

# PT. 1: TEMPTED AND TRIED

SCRIPTURE: JAMES 1:1-16

MAIN POINT: TRIALS AND TEMPTATION ARE A PART OF LIFE.

## TRIALS

- Trials happen to us
- We want to get out of trials
- Can mature us
- Come from within us
- We want to give in to temptation
- Can destroy us

## FIVE WAYS TO FIGHT TEMPTATION

1. Take \_\_\_\_\_

- *...each person is tempted when they are dragged away by their own evil desires and enticed. (v.14)*
- It is more often a decision not the devil.
- You can't be free from what you won't own.
- Observations: \_\_\_\_\_

2. Take \_\_\_\_\_

- *Above all else, guard your heart. (Proverbs 4:23)*
- Protection = wise boundaries.
- Observations: \_\_\_\_\_

3. Take \_\_\_\_\_

- *Confess your sins to one another and pray for one another that you may be healed.. (James 5:16)*
- You can't fight temptation in isolation.
- Healing happens in community.
- Observations: \_\_\_\_\_

4. Take a \_\_\_\_\_

- *...the sword of the Spirit. (Ephesians 6:17)*
- *Jesus answered [Satan], "It is written..." (Matthew 4:4,7,10)*
- God's Word is your weapon.
- Observations: \_\_\_\_\_

5. Take \_\_\_\_\_

- *They that wait upon the Lord shall renew their strength; they shall mount up with wings like eagles." (Isaiah 40:31)*
- The Hebrew word for "Wait" (qāvâ) means to "braid together, to twist, or to bind tightly."
- When you "wait on the Lord," you are intertwining your life with God's strength.
- Wrap your life around something strong enough to pull you out of the temptation and keep you secure in the trial.
- Observations: \_\_\_\_\_

# PT. 1: GROUP GUIDE

## THEME:

Real faith doesn't deny hardship; it learns to trust God through it.

## SCRIPTURE:

James 1:1–16

## ICE-BREAKER

1. What's something hard you've done that you're now glad you didn't quit (training, school, a job, a relationship repair, etc.)? What did it produce in you?
2. If your life had a "stress test" label (like a product rating), what would it say right now—and why?

## REFLECT (Read James 1:1–16 TOGETHER)

3. James says to "consider it pure joy" when we face trials (James 1:2). What do you think James means by joy—and what do you think he doesn't mean?
4. Read James 1:2–4. What does God want to produce through trials (steadfastness, maturity, wholeness)? Where have you seen that process in real life?
5. What kind of trial most tempts you to drift—pressure, uncertainty, disappointment, conflict, or something else? What does drifting usually look like for you?

6. Read James 1:5–8. Why do you think James connects trials with asking God for wisdom? What's the difference between asking God for answers and asking Him for wisdom?

## TAKE ACTION

7. What is one "muscle" you sense God strengthening in you right now—patience, courage, humility, self-control, prayer, honesty, endurance?
8. James is practical—so get specific: what's one next step you can take this week to respond faithfully to your current pressure (a conversation, a boundary, a confession, a plan, a habit, a request for help)?
9. James 1:12 promises blessing for the one who perseveres. What makes perseverance hardest for you: time, loneliness, fear, fatigue, unanswered prayers, or something else? What support would actually help?
10. How can this group become a place where people can be honest about trials without being judged or rushed? What's one practice we can start (or restart) to carry each other?

## CLOSING CHALLENGES

- Practice: Each day, pray this simple line from James 1:5: "God, I need wisdom today." Then write down one wise step you'll take before the day ends.
- Prayer: Pray for endurance with hope (James 1:2–4, 12): that God would mature your faith, give clarity for the next step, and help the group become a steady support for one another.