

STUDY 2**STEADY UNDER STRESS****Workbook**

James 1:5-18

It's the end of the month, and you don't have enough money to cover the bills. A tragedy has hit your life, and you're not sure what you believe about God anymore. Your daughter is angry and rebellious. Your boss harasses you at work. You lose your struggle against temptation and rationalize your choices. The car breaks down and has to be in the shop for a week. Stresses of daily life go on and on, some large and painful, others just needling inconveniences. How can we walk in faith through hard times? James tells us a way to regain our spiritual perspective by keeping a steady eye on our loving Father, who promises us rich wisdom and blessings as we trust him in stressful situations.

1. What motivates you the most to complete a long-term project or difficult goal?
Read James 1:5-18.

2. What is the first thing we should do when we are perplexed (verse 5)? What is *wisdom*?
3. What does verse 5 tell us about God?

4. What warning does James give in verses 6-8? When we doubt, what are we saying to God?
See Leader's Notes.

5. What is the "high position" a poor person enjoys (verse 9)?

6. What does James say a wealthy person should rejoice in (verse 10)? Why?

7. In what ways can the pressures of *poverty* or of *wealth* affect a Christian's attitude toward God?

8. What are we supposed to do when difficulties don't let up (verse 12)?

What would be some advantages of quitting? Some disadvantages?

9. What is promised to the one who perseveres? What else motivates the Christian to endure (verse 12)? *See Leader's Notes.*

10. What excuse do people sometimes make for giving in to temptation (verse 13)? Why is it unthinkable to blame God?

11. According to verse 14, where does temptation begin?

What is the end result of uncontrolled sinful desire (verse 15)?

12. Rather than enticing us to evil, what does God do for the believer (verse 17)? What phrases in this verse describe the kind of God we have?

13. What are some of God's perfect gifts to you? What is the ultimate aim of his goodness? *See Leader's Notes.*