

A blacksmith is working at an anvil, with bright sparks flying from the point of contact. The background is a dark, textured surface with a red and green gradient. The name 'JAMES' is written in a white, chalk-like font across the middle of the image.

JAMES

A small, stylized red flame icon is located in the bottom left corner of the text box.

How to Win a Fight

James 4 (ESV)

1 What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? 2 You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. 3 You ask and do not receive, because you ask wrongly, to spend it on your passions.

James 5 (ESV)

19 My brothers, if anyone among you wanders from the truth and someone brings him back, 20 let him know that whoever brings back a sinner from his wandering will save his soul from death and will cover a multitude of sins.

The Main Idea

The reason you fight is because
you don't get what you want.

The real problem is what you really want
can only be found in Christ.

quarrels



Quarrels

- I am the common denominator in all my fights
- Begin with what was done against me
- Passions
- “I am the boss of me”
- “War in me”
- I want something (satisfaction) & I don't get it
- I have rights

Quarrels

- I want justice
- They owe me

FEELINGS AND EMOTIONS



Angry



Happy



Sad



Depressed



Motivated



Scared



Bored



Anxious



Shocked



Tired



Surprised



Excited



Worried



Hungry



Frightened



Upset



Embarrassed



In love



Nervous



Sick



Hurt



Frustrated



Confused



Shy

Feelings and Emotions

- My feelings are mine
- No one can make me feel something
- What comes out of my mouth is what is inside
- Intentions don't change words
- We cannot judge others' feelings

What are your Desires?

Power Influence others, Create	Independence Self-reliance	Curiosity Understanding	Acceptance Avoid failure/criticism
Order Structure, Orderliness	Saving Collect things	Honor Upright character	Idealism Social justice
Social contact Peer companionship	Family Raise a family	Status Respect based on Social standing	Vengeance Confront those who offend, frustrate & annoy
Romance Beauty & Sex (libido) Art & Music	Eating Food & Appetite	Physical activity Muscle exercise	Tranquility Safety Free of anxiety & pain

Desires

- Others cannot meet our desires
- Desires can become demands
 - Debt/debtor relationship
 - Lead to obligation
 - Not a demonstration of love
- Others' desires should be important than our desires

Unresolved Anger



Unresolved Anger

- We don't have our desires under control – insatiable
- Slippery slope
- Leads to “hell of fire”
- World doesn't revolve around me
- I am the problem
- Need to pray for the solution – Releases the pressure on us

Unresolved Anger

- Cast our cares on Jesus – He alone meets our needs
- Jesus is the only thing that eternally satisfies

**FORGIVENESS
& RECONCILIATION**

Forgiveness & Reconciliation

- Reconciliation requires
 - Two people
 - Forgiveness
 - Repentance
- Forgiveness is unilateral & commanded
- Debt ledger

Debt Ledger

1. Who has hurt you (it could be someone else, or it could be yourself)?
2. What have they taken from you and what feelings do you associate with their action?
3. What is keeping you from forgiving as Jesus has forgiven you?
4. What is your next step to cancel the debt?

Questions

- How have you or do you resolve your quarrels?
- Do you ask God and pray to Him with the same intensity as you fight?
- What keeps you from forgiving others easily?
- Why are you called to forgive and/or reconcile with others?

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JAMES

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