

Bible text: James 5: 13- 20

- Is anyone among you in trouble?
- Is anyone happy?
- Is anyone among you sick?

All of us are to be found in one of these categories, and James even tells us what to do, and it's very simple and clear:

If you're in trouble- pray

Are you having problems at home? In your marriage? With the boyfriend or girlfriend? With the kids? With the parents? With the neighbours? Are you suffering injustice at work or university or church? Can you pay the bills? Do you have enough money buy food for you or your family? Are you in debt? Do you owe people money? Are you living double life of some kind? If you are any of these or if you have a problem of another kind, then the bible says to PRAY.

Not because (and don't miss this) you're a bad person, and not because you're a hopeless case, as no one is beyond the hope, grace and love of Jesus but because God is a loving father. Your loving Father, who wants to bring his peace and presence more into your life. The wisdom of the world says if you have done something wrong don't tell anyone, pretend it didn't happen and cover it up. The wisdom of God which is written in 1 Corinthians 1:30 is 'Holiness, Redemption and Sanctification'. All of which we can't attain or earn for ourselves; however, we can receive through faith in our Lord Jesus. Use the fact that you can't sort out your problems yourself (if you would you would have by now) as a spring board to a new wholehearted trust in Gods unfailing promises. The first step is to say sorry to God and ask forgiveness through Jesus Christ.

Book: Fresh Faith Pg. 48- a child leans into his father leg when he's scared, worried or unsure because he feels safe there. In the same way lean into your heavenly father, He is a safe place to be.

If you're happy- sing songs of praise

If your life is being blessed sing a song, shout about it, tell people at work, let your fellow students know, tell other mums at the nursery or school gate, give testimony to others of Gods goodness in your life. Show God your thankfulness. The more I thank God for the things he allows me to see in my life to give thanks for, it seems the more I am able to notice and be aware of God in my life. Giving thanks to God brings a heightened awareness and sensitivity to Him.

if you're sick- call for the Elders:

- Call the elders to pray over you *The elders coming together in agreement is a reflection of Jesus' words on agreement in Matthew 18: 19-20. These men and women are full of the wisdom of God: 'Holiness, Redemption and Sanctification'
- Be anointed with oil in the name of the Lord and allow the faith of the Elders lift you into Gods presence and in receiving the healing of Jesus
- If you have sinned, then confess, Jesus promises you will receive forgiveness for your sin

In John 15: 7-17 Jesus tells us to:

Remain in him

The consequences of obeying these words are:

- Jesus' words will remain in us
- We are told ask whatever you wish and it will be done for you
- God will be glorified in us
- We will bear much fruit
- Others will see that we are His disciples

What is the foundation of this / our faith and belief?

First things first:

If we declare ourselves to be followers of Jesus, we stand on the rock of Christ. Have you surrendered your lives to His Lordship? That means asking Christ to be your Lord and saviour, receiving forgiveness for your sins and receiving resurrection power.

Obeying these commands will help grow belief and faith in you:



- 'Love the Lord your God with all your heart, with all your soul, with all your strength and all your mind' Luke 10: 27



- 'Love your neighbour as yourself' Luke 10:27



- As the Father has loved me so I love you. Now remain in my love, if you keep my commands, you remain in my love, just as I have kept my Father's commands and remain in His love. John 15: 9

Obedience to these scriptures makes our lives as good soil: Being rooted and grounded in love. We may be able to Comprehend with all saints. The breadth, and length, and depth, and height of Christ. To know the love of Christ, which passes knowledge? So you can be filled with all the fullness of God" Ephesians 3: 17-19. Faith and belief grow from this, and are confidence to pray and ask for prayer grow for our faith and belief

2 Corinthians 4:18: we fix our eyes not on what is seen, but what is unseen, for what is seen is temporary but what is unseen is eternal.

Submission to Jesus will give the right foundation for our faith to grow



- Submit our mind- Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what the will of God is, what is good and acceptable and perfect. Romans 12:2
- Set your minds on things that are above, not on things that are on earth. Colossians 3:2



- Submit our body- And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. Ezekiel 36:26



- Submit our heart- Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. 2 Corinthians 5:17.
- I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. Ezekiel 36:26



- Submit our will- Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies. 1 Corinthians 6: 19-20