

One Step to Freedom  
Chapter 4: Obedience to God's Word

**Lesson 1**  
TRIALS AND TEMPTATIONS

*“Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.” (James 1:12)*

In the next several lessons we are going to study the book of James to help us learn how to study the Bible on our own. Psalm 119:11 says, “Your word I have hidden in my heart, that I might not sin against You.” The best defense that we have for trials and temptations is the Word of God hidden in our hearts. As we saturate ourselves with God's Word, we can have power against sin.

The theme of the book of James is mainly practical advice on how to live the Christian life. This book addresses living out our faith when it comes to trials and temptations. James communicates that the Christian life should not just be a belief system and philosophy; rather it is a way of life. It is something to be believed and acted upon.

If we look at the original Greek word for “trials” in James 1:2 and “temptation” in James 1:12, the meaning is the same: a beneficial test that will strengthen our Christian character. Therefore, when we study the Word of God, it is good to ask questions about the text to get a better understanding.

**Read James 1:2-4: The Profit of Trials**

1. What is tested when we go through various trials and what should be our attitude?
  
  
  
  
  
  
  
  
  
  
2. What do trials produce in our lives? (verse 3)
  
  
  
  
  
  
  
  
  
  
3. What does patience produce? (verse 4)

God puts our faith to the test and tests us to the breaking point of our abilities and resources so we will learn to trust in Him instead of ourselves. Our resources are limited; but when we look to God, we have unlimited resources. My strength is limited; but when I rely on God, I have unlimited strength.

