

## PRESSURE POINTS: Praying Through Life's Ups & Downs

Andy Deane · 11/17/2024 · James 5:13-18

*James 5:13-18, 13 Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. 14 Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. 15 And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. 16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. 17 Elijah was a human being, even as we are. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. 18 Again he prayed, and the heavens gave rain, and the earth produced its crops.*

### **REASONS FOR PRAYER:**

#### **If you're SUFFERING**

- What is your first response when you find trouble, or when trouble finds you: run, fix it, or pray?
- Pray: for relief, but also wisdom, endurance, & refinement.

#### **If you're SMILING**

- Worship songs really are just joyful prayers of praise.
- Is life treating you good? Nope, God is! Tell & thank Him — the giver of all truly good gifts.

#### **If you're SAD**

- The greek word for "sick" is at times translated "weak"(spiritually) as in 2 Corinthians 13:9.
- Psalms 34:18, *The Lord is close to the brokenhearted and saves those who are crushed in spirit.*

#### **If you're SICK**

- James assumes we're in a local church community. We aren't intended/able to do this alone.
- We can request to be anointed by oil, which symbolizes the Holy Spirit, by our spiritual leaders.
- God promises healing but doesn't prescribe how it looks. So we could pray for people in faith, expecting that God will heal them, and then leave the matter in God's hands for His timing. Sometimes they'll get physical healing, but always they'll get spiritual strengthening.
- 2 Corinthians 4:16, ...Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

#### **If you're SINNING**

- Confession breaks the power of secret sin that isolates us from those who can help us:
  - It should be honest and discreet.
  - It should be made wisely to mature believers.
  - It provides practical accountability for us.
  - It adds another's prayer power to our repentance.
  - It removes a reason (like our sin) for God not to heal us.
  - It is a precursor to seasons of revival (Acts 19:17-20).
- I recommend reading chapter 5 of Ray Ortlund's *The Death of Porn* book for a method of confessing your sins.

#### **If you're SEEKING CHANGE**

- We're given a model of effective prayer in the life of Elijah (1 Kings 17) and told we can do likewise.
- How are we different than him? Elijah prayed biblical prayers, even when it was hard (Deuteronomy 28:12; 24).
- If you're someone who wants to effect real change, discern God's heart pray big biblical prayers for others.

#### **How can we learn to pray more effectively at Cornerstone?**

- Join us for a twice a month night of prayer (view our events page to see when the next one 12/12 at 6:30pm).
- Join us for our weekly Sunday morning prayer at 8:30am.
- Walk forward after a Sunday sermon and ask the prayer team to pray for you.
- Ask the people you are meeting on Sundays and in Life Groups how you can pray for them.
- Join us for our next worship night on 11/21/24 at 6:00pm.