

Water of Life Community Church

HEARTSICK

EMOTIONS THAT CAN WRECK YOUR JOURNEY

WEEK 3

JAMES 3:13-18

PARTICIPANT GUIDE

ICE BREAKER

PRAYER

WORSHIP

INTRODUCTION

God gives our emotions to us. They are all needed, but they can ruin a life. Anger is one emotion that can get out of control very easily. God intended anger to help us, however, anger is what we feel when we don't get our way. It can be petty, or it can be lethal, and many degrees in-between. Anger can also lead to other toxic emotions and it can kill the body as well as the spirit.

DISCUSSION QUESTIONS

1. READ JAMES 3:13-18.

- a. James gives us a contrast of heavenly wisdom and earthly wisdom. He describes earthly wisdom as demonic. Why?
- b. Pastor Dan said, "Arrogance is natural, but humility is supernatural." Explain this using James 3:13-18.
- c. If we live with anger, lies can fill our hearts. How can anger be destructive when we try to control it by stuffing it?
- d. Controlling anger is a worthy cause. However, what if you could be healed of it?

2. READ JAMES 4:1-17

- a. According to James 4:1-3, what is the source of quarreling? What is God's solution according to verses 5-10?
- b. If the source of quarreling is inside of us, why do we think the source of our anger comes from others?
- c. It is true that we cannot always get what we want. If we choose to not be angry, how can we handle not getting what we want? (James 4:4-10)

d. James 4:17 describes sin. What does this verse say?

PRAYER/MINISTRY TIME

- How can humility combat anger? (James 4:6, 10)
 - Where does anger come from?
 - Once we understand that anger is in us, we can take responsibility for it and allow God to heal it. Ask for that now.
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GOING DEEPER/WEEKLY CHALLENGE

REFLECT

- The next time you experience anger, begin to recognize the source of anger is a “what” and not a “who.”

RESPOND

- Ask God this week to give you heavenly wisdom to replace the worldly wisdom in your life.

Also ... Subscribe to our e-devotionals by texting “edevotional” to 67076; or go to wolgroups.com and click on the eDevotional button for daily testimonies relating to this week’s theme.

MEMORY VERSE

James 4:7-8a (NASB)

“Submit therefore to God. But resist the devil, and he will flee from you. Come close to God and He will come close to you.”

NOTES