



Welcome to Day Seven of One-Week Workout! It has been a pleasure to do Bible study with you. 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 the entire book of James again. Today we will answer questions from each chapter of James.

Please name three commands we are given in 1:19-20.

Do the phrases you wrote above characterize your personality?

How does a man/woman acquire righteousness (2:23)?

God is not in heaven *accounting* how many times we disobey Him; He is busy *accounting* how many times we *believe* Him.

How do the words of our mouth affect our destiny (3:2-4)?

According to 3:17, it is wise to be ...

Go back and circle the item you need most in your life.

How can you cleanse your hands and purify your heart (4:8)?

For what tasks are our hands and hearts to be used?

What are we to do while waiting for the Lord's return (5:8)?

The word *establish* means to *set fast* and *make firm one's mind*. As Christians in order to stay strong during the challenging times of life we need to set our minds on Jesus—meditate on His words and truths.

Stay in God's Word so you can stay strong physically and spiritually!

Thank you for joining us for this One-Week Workout! Look for another Faith & Fit study in August!

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