

The Heart's Desires

(James 4:1-10)

November 7, 2010



Dear Parent,

This week in SojournKids, we learned that:

- **We fight because we don't get what we want.**
- **Because our selfish wants lead us to be angry, we can't blame others.**
- **Only Jesus can change our selfish desires.**

Have you ever gotten angry? What if you want to stay up, but your mom or dad tells you its time for bed? What if your mom makes you eat all your vegetables? What if you really want a cookie, but your mom or dad says you can only have a banana?

We get angry because we have sinful desires. They are right there inside of us—in our hearts. We'd like to blame other people, but we can't. Has there ever been a time when you were teased or bullied by someone else and you got angry? Was it their fault or yours? Even when others "make" us angry, the anger didn't come from them, it came from our own desires. We didn't want to be teased. So, when we were teased, we got angry.

Only Jesus can change our hearts' desires. Only he can take away our anger. When he saves us, he helps us to desire what is best for others instead of just what is best for ourselves.

Adapted from *God's Story New Testament*, lesson 72



Think About It

What kinds of things make you angry? Does the anger come from inside you or from outside you?

Have you ever said that another person "made" you angry—maybe your brother or sister? Is this true?



Let's Pray

God and Father,
Help me to want what you want.
Change my selfish heart
so that I might ask for what I desire
out of love for my neighbor.
Help me to be Your friend
and not a friend of the world.
Help me not to think too proudly about myself,
because you give grace to the humble.
(James 4:1-6)

God offers us his grace, but we must receive it with humility. Pray that God will give us his wants and desires instead of our own selfish ones. Pray that He will send his Holy Spirit, draw near to us, and change us. We need His help.



November Memory Work

He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. 1 Peter 1:3b (NIV)

Q What is a change of heart called?

A. The new birth

(John 3:3,5; 1 Peter 1:3, James 1:18)

Catechism for Boys and Girls, Question #32

