

# LIVE STRONGER

## Life Group Lesson Week 1

### Read James 1:1

Discuss:

- James was Jesus' brother. What do you think it would have been like growing up as the brother of Jesus?

### Read James 1:2-8

Discuss:

- Do you find verse 2 easy or hard to live out? Why?
- "Consider it pure joy" is a command. What kind of joy is James telling us to have?
- Did your mom sift flour when she was baking? How is encountering troubles like a sifting in our lives?
- Why should the sifting of our lives give us joy?
- Have you ever had a "count it all joy" party? What is going on in your life right now that is worthy of a "count it all joy" party?
- James gives us some help for dealing with life's struggles. The first is pray in verse 5. How do we normally pray when we face troubles? What should we pray for?
- Next James says we should trust God when we experience life's struggles. Does that mean we should never have questions?

### Read James 1:9-27

Discuss:

- How do verses 13-15 relate to counting it all joy when we face trials?
- In verses 21-25, James tells us to do what the Bible says. Why do we struggle with living this out?
- In verses 26-27, James wraps up by talking about serving hurting people. How does this help us get through our own trials?