



Prayer in the Body

James 5: 13 – 20

Solid Rock Church

Pastor Elliott Anderson

Prayer Impact in the Brain and Body

Lowers cortisol – stress hormone

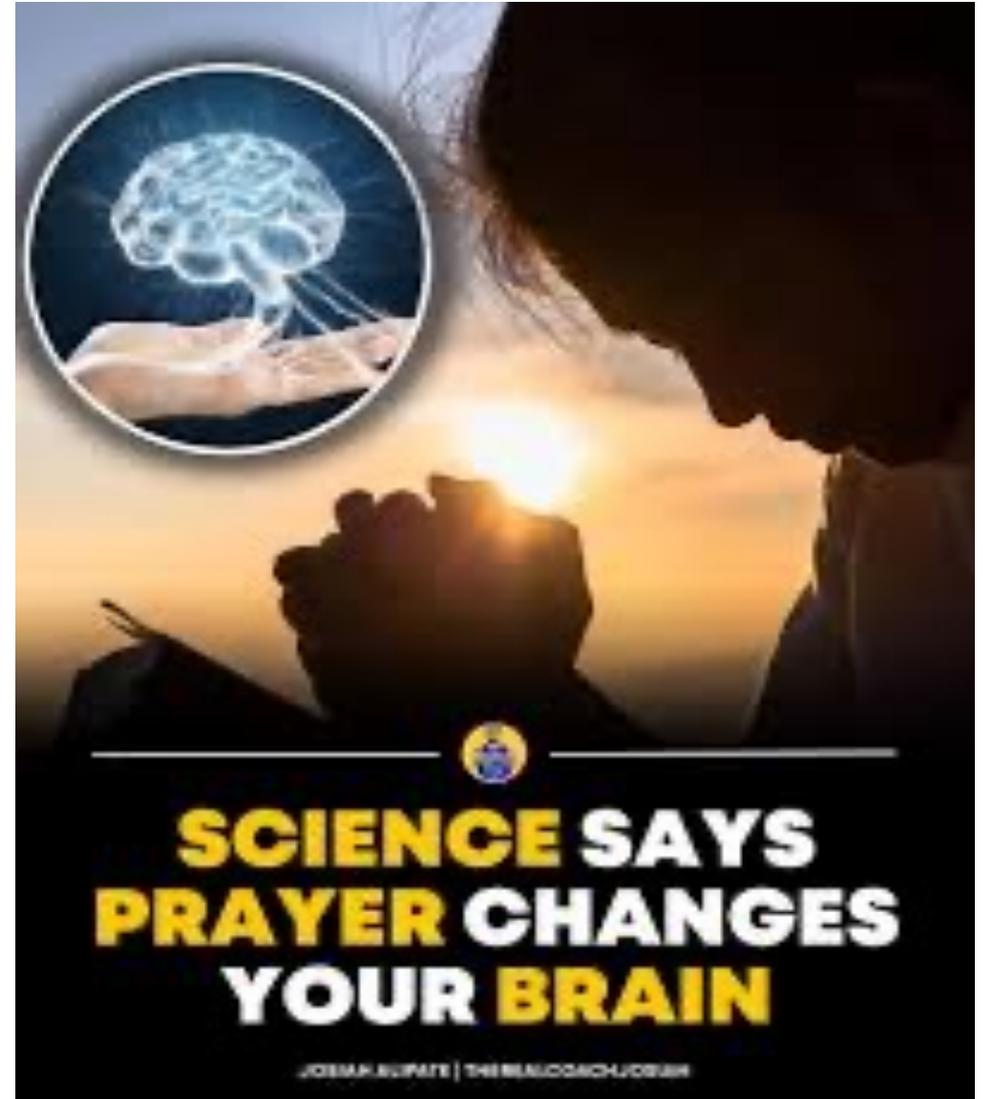
Decreases blood pressure

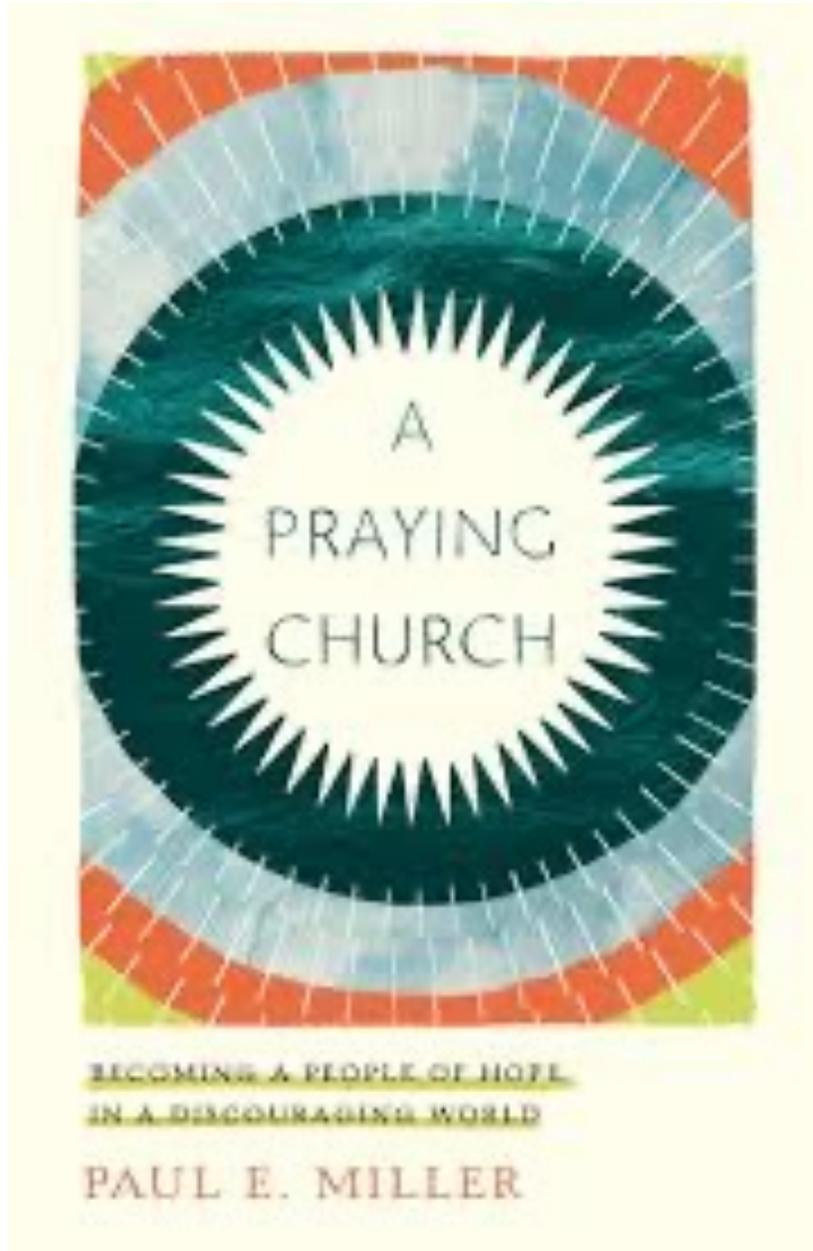
Improves immune functioning

Calms nervous system

Improves sleep

Reduces acute pain/suffering





Prayer Impact in Church Body

Vital catalyst for unity

Deepens relationships

Abates loneliness

Aligns the community

Maintains mission

Synergizes vision / outreach

James is a General Epistle



James wasn't written to a specific church (Galatia, Ephesus).

James was a general epistle to all the Church (believers scattered and dispersed throughout the world).



James Chapter Themes

- 1: Patient in Troubles
- 2: Practicing Truth
- 3: Power over Tongue
- 4: Prioritizing Peace
- 5: Patiently Prayerful

James Spiritual Maturity Issues /Targets

ISSUE

1. Impatience in difficulties
2. Talking, but not living the Truth
3. No control of tongue, death
4. Fighting and troublemaking
5. Coveting world / riches

TARGET

- Patience in our trials
- Practice, live by Truth
- Tongue for love, life
- Peacemaking / grace
- Wise stewards / prayer

James Starts and Ends Letter with Prayer

James 1: 5, If any of you lacks wisdom, **let him ask God** who gives generously and without reproach, and it will be given him.

James 5: 13, Is anyone among you suffering? **Let him pray.**



6 Prayer Decrees From James

1. Prayer and Praise Always
2. Prayers for Sickness + Sin
3. Prayer Heals and Restores
4. Righteous Prayer - Elijah
5. Prayer Concern: Wanderers
6. Prayer Covering: Forgiveness



James 5: 13 – 14

#1 Prayer and Praise Always

Proverbial Parallelism

Is anyone among you suffering? Let him **pray**? Is anyone cheerful? Let him sing **praise**. Is anyone among you sick? Let him call for the elders of the church, and let them **pray** over him, anointing him with oil in the name of the Lord.

Prayer and Praise Synonymous Themes in OT

Halal: praise and celebrate

Yadah: thanksgiving

Towdah: sacrifice of praise

Shabach: address with energy

Barak: kneeling, blessing

Tehillah: singing, praising



Why You Should Start
Your PRAYERS With

Praise



www.CatholicNewbie.com

Photo by JFXie, Wikimedia Images

Prayer and Praise Synonymous Themes in NT

Proseuche – pro (toward)

euche (vow, prayer)

Can mean a general prayer

Can mean a place of prayer

Aiteo – to ask, desire, or beg

Aineo – to praise or give God glory

Prayer and Praise: Always the Answer

We don't grumble, complain, or quarrel in response to trials, attack, or suffering.

We Pray and Praise

James 1: 2, Count it all joy, my brothers, when you meet trials of various kinds....



Prayer Changes Us

Prayer might not change the situation, the circumstance, or the person; but prayer changes our mind, body, and spirit.

James

1: 6, Let him ask in faith, with no doubting...

1: 12, Blessed is the man who remains steadfast under trial

4: 6, God gives us more grace.

James 5: 15 – 16

#2 Specific Prayers for Sickness and Sin

And the prayer of faith will restore the one who is **sick**, and the Lord will raise him up. And if he has committed **sins**, he will be forgiven. Therefore, **confess your sins** to one another and **pray for one another**, that you may be healed. The **prayer** of a righteous person has great power as it is working.

James 5: Words for Sick in the Greek

5: 14, Is anyone among you **sick**

Astheneo = to be weak, feeble, without strength.

5: 15, the prayer of faith will restore the one who is **sick**

Kamno = weary, exhausted, discouraged

James uses physical, psychological, and emotional sickness

James 5: 13 – 16

A. Responsibility for the Call and Confession

5: 14, let him (the one who is sick, tired, exhausted) call for the elders of the church....

5: 16, therefore (the one who is sick, weary, worn out) confess your sins to one another...





James 5: 13 – 16

B. Responsibility for Praying

5: 14, call for the elders of the church and let them pray over him.

5: 16, the prayer of a righteous person (elders must be righteous) has great power.

James 5: 14

C. Anointing with Oil

5: 14, Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, **anointing him with oil** in the name of the Lord.



Use of Oil in Bible Ministry

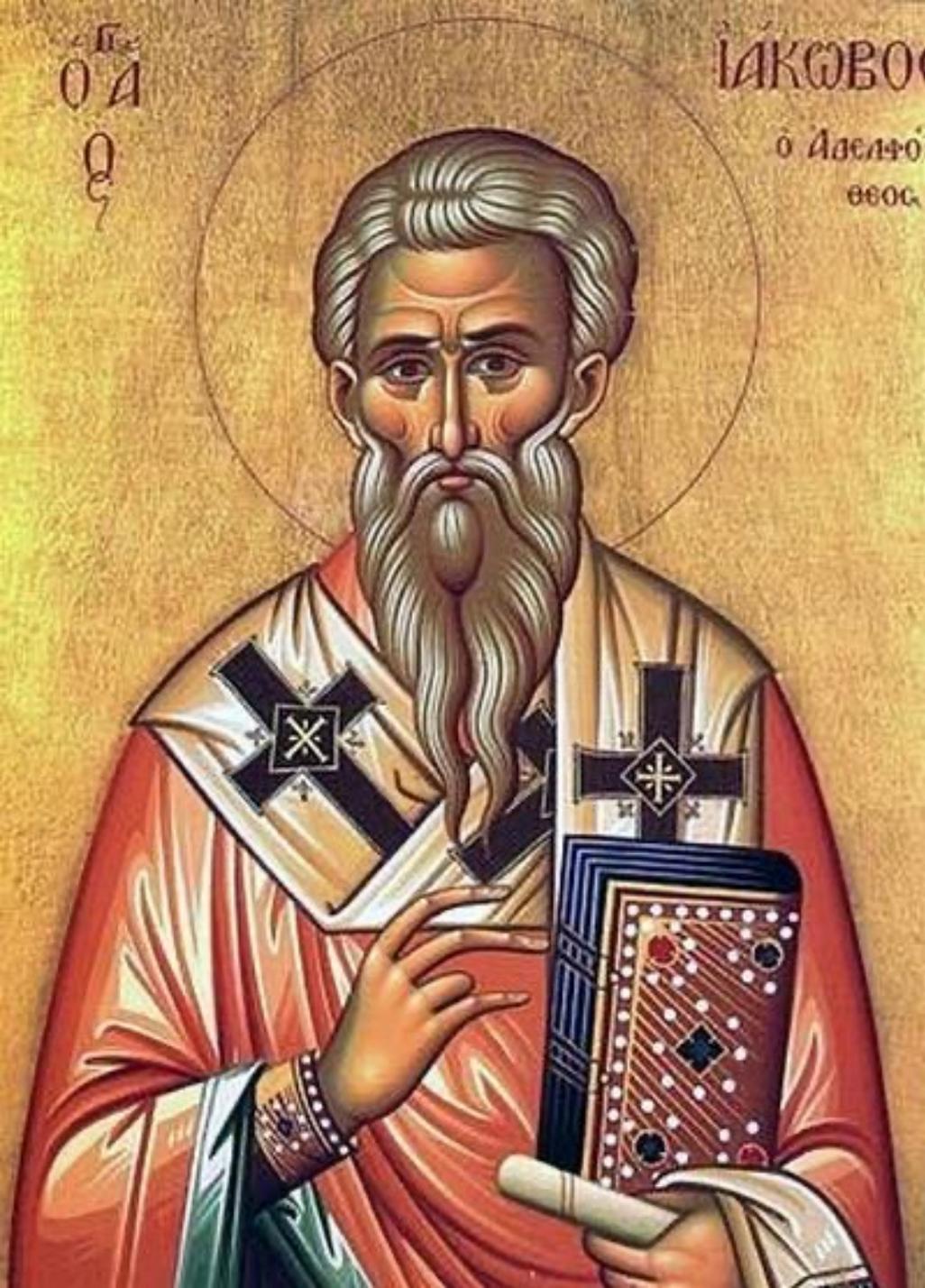
Medicinal purposes: **Luke 10: 34** (Good Samaritan soothes)

Sacred purposes: **1st Samuel 16: 13** (David anointed as King)

Healing purposes: **Mark 6: 13** (Disciple's miracles)

Symbolic purposes: **James 5: 14** (Presence of God)

“Sanctification of the Spirit” to remind us who heals/restores



D. In the Name of the Lord

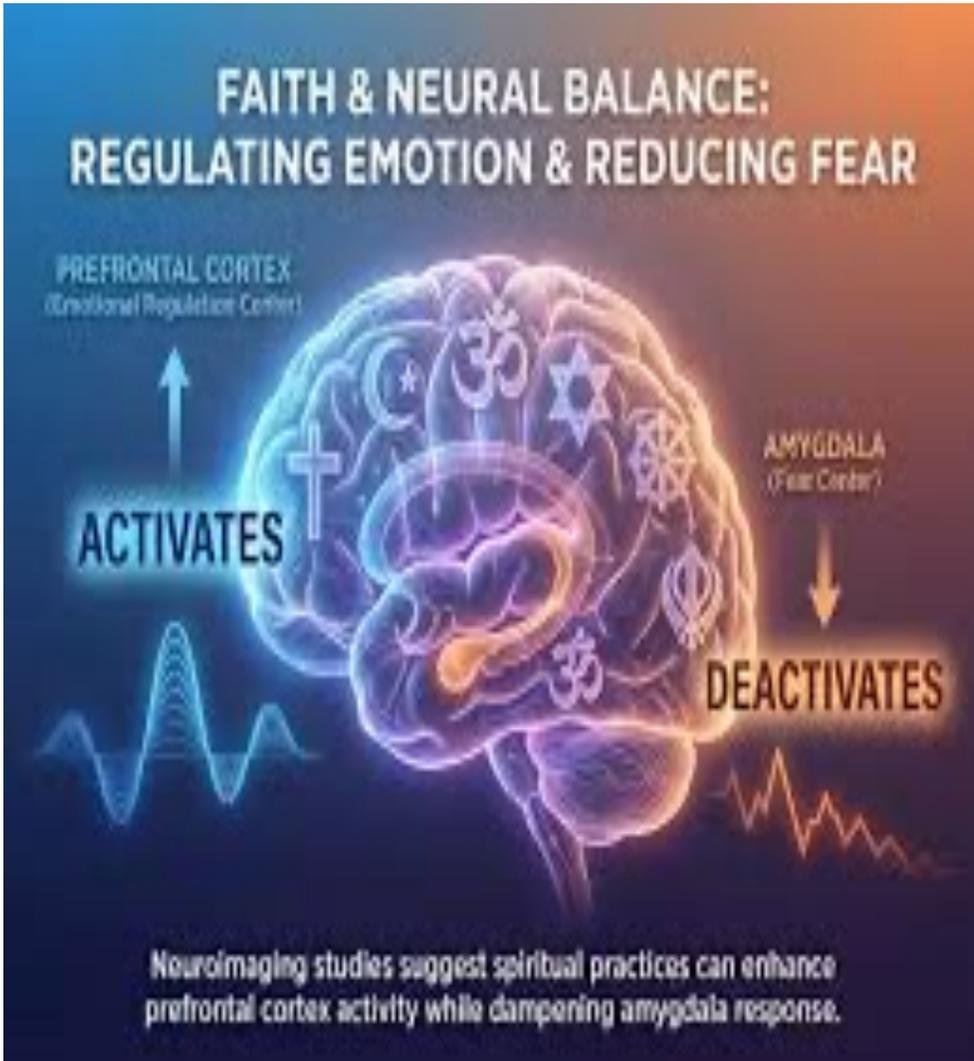
James is encouraging the suffering saints to make use of the physical, spiritual, and emotional elements of prayer and oil for healing.

But he makes sure we know who is doing the healing and restoration. It is in **the power and name of Jesus!**

James 5: 15 – 16

#3 Prayer Heals / Restores

And the prayer of faith will **heal (restore)** the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.



Spiritual Guarantee Not a Physical Guarantee

laomai in Greek = carries a holistic meaning, encompassing physical, spiritual, and relational restoration.

James 5: 17 – 18

#4 The Righteous Prayer Example of Elijah

5: 17 - 18, Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. Then he prayed again, and heaven gave rain, and the earth bore its fruit.

Prophet Citing's by James in Chapter 5

Job in 5: 11 (Patience in Suffering)

Elijah in 5: 17 (Power in Prayer)

1st Kings 17 – 18

Elijah Prayer Example in OT

Elijah prayed for a drought to punish Israel and the evil King Ahab for disobedience, idolatry, and wickedness.

1st Kings 16: 33, And Ahab did more to provoke the Lord, the God of Israel, to anger than all the kings of Israel (6) who were before him.

1st Kings 17 – 18

Elijah Prayer Example in OT

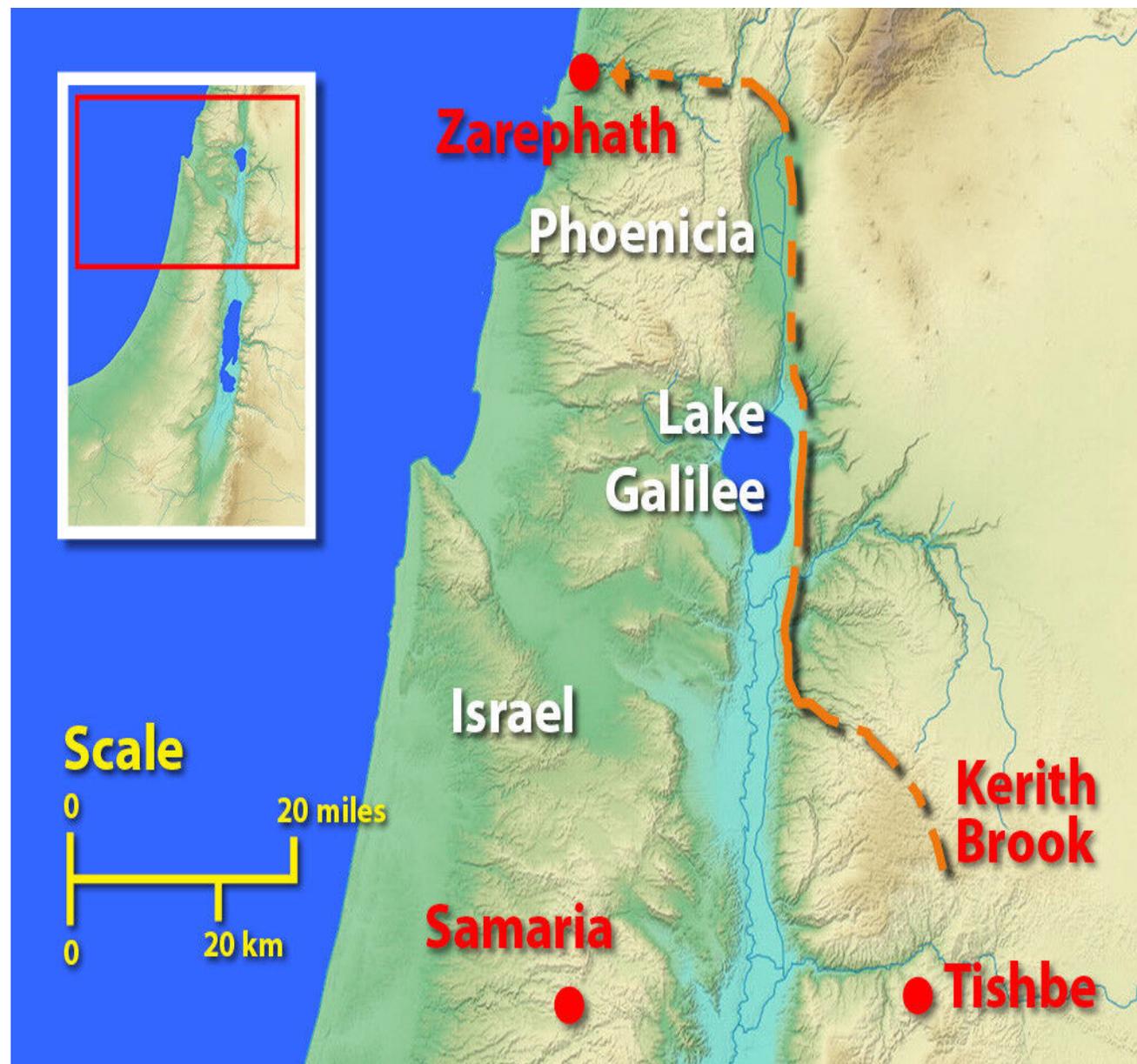
Elijah prays for God to bring the drought without God calling him to do it. Righteous man's prayer...

1st Kings 17: 1, Now Elijah the Tishbite, of Tishbe in Gilead, said to Ahab, “As the Lord, the God of Israel, lives, before whom I stand, there shall be neither dew nor rain these years, except by my word.”

1st Kings 17 – 18

Elijah Prayer Example

1st Kings 18: 1 – 2, After many days the word of the Lord came to Elijah, in the third year, saying, “Go, show yourself to Ahab, and I will send rain upon the earth. So, Elijah went to show himself to Ahab.



James 5: 19 – 20

5 Prayer Concern: Wanderers

My brothers, if anyone among you **wanders from the truth** and someone brings him back **let him know** that whoever brings back a sinner from wandering will save his soul from death and will cover a multitude of sins.

Truth: Systemic Biblical truth and the moral practice of it...

Final Pastoral Call to Action Faith

Brethren, if anyone among you
wanders from the truth,
and someone turns him back,
let him know that he who turns a sinner
from the error of his way
will save a soul from death
and cover a multitude of sins.
James 5: 19-20 NKJV

Wandering Straying Issues:

Unbridled Tongues

Unproductive Faith

Unforgiving Hearts

Worldly Wisdom

Brother Quarrels

Impatient Waiting



A. The Call is to the Brothers/Sisters in Faith

There's a blessing letting someone know they've wandered

There's a loving and gracious way to do so.

James says: No judging! No condemning!

Galatians 6: 1, Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently.

B. Our Responsibility is the Sharing / Loving Not the Result

1st John 4: 6, Whoever knows God listens to us; whoever is not from God does not listen to us. By this we know the Spirit of truth and the spirit of error.

1st John 4: 7, Beloved, love one another, for love is from God.

James 5: 19 – 20

#6 Prayer Covering: Forgiveness

My brothers, if anyone among you wanders from the truth and someone brings him back let him know that whoever brings back a sinner from wandering will save his soul from death and will **cover a multitude of sins.**

Cover: Hebrew idiom for forgive

Cover: Hebrew / Greek

Kaphar: to wipe away, remove *Kalypto*: to hide, conceal

Psalm 32: 1, How blessed is he whose sin is forgiven,
whose sin is covered.

Luke 8: 16, No one after lighting a lamp covers it with a jar
or puts it under a bed...

6 Prayer Decrees From James

1. Prayer and Praise Always
2. Prayers for Sickness + Sin
3. Prayer Heals and Restores
4. Righteous Prayer - Elijah
5. Prayer Concern: Wanderers
6. Prayer Covering: Forgiveness



The Goal of the Letter of James

Spiritual maturity call for Solid Rock Church

The deepening of our spiritual life, through integrated understanding of Jesus, ourselves, and community; and the consistent application of spiritual principles in daily actions, words, and relationships.

“To become more like Christ - NOW”