



Welcome to Day Five of One-Week Workout! Jane and I are praying for you to exchange pride and strife for humility and submission. Please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed please sign your initials on the line: _____. Please read James 4:1-17

Please list a few consequences of living according to our own desires (verses 1-4).

Please fill in the blanks:

We can either be friends with the _____ or _____ (verse 4).

We cannot be both.

We must _____ the devil and _____ to God (verse 7).

To often we reverse the above; we resist God and submit to our sinful pleasures. The Greek word used for *submit* in verse 7 is *hypotasso*, which means to *yield to one's advice, to obey*. The Greek word for *resist* is *anthistemi*, which means to *set oneself against, to oppose*. Consider both of these definitions for a moment. Do you notice a common factor? Each requires a conscious decision. It is a scary thing to *decide* to oppose God.

Do you have an area/attitude which is not under God's control? What is it? What step will you take today to give it over to God?

Read verses 8-10 and record three things you must do to live in submission to God:

Please read verses 13-15 again. Please summarize how we should plan for the future:

Since our lives are short and *like a vapor*, what should we spend our time doing (verse 17)?

Thank you for joining us today. See you on Day Six!

Want an extra challenge? Write the fourth chapter of James in the back of your Bible Journal. God will bless you for your effort.

