

"In my distress I call to the Lord."

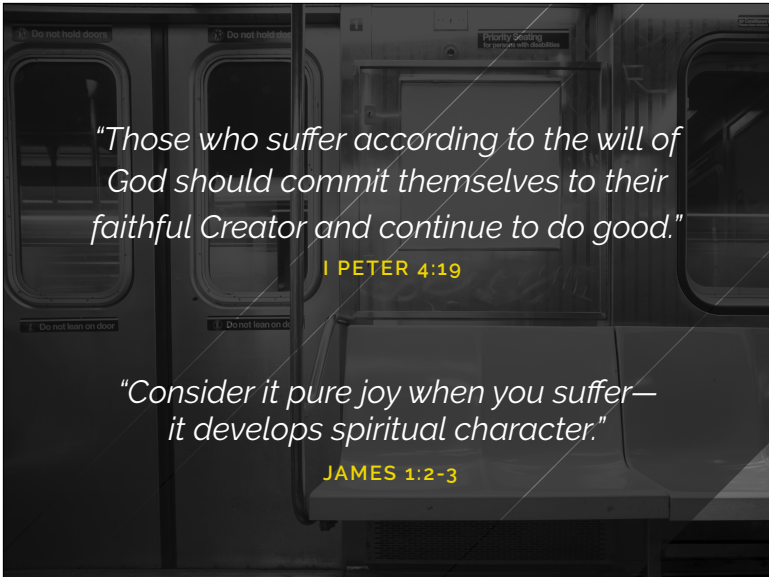
PSALM 18:4

*"Cast all your anxiety on him because
he cares for you."*

I PETER 5:7



Most prayer in the
Bible isn't for deliverance
—it is for **ENDURANCE**.



*"Those who suffer according to the will of
God should commit themselves to their
faithful Creator and continue to do good."*

I PETER 4:19

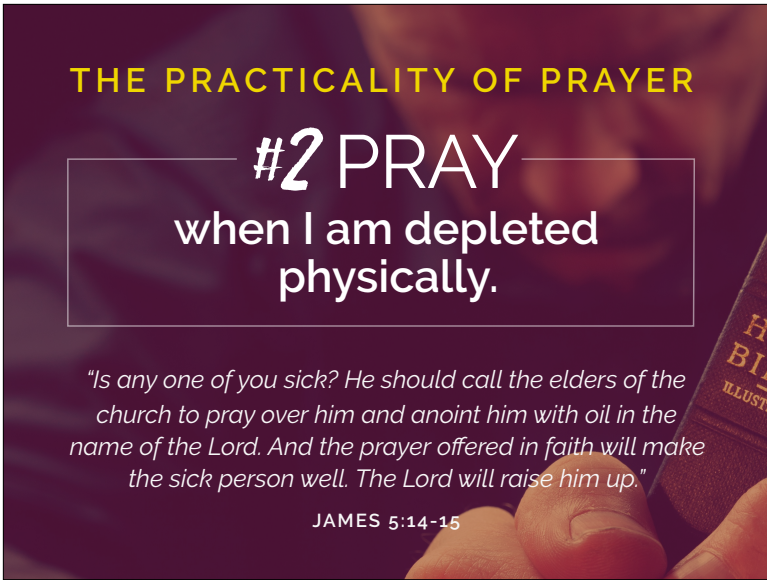
*"Consider it pure joy when you suffer—
it develops spiritual character."*

JAMES 1:2-3



My **top priority** in praying over emotionally distressing problems should be:

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God, use this to shape me!



THE PRACTICALITY OF PRAYER

#2 PRAY when I am depleted physically.

"Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well. The Lord will raise him up."

JAMES 5:14-15



SICK: without strength or ill to the point of incapacitation; total fatigue, bedridden, unable to work.

Sickness for death:

"I'm not saying that you should pray about that."

1 JOHN 5:16

Sickness for discipline:

"My bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Then I acknowledged my sin..."

PSALM 32:3-4

Sickness for the glory of God:

"The purpose of his illness is not death; it's for the glory of God."

JOHN 11:4

*"Surely he took up our infirmities . . .
by his wounds we are healed."*

ISAIAH 53:4-5

*"I will restore you to health and
heal your wounds."*

JEREMIAH 30:17

CHECKLIST FOR HEALING PRAYER

One, I must take the initiative and summon the spiritual leaders of the church.

- *I must belong to a local church.*
- *I must communicate my need.*

CHECKLIST FOR HEALING PRAYER

- Two, I must have the spiritual leaders anoint me with oil and pray.

The oil is an aid to faith, not a magic potion—the power is “in the name of the Lord.” Christ is the healer.

THE PRACTICALITY OF PRAYER

#3 PRAY
when I am damaged
spiritually.

“Confess your sins to each other and pray for each other so that you may be healed.”

JAMES 5:14

Suffering and sickness are the result of sin, but not all sickness is because I sinned.



The antidote to sin-caused sickness is confession.

I must become accountable to a close group of trustworthy, mature believers if I want live in divine health—physically, emotionally and spiritually.

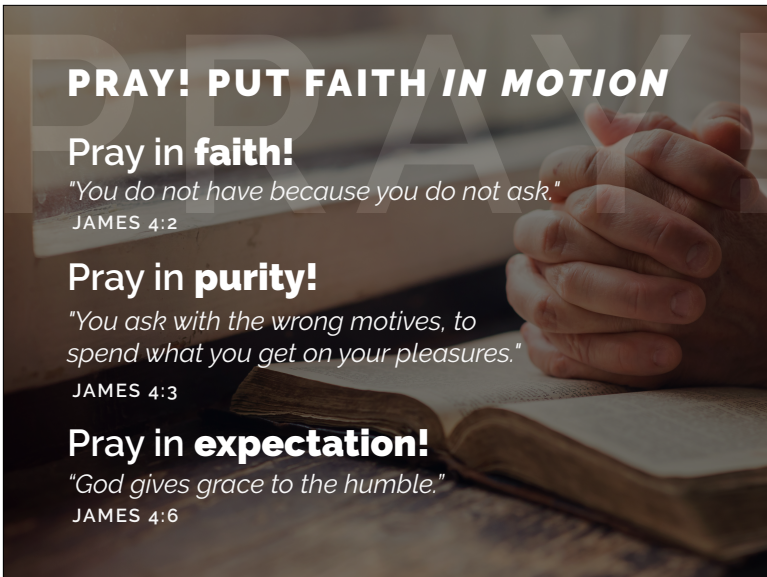


"The prayer of a righteous person is powerful and effective."

JAMES 5:16

"Elijah was as human as we are, yet when he prayed earnestly, things happened!"

JAMES 5:17-18



PRAY! PUT FAITH IN MOTION

Pray in faith!

"You do not have because you do not ask."
JAMES 4:2

Pray in purity!

"You ask with the wrong motives, to spend what you get on your pleasures."
JAMES 4:3

Pray in expectation!

"God gives grace to the humble."
JAMES 4:6



