

### 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

- 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



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Anxious







Scared











Surprised

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Motivated





Nervous

Worried





Frightened

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Hurt

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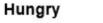
In love











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Sick

















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Frustrated

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Embarrased

Tired 6 0

### 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

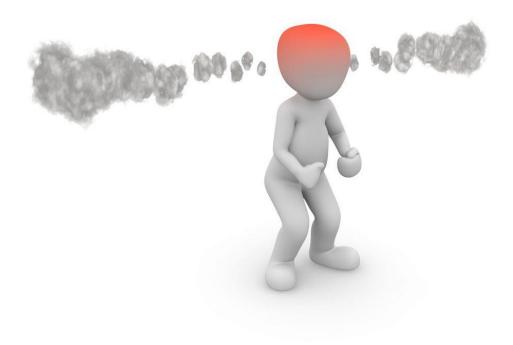
# What are your Desires?

Power	Independence	Curiosity	Acceptance
Influence others, Create	Self-reliance	Understanding	Avoid failure/criticism
Order	Saving	Honor	Idealism
Structure, Orderliness	Collect things	Upright character	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	<b>Tranquility</b> 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

- 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?

