A Our passions cause our problems with others (1).

4 What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?

B Our passions keep us from receiving (2-3).

² You desire and do not have, so you murder.

You covet and cannot obtain, so you fight and quarrel.

You do not have, because you do not ask.

³ You ask and do not receive, because you ask wrongly, to spend it on your passions.

C Choose submission to God over friendship to the world (4-10).

⁴ You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God. ⁵ Or do you suppose it is to no purpose that the Scripture says, "He yearns jealously over the spirit that he has made to dwell in us"? ⁶ But he gives more grace. Therefore it says, "God opposes the proud but gives grace to the humble." ⁷ Submit yourselves therefore to God. Resist the devil, and he will flee from you. ⁸ Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. ⁹ Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. ¹⁰ Humble yourselves before the Lord, and he will exalt you.