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**Misery Quick Sand:** James 4:1-5

- Criticism, gossip and judgment lead to misery.
- Judgment masquerades as advice and suggestion.
- You always lose the comparison game.

**Misery Escape Plan:** James 4:7

- Simplify—put God first.
- Purify—purity leads to clarity; pride leads to confusion
- Identify—my best self is in Christ
- Jesus solves crimes of the heart
  - fear
  - pride
- Can you be a friend of God and the world?

Q: Are you going to follow God's agenda or your agenda?

**Preferred Future**

Psalm 51:10; Galatians 2:20; Philippians 4:6; Psalm 37:4; Matthew 5:8

- Start your day with prayer
- Make time for God
- Fill your head and heart with the word (the Bible)
- Open yourself to the Holy Spirit.

To prepare for this week's meeting, take some time to focus on the questions below and be prepared to share your answers with the group. Have a great meeting as you come together to connect, encourage one another to grow and to see God change your live from the inside out!

**Quick review**

Looking back at your notes from Sunday's message, was there anything that particularly caught your attention, challenged or confused you?

**Going Deeper**

What do the following verses teach us about who you are? What determines your identity?

Luke 6:43-46

Genesis 1:27

Galatians 3:27

God has given us countless references throughout the Bible to help us understand who we are. How does each of the descriptors influence the preferred future God has for your life. Read each of the following references and jot down what each one says about who you are in Christ.

