





What causes fights and quarrels among you?
Don't they come from your desires that
battle within you? You desire but do not have, so
you kill. You covet but you cannot get what you
want, so you quarrel and fight. You do not have
because you do not ask God. When you ask, you
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motives, that you may spend what you get on
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James 4:1-3

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Often your fights and biggest issues are an overflow of your internal struggles.

Brene Brown, suggests that in our western culture we have a issue of scarcity. We think we don't have enough. She points to three things that show this internally.

- 1.Shame
- 2.Comparison
- 3.Disengagement

4 ways our internal struggles show themselves (James 4):

- 1. Quarrels and Fights (v1)
- 2. Wrong motives (v3)
- 3. Stop praying (v2)
- 4. Slandering others (v11)

Submit yourselves, then, to God.
Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

James 4:7-8

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'The presence of conflicts between Christians is a sign that God's grace and goodness are not at the forefront of his people's thinking.'

> Sam Allberry, Theologian

You have searched me, LORD, and you know me.

²You know when I sit and when I rise; you perceive my thoughts from afar.

³ You discern my going out and my lying down; you are familiar with all my ways.

Before a word is on my tongue you, LORD, know it completely.

⁷ Where can I go from your Spirit? Where can I flee from your presence?

⁸ If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

If I rise on the wings of the dawn, if I settle on the far side of the sea,

10 even there your hand will guide me, your right hand will hold me fast.

13 For you created my inmost being; you knit me together in my mother's womb.

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

16 Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

How precious to me are your thoughts, God!
How vast is the sum of them!

18 Were I to count them, they would outnumber the grains of sand—
when I awake, I am still with you.

Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴ See if there is any offensive way in me, and lead me in the way everlasting.

