

Life Group Discussion Guide

NO PAIN, NO GAIN
James 1:2-18
Stuart Jones - June 30, 2019

JIM CLASS



INTRODUCTION

A couple from church renewed their gym membership this week after letting it lapse for years. This couple had become out of shape, soft, flabby and stiff from inaction. Finally, they decided they had to change their ways.

We will be travelling through the book of James in the weeks ahead. This book is the gym for Christians. It helps us deal with all the trials, troubles and temptations of life.

James provides the instruction and the exercise that all Christians need to tone up, strengthen their core and be ready for the race of endurance.

DISCUSSION STARTER

1. Tell the group about one of your highlights or lowlights from being in gym class (AKA PE).
2. Have you ever been face-to-face with a life situation that seemed un-get-through-able? Tell the group about it. How did you get through it?

EVALUATE IT

1. Read James 1:2-4. Given the way most, if not all, think and feel about trials and challenges, is it even possible to think/feel about them in a different way? Is James really saying we should be overjoyed when we get cancer or lose a job? How do we CONSIDER it pure joy when we face trials?
2. Stuart said that trials reveal a person's true character. How so?
3. How do trials make us stronger? How does testing our faith produce perseverance?
4. Shadrach, Meshach and Abednego survived the fiery death furnace of King Nebuchadnezzar. Daniel survived being thrown into a den full of lions. God didn't put out the fire or put down the lions. Instead, He joined these men in their plight and ensured they emerged unscathed. Why does God join us in our trials instead of removing our trials? Which option is best for our relationship with Christ?

MAKE IT PERSONAL

1. What do you need to do to face trials and challenges with a different attitude?
2. In Hebrews it says, "Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of our faith." How can you fix your eyes on Jesus when you're faced with a trial or life challenge?



Interested in joining or starting a Life Group?
Contact our Life Groups Minister.

Jason Fox
270-765-4994
jason@fccetown.com