



Welcome to Day Two of One-Week Workout! Jane and I are praying for you to accept the challenges you are currently facing as opportunities for spiritual and physical growth. Today we are focusing on James 1:1-27. 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 Chapter 1.

How will our trials and challenges bring us joy (verses 2-4)?

No matter how hard or painful the challenge God promises to ultimately use them for our good. This does not mean that what we are going through is *good*, but it will be *used* for our good. Remember, joy is not based on circumstances, but on God.

What will we receive when we endure temptations (verse 12)?

What is your greatest temptation at this time?

The Bible says we are to *make no provision for the flesh*.

What steps are you taking to avoid your temptation?

To summarize what we've learned please fill in the blanks (verses 2, 12):

We gain _____ when we face trials, and we are _____ when we endure temptations.

What are we to *lay aside* (verse 21)?

What specifically do you need to lay aside?

After we *lay aside* what are we to *receive*?

After we *receive* God's Word we are to be _____ of His Word (verse 22).

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

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

