



SERMON NOTES

"Reducing Regret"
Week One: Resolving Conflict
James 4

1. The **ROOT** of Conflict (vs. 1-3)

- The root of all conflict is selfish **LUSTS**

2. The **RESULT** of Conflict (vs. 2-5)

- You cannot **MISTREAT** others and live a joy-filled life
- James 3:14-16, 5:5

3. The **REMEDY** for Conflict (vs. 6-7)

- The remedy for conflict is **HUMILITY**
- To run from God is to run from **GRACE**

If you would like to listen to this sermon online or download the notes,
go to www.experiencegrace.church and click "Sermons"

LIFEGROUP STUDY QUESTIONS

For the week of February 2, 2020

MY STORY

Josh just got back from vacation. If you could take an all-expenses-paid vacation to anywhere in the world, where would you go? Why?

What sport (or activity) were you most skilled at in high school?

Have you learned a new sport (or activity) since high school?

What's one thing from this week's sermon that you hope we talk about as a group?

DIGGING DEEPER

We talked about the sudden death of Kobe Bryant and how it reminds us that our lives are like a "vapor." Is there anything else in life that reminds you of this truth?

The first half of James 4 talks about resolving conflict. Can you share the details of a time that you resolved conflict with another person?

James 4:1-3 identified "lusts" as the root of conflict. Read I John 2:16 and talk about what how these 3 types of "lusts" show up in our conflicts.

Read James 3:13-18. Have someone in your group write out the differences between someone that is trying to "make peace" and someone that is "making conflict."

James made it clear that when we contend with others in order to fulfill our lusts and/or desires, we are unable to obtain either. What are some ways that you have seen this happen in your life, or in the lives of others?

In talking about the need to forgive and trust God, Romans 12:21 says, "Be not overcome of evil, but overcome evil with good." What are some ways that we can be "overcome of evil" when it comes to forgiveness?

What are some ways that we can "overcome evil with good" when it comes to forgiveness?

TAKING IT HOME

Is there anything you need to do as a result of what you've learned this week?

Are there any desires in life that you are tempted to try to attain on your own rather than waiting on God? Has it led to any strained relationships?

What would it look like for you to "submit yourself to God?"

What would it look like for you to "resist the devil?"