James 4:6-10 Categories and the Cycle

Consider the main categories that James addresses in this passage. What other categories would you use to describe the process the James describes? How would these categories relate to spiritual formation, the work that God does in our hearts.

	⁶ But he gives us more grace. That is why	
	Scripture says:	
Abandonment letting go of self- protection and our own efforts and trusting ourselves to God	"God opposes the proud but shows favor to the humble."	Release freedom so that the life of Christ in us overflows into the lives of others
	Submit yourselves, then, to God. Resist the devil, and he will flee from	
	you. ⁸ Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you	Repentance turning away from false ideas of life to God as our source of joy
	double-minded. ⁹ Grieve, mourn and wail. Change your laughter to mourning and	
growing trust when we see God actually at work in our weakness	your joy to gloom. ¹⁰ Humble yourselves before the Lord, and he will lift you up.	Brokenness recognizing our self- obsession, that we are seeking broken cisterns (Jer. 2), not God as the

These categories are used in the "Cycle of Spiritual Formation" suggested by Larry Crabb:¹ "From brokenness, through repentance, into abandonment, toward confidence, resulting in release.

In brokenness over sin, we seek God as our first thing, pleading for his mercy, not screaming for our rights.

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fountain of life

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¹ Larry Crabb, *Soul Talk* (Nashville, Tennessee: Thomas Nelson, 2003), 235.

cf. Larry Crabb, The Pressure's Off: There's A New Way to Live (New York: Waterbrook, 2018), 180.

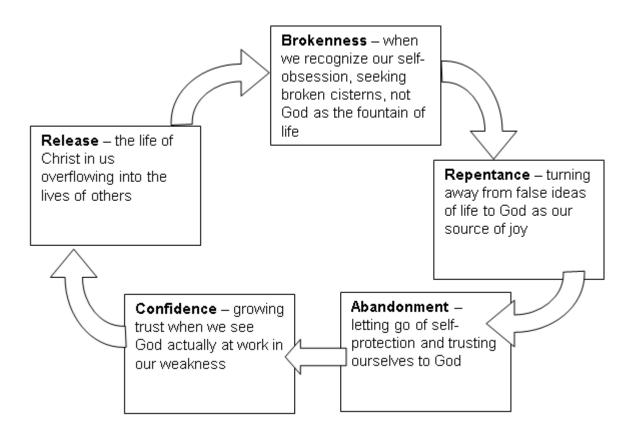
• from **brokenness**: "I've sinned against the one who sinned against me. My sin is as offensive to God as is his. And I've sinned against God by treating him like a second thing."

• through **repentance**: "I've been on the religious journey, trying to do what it takes to make my life work and to feel alive. I want to trade in all that self-obsession for God-obsession."

• into **abandonment**: "I'll follow the Spirit wherever he tells me to go because I am willing to risk trusting God, even when he does nothing visible to warrant my trust."

• toward **confidence**: "God's been dancing all along. And now I'm walking onto the dance floor. I can hear the music. Look! I'm actually dancing, and I feel alive. Communion with the Trinity is real and fills the center of my soul. This is life!"

• resulting in **release**: "Now I want to bless those who have hurt me. My pain isn't the point. Yes, I still hurt, but I'm becoming God-obsessed! I'm a little more like Jesus! And it's who I really am. I'm discovering my true self. This is joy!"



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