

# TENSION and TRIUMPH

## Sermon Study - 3.8.2026

### Leader's Corner

When the War is Within

James 4:1-10

#### Main Passage:

James 4:1-10

#### Summary:

James confronts a difficult truth: the conflicts around us often begin with the disorder within us. When selfish desires, pride, and unchecked cravings rule our hearts, they produce quarrels, division, and distance from God. Yet James reminds us that God responds to humble repentance with “more grace.”

#### Main Idea:

The conflicts around us are fueled by the war within us, and healing begins when we humbly return to God.

#### Main Practice:

Repentance and humble submission to God.

## Prayer and Praise

#### Community Prayer:

Holy and gracious God,

You know the hidden places of our hearts—  
our pride, our fears, our wandering desires.

Search us, Lord, and reveal what is not aligned with You.

Where our hearts are divided, make them whole.

Where our desires are disordered, reorder them by Your Spirit.

Teach us humility that leads to life, repentance that leads to freedom,  
and trust that rests in Your grace.

As we draw near to You, draw near to us.

And by Your mercy, transform us into loving, life-giving people  
who bring hope and healing in Jesus.

Through Christ our Lord,

Amen.

#### Worship Options:

1. “Lord I Need You” – Matt Maher
2. “O Come to the Altar” – Elevation Worship
3. “Give Me Jesus” – Fernando Ortega / traditional hymn

## Group Discussion

1. According to James 4:1, what does James say is the source of quarrels and fights among believers?
2. The Greek word for desire used by James (hedone) refers to pleasure-driven cravings. Why do you think James highlights this type of desire as the root of conflict?
3. The sermon stated: "Pleasure isn't the problem. Pleasure as master is the problem." Where do you see good desires becoming unhealthy or controlling in everyday life?
4. James warns about friendship with the world (James 4:4). What kinds of attitudes or values today might reflect a life lived independently of God?
5. Verse 6 says, "God opposes the proud but gives grace to the humble." Why do you think humility is such a central posture for spiritual growth?
6. Which command from James 4:7–9 stands out to you most right now? Why?
  - Submit to God
  - Resist the devil
  - Draw near to God
  - Purify your heart
  - Humble yourself
7. If our church truly lived out humility, repentance, and reordered desires, how might that impact:
  - Our relationships with one another
  - Our witness to people outside the church
  - Our community
8. What is one way your group could help create an environment where honesty, confession, and prayer are normal?

## Practice

### Honest Prayer Circle:

1. Read James 4:7–10 slowly together.
2. Invite a moment of silence for reflection.
3. Each person shares one area they want God to reorder in their heart (desire, attitude, struggle, etc.).
4. After each person shares, the group simply prays: "Lord, give more grace." Keep the prayer simple and focused. The goal is not solving problems—but normalizing honesty and repentance together.

### Individual Practice: (This Week)

Daily "Reorder My Desires" Prayer

Each day this week:

1. Ask God to reveal anything disordered in your heart.
2. Confess it honestly.
3. Pray this short prayer:

"Lord, reorder my desires. Help me love what You love and resist what pulls me away from You."

## Further Study

Romans 7:14–25

Galatians 5:16–24

Psalms 51:10–12

1 Peter 5:5–7

John 10:10

### Key Thoughts:

1. Conflict often reveals internal disorder. James teaches that many outward conflicts originate from inward desires.
2. Desire itself is not sinful. Sin occurs when desires become ultimate rather than ordered under God.
3. Repentance is not punishment—it is restoration. It is the ongoing process of realigning our hearts with God.
4. Humility unlocks grace. Pride resists God, but humility receives His transforming grace.
5. Grace is greater than our failure. James reminds believers that God gives “more grace.”

### Noteworthy Insight:

The commands in James 4:7–10 create a spiritual pathway back to God:

1. Submit to God – surrender authority
2. Resist the devil – oppose temptation
3. Draw near to God – pursue intimacy
4. Cleanse and purify – confess sin
5. Humble yourself – trust God’s grace

The promise is clear: “Humble yourselves before the Lord, and He will lift you up.” (James 4:10)