

# CrossWalk **notes**

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## **Bounce Back Ask for Help**

January 10, 2021 / Dan Solofra

<sup>3</sup> *"Blessed are the poor in spirit,  
for theirs is the kingdom of heaven. Matthew 5:3, NIV*

**A fundamental step in resilience is moving from having  
faith in \_\_\_\_\_ to reliance on \_\_\_\_\_.**

<sup>17</sup> *On hearing this, Jesus said to them, "It is not the healthy who need a  
doctor, but the sick. I have not come to call the righteous, but sinners."  
Mark 2:17. NIV*

**God offers help for the \_\_\_\_\_ and \_\_\_\_\_.**

**Two ditches in our conversation are \_\_\_\_\_ and  
\_\_\_\_\_.**

<sup>1</sup> *What causes fights and quarrels among you? Don't they come from your  
desires that battle within you? . . .*

<sup>5</sup> *Or do you think Scripture says without reason that he jealously longs for  
the spirit he has caused to dwell in us? <sup>6</sup> But he gives us more grace. That is  
why Scripture says:*

*"God opposes the proud  
but shows favor to the humble." James 4:1;5-6, NIV*

**God's relationship with me has to be \_\_\_\_\_.**

**Being \_\_\_\_\_ is a deadly attitude that  
changes God from my greatest ally to my enemy.**

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<sup>13</sup> Now listen, you who say, “Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.” <sup>14</sup> Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. **James 4:13-14, NIV**

**God doesn’t want me to \_\_\_\_\_ because of unsettling events, but he does want me to despair of \_\_\_\_\_ to solve them.**

<sup>15</sup> Instead, you ought to say, “If it is the Lord’s will, we will live and do this or that.” <sup>16</sup> As it is, you boast in your arrogant schemes. All such boasting is evil. <sup>17</sup> If anyone, then, knows the good they ought to do and doesn’t do it, it is sin for them. **James 4:15-17, NIV**

**My weakness does NOT give me the right to do \_\_\_\_\_.  
I will plan and work inside of God’s \_\_\_\_\_.**

<sup>14</sup> “Sacrifice thank offerings to God, fulfill your vows to the Most High,  
<sup>15</sup> and call on me in the day of trouble; I will deliver you, and you will honor me.” **Psalm 50:14-15, NIV**

<sup>5</sup> If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. **James 1:5, NIV**

**I will \_\_\_\_\_ God for help in my time of need.  
Jesus is now the \_\_\_\_\_ of my story.**

#### MEMORY VERSE

<sup>15</sup> Instead, you ought to say, “If it is the Lord’s will, we will live and do this or that. **James 4:15, NIV**

**My next step:** God wants me to develop the reflex of trusting in him. As I face the many issues of my life that are too big for me to handle, I will admit my need by asking him for help.

What’s your next step today?

Mark it on your Communication Card.

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