe you: "You do not have because you do not ask God" and "When you ask, you do not receive because you ask with wrong motives"?
10. What aspect of your "posture" will you work on this week?