

INSIDE OUT

LIFE LESSONS FROM
THE BOOK OF JAMES

Name: _____

We are going to do a Bible study on the book of James.
Before we start there are some important things we need to remember.

#1 The Bible is inspired by God
(2 Timothy 3:16-17) so everything
we read is God's message to us.

Does that mean what we will learn about
you should apply to your life?

YES NO



#2 When we read the Bible we need to ask
ourselves some questions like What?
Who? When? And Why?

Knowing the context helps us better understand
what God is saying. Look out for this puzzle piece



#3 Try and see what the passage is trying to teach us.
An easy way to do this is to look for words that are
repeated again and again. Throughout the booklet
we will practice doing this. Look out for pictures above words,
words in **bold** and for instructions to circle words. E.g. pray

At the end of each section you will see a table like this.

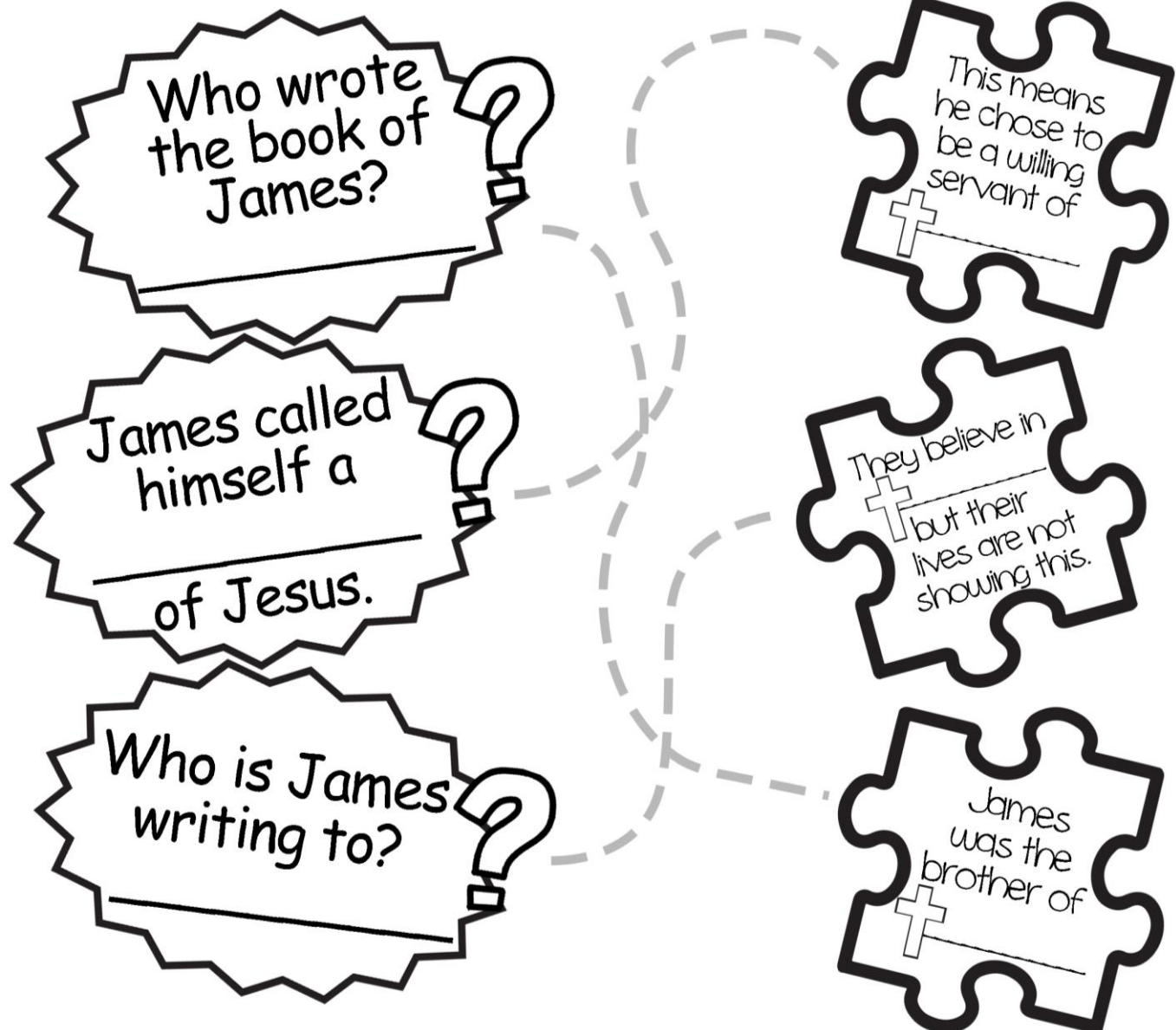
ON THE INSIDE	This is what we believe and what God has planted inside our hearts.
ON THE OUTSIDE	This is what our lives should look like on the outside.



James 1:1 Letter of James

¹“This letter is from **James**, a **slave** of God and of the Lord Jesus Christ. I am writing to the “twelve tribes” – Jewish **believers** scattered abroad.

Answer the questions and then trace along the path to see the context.

When you see a  write in “Jesus”.



ON THE INSIDE	I, _____ believe in Jesus.	
ON THE OUTSIDE	I, _____ will show this in my life.	

Week 2 James 1:2-8 **Wisdom and Joy when troubles come**



² Dear brothers and sisters, when troubles of **any kind** come your way, consider it an opportunity for great joy. ³ For you



know that when your faith is tested, your endurance has a chance to grow. ⁴ So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.



⁵ If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking. ⁶ But when you ask Him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. ⁷ Such people should not expect to receive anything from the Lord. ⁸ Their loyalty is divided between God and the world, and they are unstable in everything they do.

Look for the pictures in the verse to help you answer the questions.



Does verse 2 say "when" or "if" troubles come?



What kind of troubles is the verse talking about?

Have you ever gone through any kind of troubles or tough times? Colour in the "yes" or the "no" storm cloud.



Verse 2 says when any kind of troubles come we must see it as an opportunity ... (Circle the correct one)



to complain



for joy



to be happy



**JOY IS WHEN YOU FEEL GLAD BECAUSE
YOU KNOW YOU CAN TRUST GOD.**



When we trust God through troubles what happens?



Our endurance or ability to keep going even in tough times grows until we are f_____ d_____

p_____ and c_____, needing n_____.

That means we become more like

JESUS



WISDOM IS WHAT IS RIGHT FOR GOD AND HIM HELPING YOU TO DO IT.



Draw a crown around the word "God" or pronouns (He, Him) referring to God each time you see it in the passage.



Who should you ask if you need help to know what to do (wisdom) to get through tough times? (Verse 5)

Will He give it to you? (Verse 5) _____

What are we warned not to do? (Verse 6-8) _____

Draw yourself where the verse says you should be



Read what Paul and Silas did when they were thrown in prison. (Acts 16: 16-40).



When they were thrown in prison they praised God and the other prisoners heard them singing. (Acts 16:25)



When the earthquake broke their chains they stayed and told others about Jesus and the people believed. (Acts 16:26-34)

Circle your answer.

Did they use this as an opportunity for joy? YES/NO

Did their actions help others have faith in God? YES/NO

Do you think they did what everyone else would have done in their situation? YES/NO



Did their wisdom come from God alone? YES/NO

When we go through tough times we should ask God for

wisdom to get through them. This will grow our

faith and make us more perfect and complete like God

wants us to be. We consider it joy because we are glad that we can trust Him.

ON THE INSIDE	God gives me wisdom and grows my faith. 
ON THE OUTSIDE	I have joy in tough times as I trust in God alone. 

Week 3 James 1:19-27 **Hearing and doing the Word**

¹⁹ Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.

²⁰ Human anger does not produce the righteousness God

desires. ²¹ So *get rid of* all the filth and evil in your lives, and

humbly *accept* **the word God has planted in your hearts**, for

it has the power to save your souls. ²² But don't just *listen* to

God's word. You must do what it says. Otherwise, you are

only fooling yourselves. ²³ For if you listen to the word and

don't obey, it is like glancing at your face in a mirror.²⁴ You

see yourself, walk away, and forget what you look like.

²⁵ But if you look carefully into the **perfect law** that sets you

free, and if you do what it says and *don't forget* what you

heard, then God will bless you for doing it.

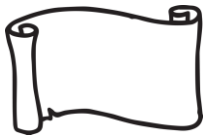
²⁶ If you claim to be religious but don't control your tongue,

you are fooling yourself, and your religion is worthless.

²⁷ Pure and genuine religion in the sight of God the Father

means *caring* for orphans and widows in their distress and

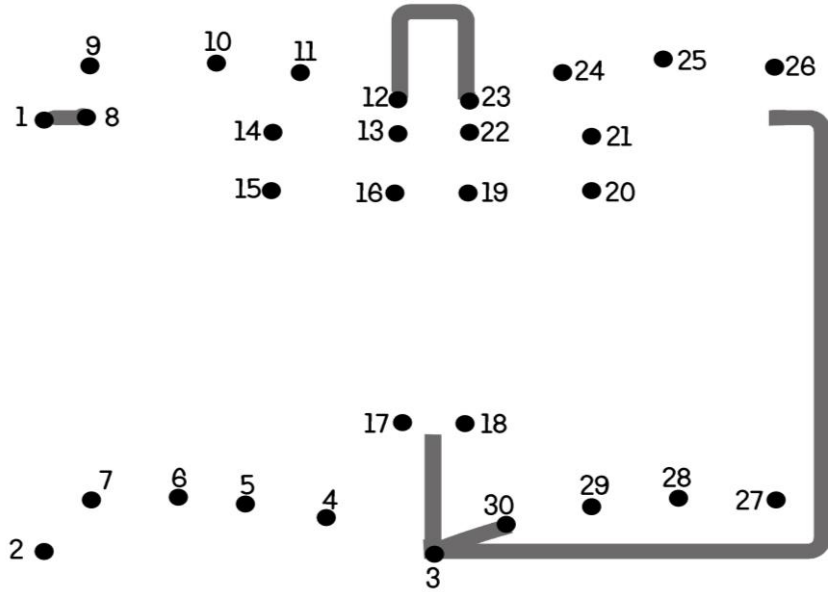
refusing to let the world corrupt you.



The **perfect** or **royal law** that James mentions in verse 25 is talking about the Gospel message or the Good News. It is the freedom from sin that we receive when we believe Jesus died and rose for the forgiveness of our sins.





As believers of this Good News, what has God planted in our hearts? (Verse 21)





Because we have the Word planted in our hearts there are many actions that these verses tell us to do.


Use the "to do"  pictures to help fill in the things we should do.























TO DO

If you have ever looked in the mirror you will know that your hair is _____, your eyes are _____ your nose is _____ and your teeth are _____.

James 1:22-24 teaches us that if we are not doing what God has planted in our hearts it is as foolish as looking in the mirror and forgetting what you look like when you walk away.



Let's look at one of the things James tells us is planted in our hearts.

James 2:8-9



⁸ Yes indeed, it is good when you obey the royal law as found in the Scriptures: "Love your neighbour as yourself."



⁹ But if you favour some people over others, you are committing a sin. You are guilty of breaking the law.



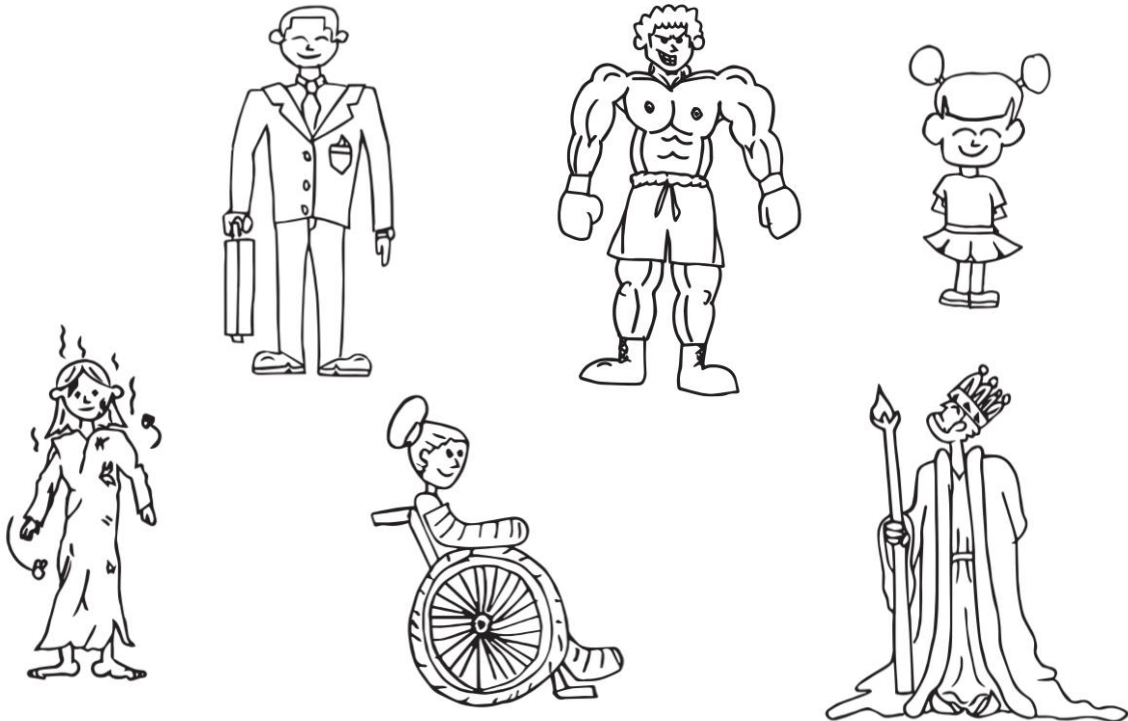
James 2:8 reminds us that part of God's perfect law is to LOVE GOD and to LOVE _____.

How does the verse say we are to love others? _____



If this is something that God has planted in our hearts do you think we should do it? _____

Circle everyone you think God wants us to love as we love ourselves.



God wants us to love everyone and James 2:9 warns us to **not**

What are other things you know the Bible says that you should be doing?

ON THE INSIDE	God plants His word in our hearts.	
ON THE OUTSIDE	We do what the Bible says.	

Week 4 James 2:14-26 **Faith and good deeds**

¹⁴ What good is it, dear brothers and sisters, if you say you have faith but don't show it by your actions? Can that kind of faith save anyone? ¹⁵ Suppose you see a brother or sister who has no food or clothing,¹⁶ and you say, "Good-bye and have a good day; stay warm and eat well"—but then you don't give that person any food or clothing. What good does that do?

¹⁷ So you see, faith by itself isn't enough. Unless it produces good deeds, it is dead and useless.

¹⁸ Now someone may argue, "Some people have faith; others have good deeds." But I say, "How can you show me your faith if you don't have good deeds? I will show you my faith by my good deeds."

¹⁹ You say you have faith, for you believe that there is one God. Good for you! Even the demons believe this, and they tremble in terror. ²⁰ How foolish! Can't you see that faith without good deeds is useless?

²¹ Don't you remember that our ancestor Abraham was shown to be right with God by his actions when he offered his son Isaac on the altar? ²² You see, his faith and his actions worked together. His actions made his faith complete. ²³ And so it happened just as the Scriptures say:

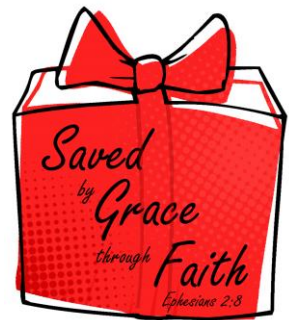
“Abraham believed God, and God counted him as righteous because of his faith.” He was even called the friend of God. ²⁴ So you see, we are shown to be right with God by what we do, not by faith alone.

²⁵ Rahab the prostitute is another example. She was shown to be right with God by her actions when she hid those messengers and sent them safely away by a different road. ²⁶ Just as the body is dead without breath, so also faith is dead without good works.



It is important to know who James is talking to and what the conversation is about. If we read a sentence on its own it does not make sense.

James is **NOT** saying if you want to go to Heaven you need to do good deeds and earn your forgiveness. Forgiveness is a **gift from God** (Ephesians 2:8-9). When we believe and have faith in Jesus it is us accepting His gift.



James is talking to people who have already accepted this gift. They have faith. He is reminding these believers that God says we must love others like we love ourselves (James 2:8) and the way we can help save them from tough times is through the good deeds we do.

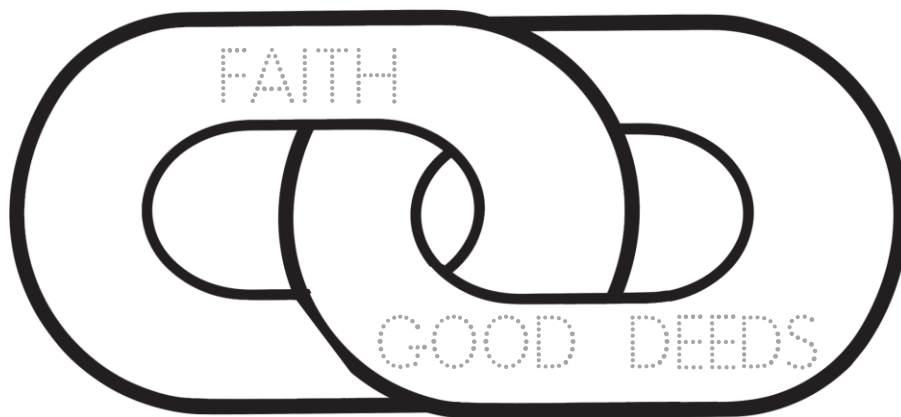
Count how many times the following words appear in the passage? (Draw a cloud around faith and a + cross above good deeds)

Faith # _____

Good deeds / actions # _____

GOOD DEEDS ARE THINGS WE DO TO SHOW LOVE TO
GOD AND LOVE AND HELP TO OTHERS

So, what two things do you think James is trying to teach us about in this passage? (Trace over the words)



Read James 2:15-16

What do these people need? _____

What did they get? _____

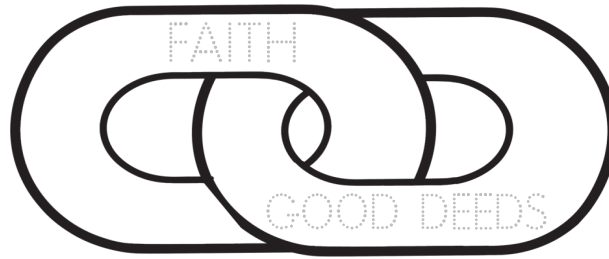
What does James 2:17 say is missing? _____

Is faith by itself enough to help and love others?

YES NO

Read James 2:21-23 about Abraham (Trace over what Abraham had)

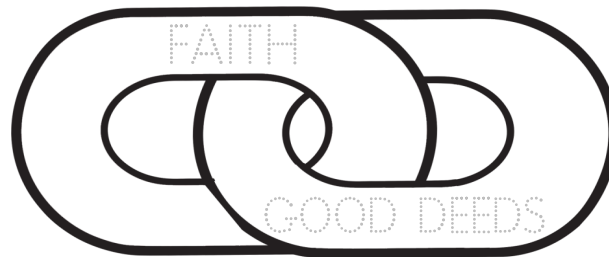
Abraham had



How do we know God was pleased with Abraham? (Verse 23)

Read James 2:24 about Rahab (Trace over what Rahab had)

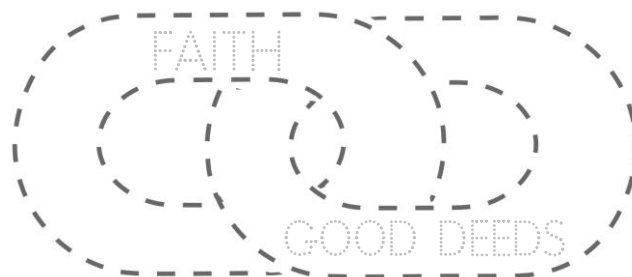
Rahab had





Was God pleased with Rahab helping God's messengers?
(Verse 25) _____

What will others say about you? (Trace over what you have)

_____ has
YOUR NAME



What good deeds could you do to help people in need?

Needs	How I can help...
ON THE INSIDE	I have God's gift of forgiveness and faith in God. 
ON THE OUTSIDE	I do good deeds to please God and help others. 

Week 5 James 3:1-12 **The power of the tongue**

Dear brothers and sisters, not many of you should become teachers in the church, for we who teach will be judged more strictly. ² Indeed, we all make many mistakes. For if we could control our tongues, we would be perfect and could also control ourselves in every other way.

³ We can make a **large** horse go wherever we want by means of a **small** bit in its mouth. ⁴ And a **small** rudder makes a **huge** ship turn wherever the pilot chooses to go, even though the winds are strong. ⁵ In the same way, the tongue is a **small** thing that makes **grand** speeches.

But a **tiny** spark can set a **great** forest on fire. ⁶ And among all the parts of the body, the tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself.

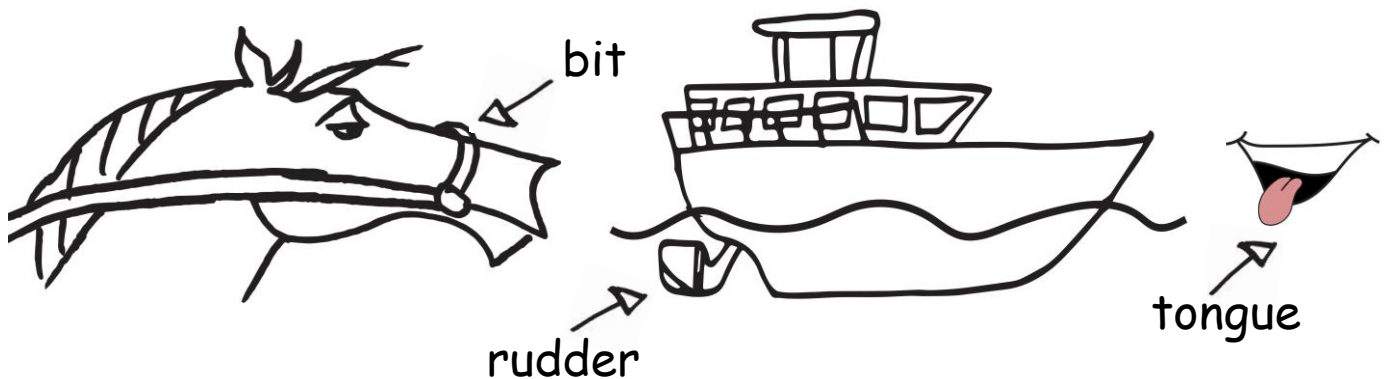
⁷ People can tame all kinds of animals, birds, reptiles, and fish, ⁸ but no one can tame the tongue. It is restless and evil, full of deadly poison. ⁹ Sometimes it praises our Lord and Father, and sometimes it curses those who have been made in the image of God. ¹⁰ And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right! ¹¹ Does a spring of water bubble out with both fresh water and bitter water? ¹² Does a fig tree produce olives, or a grapevine produce figs? No, and you can't draw fresh water from a salty spring.

Read the passage to complete the following sentences by adding in either "BIG" or "small" to make them true.

A _____ bit can **direct** a _____ horse.

A _____ rudder can be used to **turn** a _____ ship, even in strong winds.

A _____ tongue can make _____ speeches



James 3:3-5 is teaching us that something **SMALL** can make a **BIG** impact. In the same ways our tongues can be used to do good things that make a **BIG** difference. The things we say can help **direct** people towards loving God and **turn** them away from things that do not please Him.



Unfortunately, our small tongue can also make a **BIG** mess! Just like a _____ spark can start a _____ forest fire.



The tongue is even compared to poison and a wild animal that cannot be tamed.



Even though our tongue is so small it has the power to do good and to do evil.

James 3:9 names two things that our same tongue does.

P

C



Read James 3:10 and decide if it is good that our tongues both praise God and curse people?

YES NO

James 3:12 asks does a fig tree produce olives? _____



And does a grape vine produce figs? _____

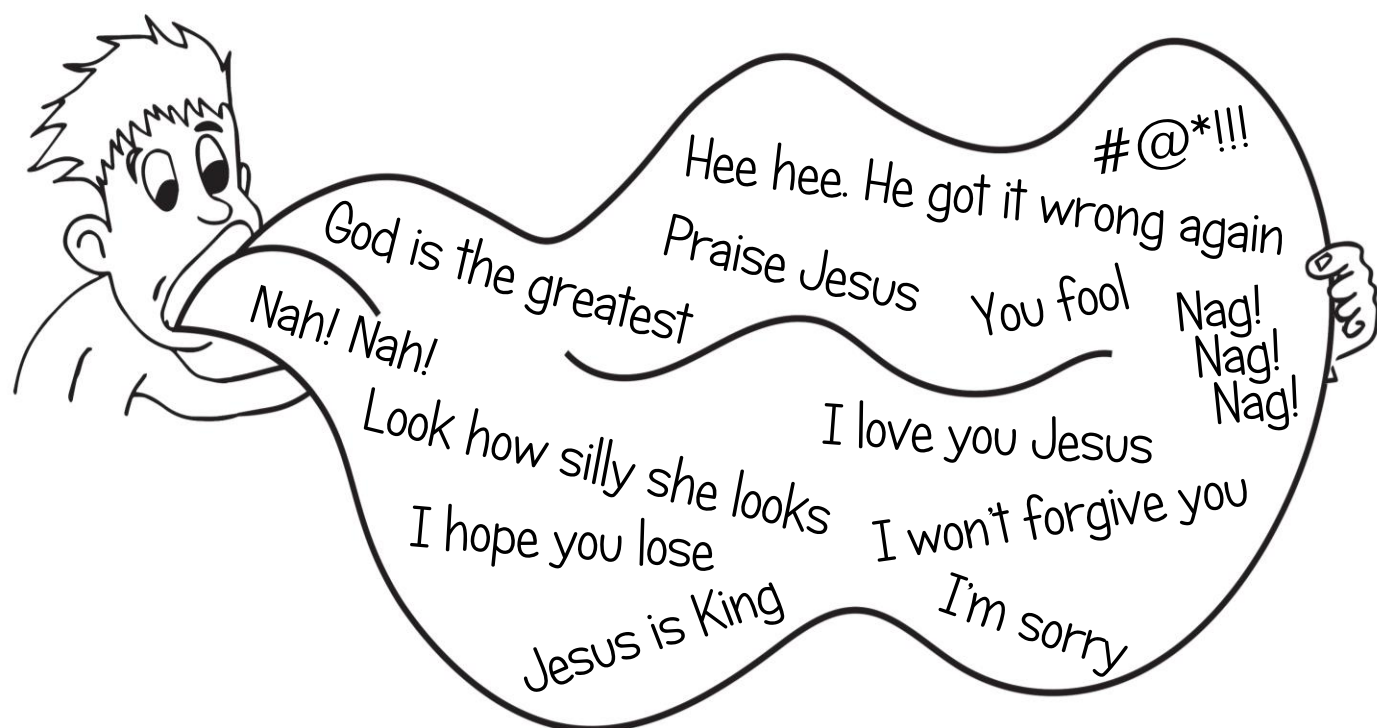


Everything inside of a fig tree is why it grows figs. Controlling our tongues is not always easy but thankfully God has given us the Holy Spirit who lives in us and helps us control what we say.



So what do you think a person that believes in Jesus, loves God and has the Holy Spirit in them, should use their tongue for?



Cross out all the words that do NOT belong



It is important to remember that our tongues have the power to lead any conversation we are in. Let's use them to show people how much we love Jesus and to bring them closer to loving Him too.

ON THE INSIDE	I have God's word and the Holy Spirit helping me control my tongue.	
ON THE OUTSIDE	I praise God and do NOT curse others.	

Week 6 James 3:13- 18 **Be wise and follow God's ways**

¹³ If you are wise and understand God's ways, **prove it by living an honourable life**, doing good works with the humility that comes from wisdom. ¹⁴ But if you are bitterly jealous and there is selfish ambition in your heart, don't cover up the truth with boasting and lying. ¹⁵ For jealousy and selfishness are not God's kind of wisdom. Such things are earthly, unspiritual, and demonic. ¹⁶ For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind.

¹⁷ But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to

others. It is full of mercy and the fruit of good deeds. It shows no favouritism and is always sincere. ¹⁸ And those

who are peacemakers will plant seeds of peace and reap a harvest of righteousness.



WISDOM IS WHAT IS RIGHT FOR GOD AND HIM HELPING YOU TO DO IT



Traffic lights tell us when to GO  and when to STOP .

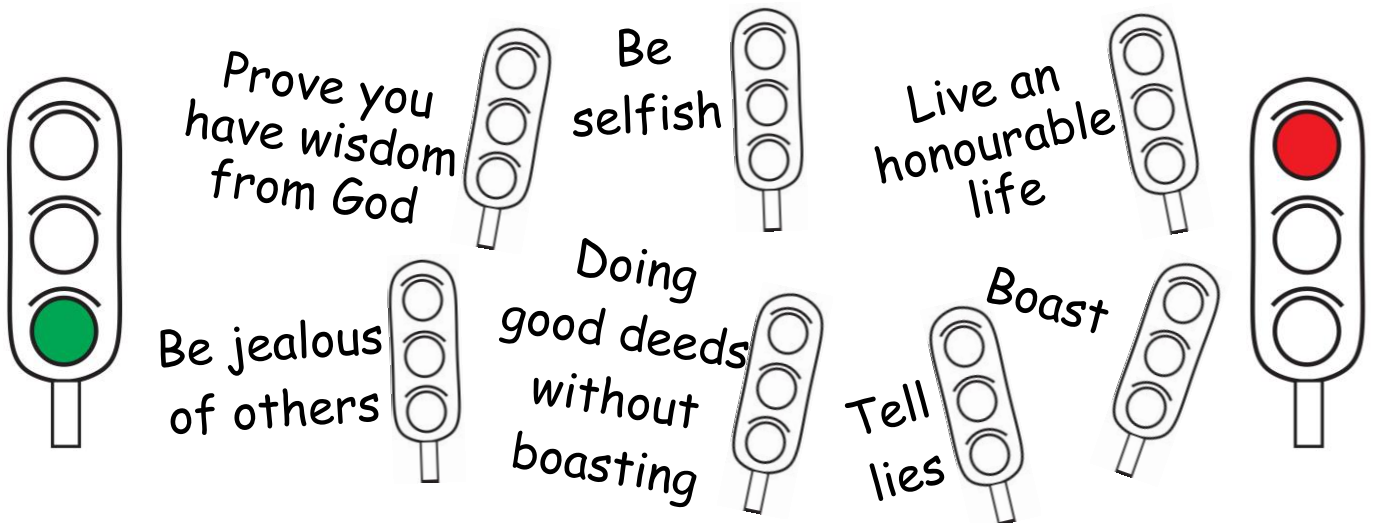
Having God's wisdom helps us know what is right for God and doing that.



Read James 3:13-16

Colour in the traffic lights **green** if God says this is wise to do.

Colour the traffic light **red** if it is not the right thing to do.

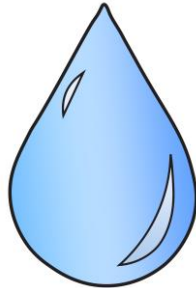



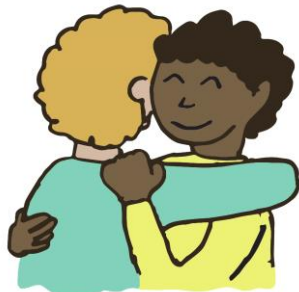


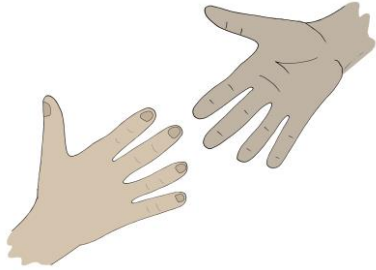


What does James 3:16 tell us there will be if you are jealous and selfish?





Wisdom from God is not the same as wisdom from people. God's wisdom is perfect! Use the pictures to complete the sentences and see what James 3:17 tells us about God's wisdom.



<p>Wisdom from God is _____,</p> <p>It is perfect with no sin.</p>	
<p>Wisdom from God loves people working together and is _____.</p>	
<p>Wisdom from God is _____ towards others.</p>	
<p>Wisdom from God is willing to _____ to others and ready to consider their needs.</p>	
<p>Wisdom from God is full of _____ and forgiveness.</p>	

<p>Wisdom from God is full of the _____ of _____ and how we care for others.</p>	
<p>Wisdom from God loves all people equally and shows _____</p>	
<p>Wisdom from God is always honest and _____</p>	



ON THE INSIDE	<p>God gives me His wisdom to do things His way</p> 
ON THE OUTSIDE	<p>I prove it by living an honourable life that pleases Him.</p> 

Week 7 James 4:1-17 **Worldliness vs Godliness**

¹What is causing the quarrels and fights among you? Don't



they come from the evil desires at war within you? ² You



want what you don't have, so you scheme and kill to get it.



You are **jealous** of what others have, but you can't get it, so



you **fight** and wage war to take it away from them. Yet you

don't have what you want because you don't ask God for

it. ³ And even when you ask, you don't get it because your

motives are all wrong—you want only what will give you

pleasure.

⁴ You adulterers! Don't you realize that friendship with the

world makes you an enemy of God? I say it again: If you

want to be a friend of the world, you make yourself an

enemy of God. ⁵ Do you think the Scriptures have no

meaning? They say that God is passionate that the spirit He

has placed within us should be faithful to Him. ⁶ And He

gives grace generously. As the Scriptures say,

"God opposes the proud but gives grace to the humble."



God created the world and He created people to be a part of it and it was good.
(Genesis 1:31)

When Adam and Eve disobeyed God, sin entered the world. Now instead of the world being good it was filled with things that go against God.



We have evil desires in us and James 4:2 says we

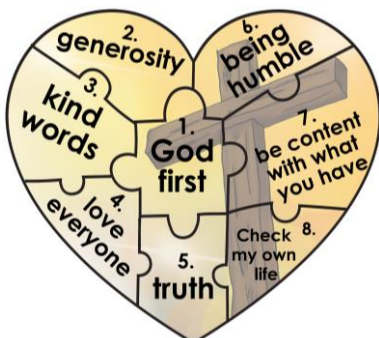
_____ we are
_____ and we _____
with others. We are also greedy and take revenge.

As people who believe in Jesus and accept His free gift of forgiveness we are filled with the Holy Spirit. He fills us with love, peace, kindness and everything we need to live a life that pleases God.





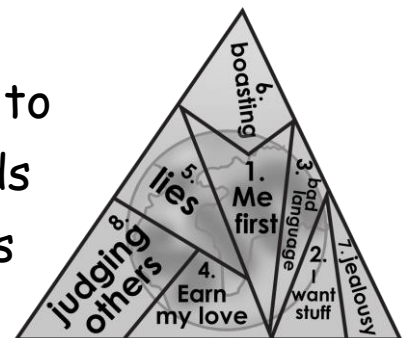
Unscramble the letter to complete the verse

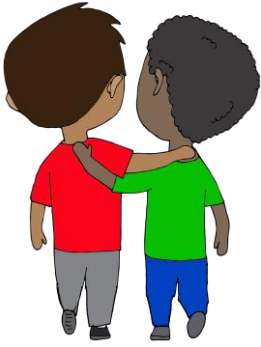
James 4:4 If you want to be a _____ (firnde) of the world, you make yourself an _____ (meney) of God.



James tells us that we have to choose. Either we are friends with God and follow His ways

or we are friends with the sinful ways of the world. We cannot be both!
Who do you choose?  or 





Can you have peace and
fight at the same time?



Can you be generous
and greedy at the same
time? _____



Cross out the words that do not belong in the verse

James 4:5 God is passionate that the spirit (He/the world)
has placed within (others/us) should be faithful to Him.

James 4:7-8

⁷ So **humble** yourselves before God. **Resist the devil**, and he
will flee from you. ⁸ **Come close to God**, and God will come
close to you. Wash your hands, you sinners; purify your
hearts, for your loyalty is divided between God and the
world.

To be a friend of God we need to **humble ourselves** (put God
before everything else). We also need to **resist the devil** and
come close to God.

Write what will happen next.

We resist the devil and _____

We come close to God and _____

Draw a ☹️ above the things that show we are sorry when we go against God's ways.


⁹ Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. ¹⁰ Humble yourselves before the Lord, and **He will lift you up in honour.**

What does verse 10 say God will do when we humble ourselves and show we are truly sorry? _____

ON THE INSIDE	I accept and believe in Jesus and am filled with the Holy Spirit.	
ON THE OUTSIDE	I spend time with God and my actions show I am His friend.	


Week 8 James 5:7-11 **Patience while we wait**

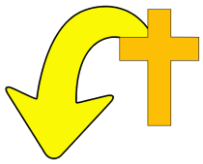
 ⁷ Dear brothers and sisters, be **patient** as you wait for the

 Lord's return. Consider the farmers who **patiently** wait for the rains in the fall and in the spring. They eagerly look for the valuable harvest to ripen. ⁸ You, too, must be patient.

 Take courage, for the coming of the Lord is near.

⁹ Don't grumble about each other, brothers and sisters, or you will be judged. For look—the Judge is standing at the door!

 ¹⁰ For examples of **patience** in suffering, dear brothers and sisters, look at the prophets who spoke in the name of the Lord. ¹¹ We give great honour to those who endure under suffering. For instance, you know about Job, a man of great endurance. You can see how the Lord was kind to him at the end, for the Lord is full of tenderness and mercy.




“The Lord’s return” and “The coming of the Lord” can be understood in two ways.

1) When Jesus comes back to earth

2) When God steps in and does things His way now.

We don’t know for sure which James is meaning here but we do know that God is **always in control** and He wants us to be

 patient as we wait for things to work out like He plans.



In these verses James is now speaking to the believers who are poor and are going through tough times. There is fighting within the church as they have been treated unfairly. He is telling them not to fight back but instead wait for God to judge.

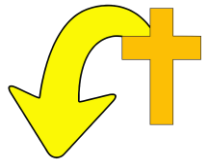
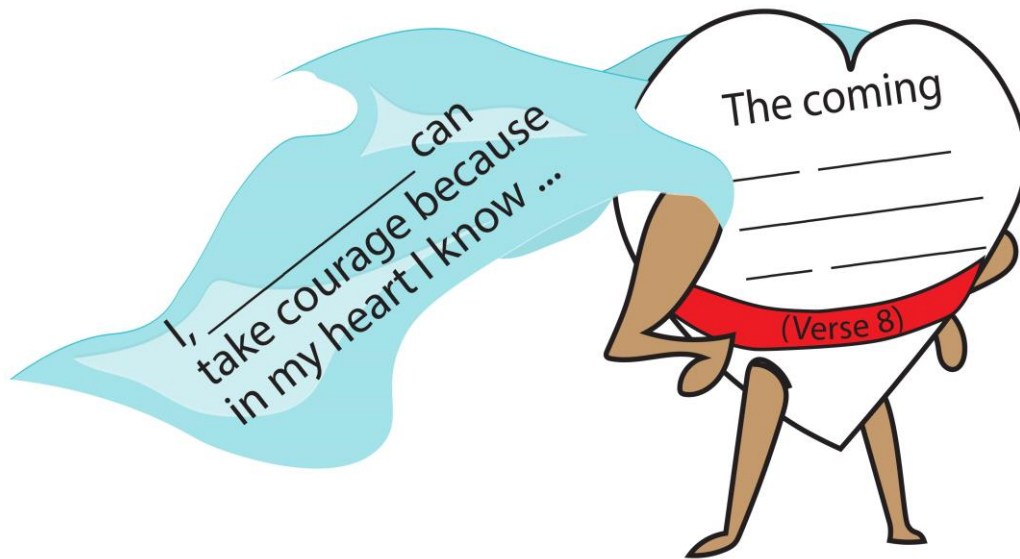
How must we wait for the Lord’s return? (Verse 7)



The farmers patiently wait for the rains because they eagerly look for the v _____ h _____ to
r _____.

Why can you "take courage" when going through tough times?

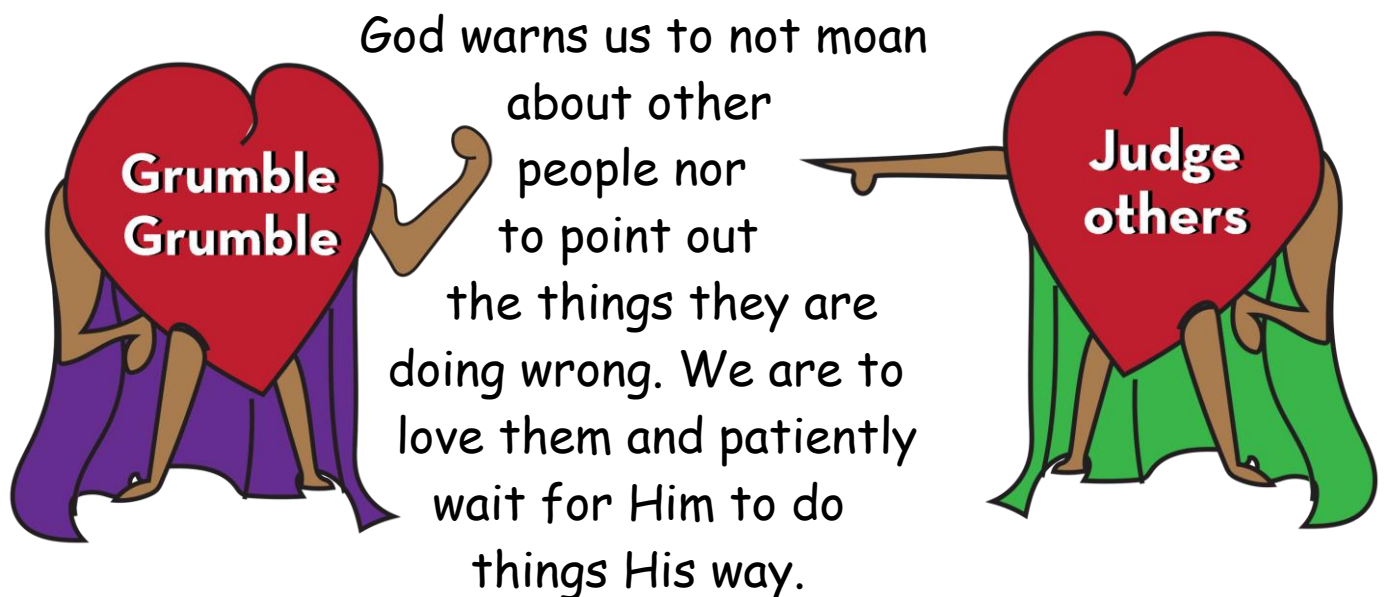
Fill in your name and use verse 8 to fill in your answer into the picture below.



Whether we understand "The coming of the Lord" to be when Jesus comes back to earth or for God to do something His way now, our response needs to be the same. We wait with patience!



While we are waiting patiently for God to step in, what must we NOT do? (Verse 9) _____

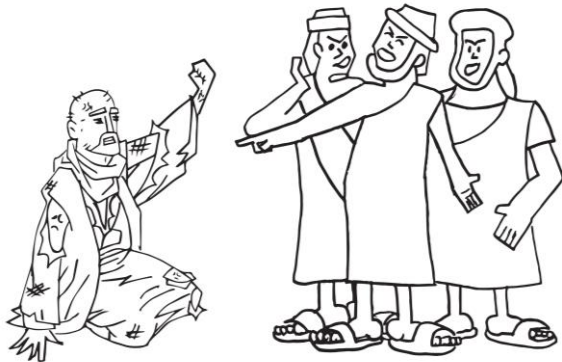


James 5:10-11 tells us about Job.


When Job was going through a really tough time, his friends said it was God punishing him. But Job knew this was not true. What do you think Job did? (Circle the correct answer.)

Shouted and got revenge

Prayed for his friends





Job did not fight back in fact he patiently prayed for his friends and waited for God to step in. (Job 42:10)

 Job was patient and didn't grumble, judge or give up in the tough times.

(James 5:11) And so God was _____ to him at the end, for the Lord is full of _____ and mercy.

Do you think God will bless your patience and endurance too?

YES NO

ON THE INSIDE	I know that Jesus will return and that God is always in control.	
ON THE OUTSIDE	I patiently wait for God to do things His way.	

Week 9 James 5:13-18 **Pray in faith**

¹³ Are any of you suffering **hardships**? You should pray. Are

any of you **happy**? You should sing praises. ¹⁴ Are any of

you **sick**? You should call for the elders of the church to

come and pray over you, anointing you with oil in the name

of the Lord. ¹⁵ Such a prayer offered in faith will heal the

sick, and the Lord will make you well. And if you have

committed any sins, you will be forgiven.

¹⁶ Confess your sins to each other and pray for each other

so that you may be healed. The **earnest** prayer of a



righteous person has great **power** and produces wonderful



results. ¹⁷ Elijah was as human as we are, and yet when he



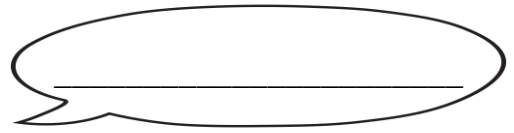
prayed earnestly that no rain would fall, none fell for three

and a half years! ¹⁸ Then, when he prayed again, the sky

sent down rain and the earth began to yield its crops.

Read through the passage and draw more speech bubbles above the other words "pray".
Write in the speech bubbles what verses 13-14 say we should do when we go through the following:

When we suffer **hardships** we should



When we are **happy** we should

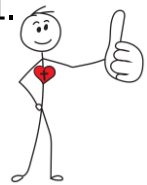


When we are **sick** we should



No matter the situation, we need to **keep speaking to God**.

Complete James 5:16 and use the pictures to help learn it off by heart.



The _____ prayer of a _____

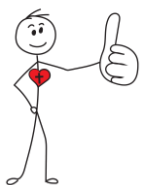


_____ has great _____ and



produces wonderful _____.

This verse together with the story of Elijah can help us answer three questions about prayer. **WHO? HOW? WHAT?**



WHO can pray?

Draw a ✓ tick by the sentence that is true. (James 5:17)

"Elijah was a super human"

OR

"Elijah was as human as we are"

OR

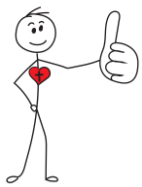
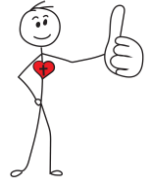
"Elijah was the only person God listened to"

Sometimes we think the way we pray is not good enough or that God will not listen to what we say. Is this true?

Colour in your answer

YES NO

Elijah was **as human as we are** and God listened and answered his prayers. Can you remember the verse we learnt? Who does it say is praying?



God is righteous because He is perfect and does nothing wrong. All of us have done something wrong which is sin. But when we pray and ask Jesus to forgive us He makes us right with God again.

Can you pray to God? Colour in your answer

YES NO



HOW should we pray?



Elijah prayed for rain but there was not even one cloud in the sky.



Elijah prayed six more times and when he saw a tiny cloud he told the king to prepare for rain.

How did Elijah pray to God? (Verse 17) _____



To pray earnestly means with all your heart and without giving up. It is easy to pray like this when we trust the person we are talking to.

Do you think God wants you to pray earnestly? Colour in your answer

YES NO



WHAT is the result?



Circle how God answered

When Elijah prayed



When Elijah prayed



Elijah's prayers had great power and had wonderful results because it was **GO** who heard and answered them! Elijah prayed these prayers not because he wanted good weather but because he wanted others to see God is the only true and powerful God and they should follow only Him.



Do you think God has the power to answer your earnest prayers with wonderful results? Colour in your answer.

YES NO

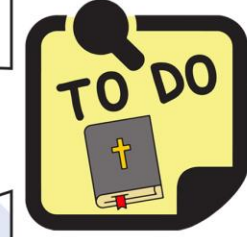
ON THE INSIDE	I know and am made righteous by Jesus.	
ON THE OUTSIDE	I pray in faith in all situations.	

Draw a line to match what God gives us on the inside to what we must show on the outside.

We have God's word and the Holy Spirit helping us.



We have God's gift of forgiveness and faith in God.



We do what the Bible says.

God gives us His wisdom to do things His way.



We believe in Jesus and are filled with the Holy Spirit.



We patiently wait for God to do things His way.



We prove it by living honourable lives that please God.



We have joy in tough times as we trust in God alone.



God plants His word in our hearts.



God gives us wisdom and grows our faith.



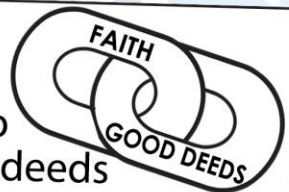
Our actions show we are His friend.



We praise God and do not curse others.



We do good deeds to please God and help others.



We know and have faith in God.



We know Jesus will return and God is always in control.



We pray in faith in all situations.

Dear God...

