

“Not Why But How”

James 1:1-18

Faith That Works Week 1. Trials and Temptations

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Much of Life is ruled by Fear?

What do you fear? Write it below.

Three ways to deal with Fear: Fight, Flight, Fall
Which way do you use?

The Fourth Way: FAITH

Choose Joy over Fear - James 1:2-4

Not Why? But How?

Do you tend to ask, “Why is this happening to me?” or
“How can I get through this?”

Joy is not the same as Happiness

Happiness means you are glad for the trial.

Joy means you know God can help you with the trial.

Facing trials with God’s help strengthens you to handle challenges.

Three Dead Ends which Steal Joy

1. Doubt – James 1:6-8

Prayer: “God, thank you for being with me. Show me how to go through this, how you will use this trial to strengthen me, to deepen my faith, to help me grow.”

Not “Why?” but “How?” “How will I get through this?”

The Answer to “How?” is “Who?”

“Who came help me through this?” Jesus is the one.

What doubts cause you to not trust God?

2. Distractions – James 1:9-11

What distractions (e.g. the pursuit of things) steal your joy?

3. Desires – James 1:13-15

We fear life will not go the way we want. So we try to control.

What are you trying to control? How can you let go and trust God?