



# Adulting

Accept

Snooze

*Expositional study on the book of James.*

*The #1 catalyst for spiritual growth is reading and reflecting on the Bible.  
Use these questions for personal study or as part of a community group experience.*

## INTRODUCTION

**10/22/2017**

John discussed the courageous this week. Heroes jump to action and serve selflessly. The letter of James talks about actively pursuing peace, living selflessly and walking humbly.

## QUESTIONS

1. Have you met someone you would consider a “hero”? What qualities make them a hero in your eyes?
2. How did John’s description of a hero cohere with or challenge your image of a hero?
3. Re-read James 3:18-4:10. What is something that spoke to you out of this passage?
4. John stated that the humble are heroes. How does humility impact the situations and relationships described in James 3:18-4:10?
5. Humility and selflessness go hand-and-hand in these verses. What does James identify as the antithesis to these? Where do these actions and attitudes stem from?

6. In 4:6, James quotes from Proverbs 3:34, “God opposes the proud but gives grace to the humble.” Have you seen this principle at work in your life? Or in a recent situation?
7. Jesus challenges his followers to be meek (Matthew 5:5). How would you describe “meek”? Can meek be courageous?
8. Can you be meek without being humble?
9. Can you identify a situation in the past week where humility could have helped you become a source of peace? How would the response or attitude have been different?
10. James 4:7 gives the command to “submit yourselves, then, to God.” How does this affect our pride, quarreling, fighting and lead us to selflessness and humility?
11. The selfless are active. How can you live selflessly this week? First, as it relates to your relationship with God. And, second, how it relates to others.
12. What thoughts reflect selflessness?
13. What does selflessness look like at home? At work? On social media?

### **CONCLUDING PRAYER**

Jesus, this week I am reminded that you chose selflessness instead of revenge. Peace and humility instead of pride and harm. May you grant me grace to be humble and strength to trust in you so I am free to pursue peace with others. Create in me a meek and peacemaking attitude that builds up rather than tears down. In your name I pray, amen.