

God's Prescription: _____ and God will heal your relationships.

⁷Submit therefore to God Resist the devil and he will flee from you. ⁸Draw near to God and He will draw near to you Cleanse your hands, you sinners; and purify your hearts, you double-minded. ⁹Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom. ¹⁰Humble yourselves in the presence of the Lord, and He will exalt you.

James 4: 7-10 (NASB)

Steps to Diffuse Conflict

1. _____
"Submit yourselves therefore to God . . ." (v. 7a)
2. _____
"Resist the devil and he will flee from you." (v. 7b)
3. _____
"Draw near to God and He will draw near to you." (v. 8)
4. _____
"Cleanse your hands . . . purify your hearts . . ." (v. 8b)
"Let there be tears for the wrong you've done . . ." (v. 9)

God's Promise for the Humble (v. 10)

Personal Application and Discussion Questions

1. What is at the core of our conflicts with other people? Briefly define “hedonism” in your own words.
2. Why is hedonism a lie? How are we influenced to unconsciously “buy into” its philosophy daily?
3. How does God view our strategies to gratify ourselves apart from Him?
4. What is the solution to interpersonal conflict? What specifically is involved in “humbling ourselves” before God and others?
5. Is there a specific relationship that needs attention in your life? What would humbling yourself look like in this situation?