

Life Group Discussion Questions: 13th Sept 2026

James 1:1–18 — “Faith Under Pressure”

Icebreaker: What’s the most ridiculous or unexpected “How to...” video you’ve ever watched — and did it actually help? Who or what do you go to for advice? Why?

Background: James opens his letter to scattered, pressured believers with four big truths: Faith under pressure grows, needs wisdom, remembers what matters, and resists temptation.

1. Faith Under Pressure: James writes to believers facing persecution, poverty, and uncertainty. Where do you personally feel “under pressure” at the moment — spiritually, emotionally, or practically? (Share only what feels comfortable.)

2. “Consider it pure joy...v.2” Trials don’t automatically make us better Christians; they can make us bitter Christians. What helps you shift from “Why is this happening?” to “What might God be doing in me through this?”

3. Perseverance & Maturity: James says in verses 3-4 that trials grow perseverance, and perseverance grows maturity. Looking back, can you see a time when God used pressure to grow something good in you — even if you didn’t see it at the time?

4. Asking for Wisdom: God gives wisdom v.5 “generously and without finding fault” When life gets hard, what does your prayer life usually look like — and what might change if you prayed for wisdom rather than escape?

5. Double-Mindedness: We often ask God for wisdom, then quietly switch back to our own plan. Where are you most tempted to rely on your own route instead of trusting God’s?

6. Poverty, Wealth & What We Value: Trials reveal what we truly trust in. What pressures in your life tend to expose what you’re really relying on — comfort, security, finances, approval, control?

7. The Temptation Spiral: James describes temptation as a slow drift: desire → deception → disobedience → death. Where do you notice the early stages of temptation in your life — and what helps you interrupt the drift before it grows?

8. If life came with a Sat-Nav voice for handling pressure, what would yours sound like — calm and wise, or panicked and shouting “Recalculating... Recalculating...” every five seconds?

Closing Reflection: Where do you most need God’s wisdom, strength, or perspective this week — and what is one small step you can take to trust Him under pressure?