



Introduction: Do you think people (Christians and non-believers) expect God to make them happy and is that a wrong idea?

Read: James 1: 1-12

Watch: this short video [Session 1 James Video](#). Also available at www.cfccolac/james

Discuss:

1. What stood out to you in the video? Was there anything new you learnt or encouragement you gained that you can share with your group?
2. Who was James and how does he describe himself?
3. Why do you think James doesn't introduce himself as the brother of Jesus?
4. According to this passage, how should we react when times get tough and why?
5. Can you share a time in your life that you have persevered? What did God teach you through this time?
6. If you made the goal of your life to grow in holiness even if it meant suffering, how would that change your life? What decisions would you make differently? How would you adjust your priorities?

Live it out: (you may want to discuss this with your group or have this section to reflect on and live out during the week)

1. Conversation: What if we followed James and started considering our troubles as 'pure joy'? How would this change your behaviour? Who can you contact this week and instead of complaining or grumbling about your situation, tell them about the way God is helping you grow?
2. Journalling: write down your current challenges/struggles. Bring them before the Lord and ask how He might be making you 'mature and complete'.
3. Prayer: Spend some time praying for each other. If you feel comfortable, share your current challenges and ask for God's help to grow through them.