

“What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?” James 4:1

Write out the first question in James 4:1

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What is a quarrel?

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Have I ever quarreled? Circle one: Yes No How does a quarrel make me feel inside?

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The second question in James 4:1 answers the first question. It says *“Is it not this, that your passions are at war within you?”*

**Did you ever think that the reason you fight is because there is a fight going on inside of you?**

**Fill in the blank:** There is a battle inside me between good and \_\_\_\_\_.

Passions are strong desires. A desire is when you want something really badly. So, what desires do most people (including me) have? Think about it this way, who do people usually think of first—themselves or others? \_\_\_\_\_

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How would my life be different if I said no to the wrong desires inside of me?

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