

James – Lesson 1 Workbook

You've Got Issues

Workbook Activity

Trials & Temptations (Part 1)

Write down two or three trials that you are facing today.

1. _____
2. _____
3. _____

Finding Joy in the midst of Trials

How may God be using a trial to stretch and mature you?

Don't be deceived to doubt God, or let your faith in God be shaken.

How can you bring honor and glory to God in the way you handle trials.

James 1:1-18

1. According to James, how should we respond to trials?

2. Why is that an appropriate response?

3. How should we respond to a lack of wisdom?

4. Why should we respond in this way?

5. In humble circumstances, how should we respond?

6. Why take pride in humble circumstances?

7. How should we react to temptation?

8. Why shouldn't we blame God when we are tempted?

Workbook Activity

Trials & Temptations (Part 2)

Write down two or three temptations you are struggling with.

1. _____

2. _____

3. _____

The Source of Temptation

Temptation does not come from God, but rather your own evil desires.
Do not dwell on the evil desire while ignoring the danger that it poses.
You become your own worse enemy when you start to justify your sin.
When you are disobedient and act on the evil desire it becomes sin.

Combating Temptation

Once you determine that your temptation comes from your own evil desires it will be easier to overcome those temptations.

Pray and be ready (Matthew 26:41)
Guard our heart (Proverbs 4:23, Phil 4:8-9)
Hide God's word in your heart (Psalm 119:9-11, Romans 1:2, James 4:7)

If all else fails, run! (2 Tim 2:22) You will not run if you haven't done the first three points above.

Remember God is faithful and will provide a way out. (1 Cor 10:13) God doesn't want us to fail.

Homework

- Memorize James 1:2-4
- Combat temptation and realize that God will provide a way out, if we don't shut the door.
- Look for the positive that may come from the trials you are experiencing today, how may these trials stretch and mature you.