



## A Divided Heart **JAMES 4:1-10** Message Reflection Guide

*"Hatred corrodes the container that carries it."* These words were spoken by former Senator Alan Simpson at the funeral of George H. W. Bush. Attempting to describe his dear friend's kindness, Senator Simpson recalled how the forty-first president of the United States embraced humor and love rather than hatred in his professional leadership and personal relationships.

Can you relate to the senator's quote? Oh, the damage done to us when we harbor hatred! Medical research reveals the damage done to our bodies when we cling to the negative or release bursts of anger. Our blood pressure rises. Our hearts pound. Our spirits sag. Our containers corrode. In **Proverbs 10:12**, King Solomon observes, *"Hatred stirs up conflict, but love covers over all wrongs."*

**Conversation Starter** What is your favorite song that talks about love?

### Getting Into The Scriptures Read James 4:1-10

Pastor Jason said: "God desires to heal your divided heart because he loves you." Many of our sinful desires are connected to unmet needs or wounds from our past. Share how an unmet need or wound from your past influences your life today.

**A divided heart is at odds with man and God.** How do you see yourself leaning towards friendship with the world? James uses strong language when he calls us "adulterous people", how does that make you feel?

**A divided heart can be healed by the Holy Spirit.** Share about the last time you felt the Holy Spirit convict you? What was your response? The Holy Spirit dwells in us for our benefit, how has the Holy Spirit positively influenced your life?

**A divided heart can be healed by God's grace and our repentance.** Is it easy or difficult for you to receive God's grace and forgiveness? Why? How do you regularly practice times of reflection and confession?

As a group, take a few minutes to praise God for his unwavering grace, mercy and love for us. Use short statements like *"Thank you God for pouring out your grace on us."*

### Making It Real

James encourages us in this passage to "submit yourselves to God". Submission, the idea of surrendering all areas of our life to God can be easier said than done. What area of your life is difficult to submit and surrender to God? How does that area of life relate to an unmet need or wound from your past?