

### Introduction:

**Resilient:** the ability to withstand or recover from a difficult situation.

### It's tempting:

What do I do when temptation knocks?

How do I keep a “backslide” from becoming a “landslide”?

### How to respond to temptation:

1. Recognize the **SOURCE** of temptation.

*<sup>13</sup> When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does He tempt anyone; <sup>14</sup> but each person is tempted when they are **dragged away** by their own evil desire and **enticed**.*

James 1:13-14 (NIV)

### About temptation:

- Temptation is **HANDCRAFTED** for your desires.
- Temptation is designed to be **ATTRACTIVE** and **APPEALING**.
- Temptation **LOOKS** and **MOVES** like the real thing.
- Temptation always comes with **HOOKS**.

### We're most vulnerable when we're:

- Tired – emotionally, physically, spiritually
- Alone or isolated – we need community
- Stressed – numbing vs. nourishing

**2. Address the PROGRESSION of temptation.**

*Then, after desire has been conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.*

James 1:15 (NIV)

**Two critical questions:**

- What does this sin, full-grown, look like?
- What are the ultimate consequences?

**3. Identify the LIE and bring it into the LIGHT.**

*<sup>16</sup> Don't be deceived, my dear brothers and sisters. <sup>17</sup> Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.*

James 1:16-17 (NIV)

**The root lie:** it's always an attack on the character of God, namely, His goodness  
(God is holding out on me)

**The character of God:**

- God cannot be tempted (He is morally pure)
- God doesn't tempt anyone
- God is the giver of every good and perfect gift
- God doesn't change, He's consistent
- God gives us new life

### Nothing good grows in the dark

*Therefore, confess your sins to each other and pray for each other so that you may be healed...*

James 5:16a (NIV)

- Is there anything in your life that you wouldn't want your **spouse, parents, friends, pastor** to find out about?

**No temptation** has overtaken you except what is common to mankind. And God is faithful; He will **not** let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it.

1 Corinthians 10:13 (NIV)

#### 4. Remember what is **TRUE** of **YOU** in Christ Jesus.

*He chose to give us birth through the Word of truth, that we might be a kind of first-fruits of all He created.*

James 1:18 (NIV)

You have a spiritual enemy who wants you to live in **SHAME** and **GUILT**.

*Therefore, there is now no condemnation for those who are in Christ Jesus,*

Romans 8:1 (NIV)

“I never saw those heights and depths in grace, and love, and mercy, as I saw after this temptation: **great sins draw out great grace**; and where guilt is most terrible and fierce, there the mercy of God in Christ, when showed to the soul, appears most high and mighty.”

John Bunyan

“The gospel is this: We are more sinful and flawed in ourselves than we ever dared believe, yet at the very same time we are more loved and accepted in Jesus Christ than we ever dared hope.”

Tim Keller

### Discussion Questions:

1. What sin in your life do you need to take responsibility for? What does this sin look like “fully grown?”
2. Why is it so important to understand the character of God?
3. When temptation knocks at your door, what practical steps will you take to combat it?
4. In what areas of your life has the enemy held you captive to the bonds of guilt and shame? Take a moment to pray and ask the Lord to free you from these lies with His truth.

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**Questions:**

- What do you do with the emotions inside of you?
- What do you do with anger?
- What kind of a relationship do you have with anger?

Anger at its best **PROTECTS**.

Anger at its worst **POISONS**.

Your relationship with anger will **MAKE** or **BREAK** you in the middle of a crisis.

*<sup>19</sup> My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup> because human anger does not produce the righteousness that God desires. <sup>21</sup> Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the Word planted in you, which can save you.*

James 1:19-21 (NIV)

**Defining anger:**

“Anger is neither good nor bad; it is a ‘charged,’ morally neutral, emotional response of protective preservation.”

Chip Ingram & Dr. Becca Johnson

“Anger... is the emotion that arises whenever we encounter what we perceive to be wrong. The emotional, physiological, and cognitive dimensions of anger leap to the front burner of our experience when we encounter injustice.”

Gary Chapman

**3 Major ways people express anger:** Spewer, stuffer, leaker

**God's plan for resolving anger:****Step #1: "Be quick to hear."**

- Our **immediate response** to God, others, circumstances, and our anger is to be "**RECEPTIVE** listeners" not "**REACTIONARY** responders."
- **Key question:** What is this anger telling me?

**Step #2: "Be slow to speak."**

*When words are many, sin is not absent, but he who holds his tongue is wise.*

Proverbs 10:19 (NIV 1984)

*He who guards his lips guards his life, but he who speaks rashly will come to ruin.*

Proverbs 13:3 (NIV 1984)

*Do you see a man who speaks in haste? There is more hope for a fool than for him.*

Proverbs 29:20 (NIV 1984)

- Our interim response to God, others, circumstances, and our anger is to "**THINK** before we **SPEAK**."
- **Key question:** What must I do to prevent a "verbal reflex response"?

**Step #3: "Be slow to anger."**

*Do not be quickly provoked in your spirit, for anger resides in the lap of fools.*

Ecclesiastes 7:9 (NIV 1984)

- Our **life-changing** response to anger begins when we replace "**REACTION**" with "**REFLECTION**".
- **Key question:** What root issue (injustice, hurt, frustration, or insecurity) is behind my anger? (ABC method)

**How can we deal with those painful root issues?**

**Diagnostic question:** What's behind my anger?

- **Am I hurt?**

Tool = "I feel" messages

- **Am I frustrated?**

Tool = "I desire" vs. "I demand" expectations

- **Am I feeling threatened?**

Tool = "Who's firing the darts? Is there something to learn? Whose approval do I need?"

**Anger can be turned from an “archenemy” to a “faithful ally”**

*<sup>26</sup> Be angry, and yet do not sin; do not let the sun go down on your anger, <sup>27</sup> and do not give the devil an opportunity.*

Ephesians 4:26-27 (NASB)

**Discussion Questions:**

1. In what ways do you tend to express your anger?
2. Describe a time when you reacted in your anger. What was the outcome and how could it have been different if you had “reflected” instead of “reacted”?
3. Share some practical steps you can take to follow James’ three step approach to diffusing anger.
4. Which of the root issues do you tend to struggle with the most? How do you see anger as a means to help you grow in Christ and relationships with others?



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*<sup>21</sup> Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the Word planted in you, which can save you. <sup>22</sup> Do not merely listen to the Word, and so deceive yourselves. Do what it says. <sup>23</sup> Anyone who listens to the Word but does not do what it says is like a man who looks at his face in a mirror <sup>24</sup> and, after looking at himself, goes away and immediately forgets what he looks like. <sup>25</sup> But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it – he will be blessed in what he does.*

James 1:21-25 (NIV 1984)

**How to experience God's power**

- **Freedom** to become the joyful, mature, Christ-like, person who “lacks nothing” (James 1:2-4) requires a **RADICAL REPENTANCE** from sinful practices and relational patterns; and a **WHOLEHEARTED CULTIVATION** of the Word implanted in our hearts.

*Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the Word planted in you, which can save you.*

James 1:21 (NIV 1984)

## How do we wholeheartedly cultivate God's Word within us?

### 1. We must specifically **APPLY** God's Word to our lives.

*Do not merely listen to the Word, and so deceive yourselves. Do what it says.*

James 1:22 (NIV 1984)

### 2. Because exposure without application = **SELF-DECEPTION** and **DEATH**.

*<sup>23</sup> Anyone who listens to the Word but does not do what it says is like a man who looks at his face in a mirror <sup>24</sup> and, after looking at himself, goes away and immediately forgets what he looks like.*

James 1:23-24 (NIV 1984)

### 3. Because immersion with application = **FREEDOM** and **TRANSFORMATION**.

*But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it – he will be blessed in what he does.*

James 1:25 (NIV 1984)

- “Looks intently” = evaluate
- “Continues to do this” = meditate
- “Does not forget” = memorize
- “But doing it” = application
- Result = “he will be blessed (favored, happy, satisfied) in what he does.”

**Summary**

In the midst of difficult circumstances (1-12), powerful temptations (13-18), and emotionally challenging relationships (19-21), the man or woman who regularly feasts on God's Word via listening, reading, studying, memorizing and meditation for the purpose of obeying what is said will be "set free" to become the joyful, winsome, loving person he/she longs to become with God's hand of favor upon all they do.

**The power of God's Word:**

*Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation,*

1 Peter 2:2 (NIV 1984)

*<sup>16</sup> All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, <sup>17</sup> so that the man of God may be thoroughly equipped for every good work.*

2 Timothy 3:16-17 (NIV 1984)

*For you have been born again, not of perishable seed, but of imperishable through the living and enduring Word of God*

1 Peter 1:23 (NIV 1984)

*<sup>31</sup> To the Jews who had believed Him, Jesus said, "If you hold to My teaching, you are really My disciples. <sup>32</sup> Then you will know the truth, and the truth will set you free."*

John 8:31-32 (NIV 1984)

### Discussion Questions:

1. Have you ever experienced the power of deception in your life? What brought you out of the deception?
2. From what sinful practices do you need to radically repent?
3. What hinders you from wholeheartedly cultivating God's Word in your life?
4. What are some practical ways you can specifically apply God's Word in your life this week?

### Resources:

- *Growing Deeper with God* – Daily Discipleship with Chip, at [livingontheedge.org](http://livingontheedge.org) & the Chip Ingram App
- *How to Hear God's Voice in Scripture*, online course, at [livingontheedge.org](http://livingontheedge.org) & the Chip Ingram App
- *Living by the Book* – Howard Hendricks

## Introduction:

**Resilient:** the ability to withstand or recover from a difficult situation.

**How do we have resiliency in the face of difficult situations?**

### **Review:**

1. It's tempting – What to do when temptation knocks.
2. It's emotional – How to navigate the destructive emotions that we experience.
3. It's powerful – Our response to God's Word and what it does to transform us.

### **It's practical:**

*<sup>26</sup> Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. <sup>27</sup> Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.*

James 1:26-27 (NIV)

### **Questions:**

- What do resilient people do?
- What are their habits?
- What are their practices?

### Three spiritual practices of resilient people:

#### 1. Bite your **TONGUE**.

*...yet do not keep a **tight rein** on their tongues deceive themselves...*

James 1:26 (NIV)

*A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.*

Luke 6:45 (NIV)

#### Rein in:

- Gossip
- Slander
- Criticism
- Negativity
- Crudeness
- Harshness

### 2. Roll up your **SLEEVES** and **LOVE**.

...*look after orphans and widows in their distress...*

James 1:27 (NIV)

*The only thing that counts is faith expressing itself through love.*

Galatians 5:6b (NIV)

Followers of Jesus are to look after:

- The **VULNERABLE**
- The **OSTRACIZED**
- The **INVISIBLE**

“Do for one what you wish you could do for everyone.”

Andy Stanley

### 3. Engage in a **SPIRITUAL DETOX**.

...*keep oneself from being polluted by the world...*

James 1:27 (NIV)

*Above all else, **guard** your heart, for everything you do flows from it.*

Proverbs 4:23 (NIV)

- Identify the toxins in **YOUR WORLD**.
- Begin a daily habit of **CLEAN THINKING**.

1 John 2:15-17

Romans 12:1-2

"We are half-hearted creatures, fooling about with drink, and sex, and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased."

C.S. Lewis

### **Discussion Questions:**

1. What does your speech reveal about your heart?
2. Have you ever been overlooked? How did you feel and how did you react? Can you think of someone in your life who is overlooked? How can you reach out to them?
3. Take a moment and read 1 John 2:15-17. What toxins are polluting your life and what is the source of that toxin?
4. What practical steps will you take to form a daily habit of clean thinking?