Introduction: The Emotional State of America

Never have so many struggled with so much; and never has so much been done to alleviate that struggle with so little success to show for it.

God's prescription for emotional healing:

- For emotional distress – Rx…. Pray!
  
  *Is anyone in trouble? He should pray.*
  
  James 5:13a (NIV)

- For emotional delight – Rx…. Sing!
  
  *Is anyone happy? Let him sing songs of praise.*
  
  James 5:13b (NIV)
Question #1: What kind of prayers heal emotional wounds?  
(i.e. Bob’s or Dave’s)

- Prayers that heal emotions include three parts and are called laments.
  
  ➤ Recount your ______ pain_____.
  
  ➤ Recall God’s ______ character_____.
  
  ➤ Resolve to ______ trust____ Him.

- Examples to follow when you feel "bad" due to...
  
  o Depression, doubt, circumstances  Psalm 13
  o Guilt, shame, sin  Psalm 38
  o Persecution, adversity  Psalm 56
  o Injustice, "raw deal"  Psalm 73
  o Sickness, impact of aging  Psalm 102
Question #2: What kind of prayers fill our emotional reservoir?

- Prayers that fill our emotional tanks include three parts and are called psalms of praises:
  - **Recount** your gain.
  - **Recall** God's character.
  - **Resolve** to thank Him.

- **Examples to follow when you feel "good" due to...**
  - God's forgiveness, healing
    - Psalm 103
  - God's goodness and love
    - Psalm 136
  - God's mighty acts, compassion
    - Psalm 145
  - God's faithfulness, creation
    - Psalm 146-150
Conclusion:
1. "Ups" and "downs" are normal.

2. Emotional health demands we move beyond the "silencing" of our symptoms.

3. Emotional healing is a gift from God. Go to "The" Counselor before you go to a counselor.

4. "Getting stuck" is also normal and God uses people, in conjunction with prayer, to mend our emotional wounds.

5. Extreme wounds, at times, demand extended and specialized care.

Discussion Questions:

1. What new insight did you gain from the message?

2. How do you normally deal with your emotional pain?

3. What issue do you need to take to God in the form of:
   - A personal "Lament?"
   - A "Psalm of Praise?"

4. Who is experiencing pain and could use your encouragement or help right now?

5. What would supporting them look like?
Introduction: A Lesson from Susan

A look at the problem: "Sickness" - 4 types

1. Sickness for __death__. 1 John 5:16
2. Sickness for __discipline__. 1 Corinthians 11:30-32
3. Sickness for __God's glory__. John 11:4
4. Sickness from __the enemy__. Luke 13:11

A look at solutions: "Healing" - 5 views

1. Sensationalists
2. Confessionalists
3. Anti-Supernaturalists
4. Rationalists
5. Medical/Biblical/Spiritual Integration
God's plan for physical healing:

God's specific instruction for the physically ill is...

14 Is anyone among you sick? Then he must call for the elders of the church and they are to pray over him, anointing him with oil in the name of the Lord; 15 and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him.

James 5:14-15 (NASB)

- Who are the sick?

- What are the sick to do?

- What are the elders to do?

- What does God promise to do?

- What conditions qualify God’s promise to heal?
God's general application for physical health...

16 Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much. 17 Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain, and it did not rain on the earth for three years and six months. 18 Then he prayed again, and the sky poured rain and the earth produced its fruit.

James 5:16-18 (NASB)

- What is the presumed relationship between sin and sickness in this passage?

- What are we all told to do regularly for our health?

- What kind of prayer has healing impact?

- Who qualifies to be heard by God for healing and the miraculous?
Conclusion: Getting the "Big Picture" on healing

Three biblical models of healing:

2. The interaction of God. 1 Timothy 5:23
3. The enabling of God. 2 Corinthians 12:9-10

Discussion Questions:

1. Why have so many been disillusioned with God concerning healing?

2. How does false doctrine fracture lives?

3. Describe the practical steps given by God in James 5:14-18 with regard to healing.

4. What new insights did you gain?

5. Why are both confession and prayer vital to receive healing from God?

6. Who do you know who needs your fervent prayer for their infirmity?

7. Stop now and pray for them.
Introduction: When Christians "Go Astray"

12 There is a way that seems right to a man, but in the end it leads to death.

Proverbs 14:12 (NIV)

So what do you do when someone you know...

1. Morally falls?

2. Turns away from Christ?

3. Deserts their spouse?

4. Shows signs of spiritually drifting?
God's plan for spiritual healing:

19 My brothers, if one of you should wander from the truth and someone should bring him back, 20 remember this: Whoever turns a sinner from the error of his way will save him from death and cover over a multitude of sins.

James 5:19-20 (NIV)

The Problem: "Wandering from the Truth"

The Solution: "Bringing them back to God"

BUT HOW?
God's two-part strategy for restoration:

1. Pray for them.

2. Care enough to confront!

1Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. 2Carry each others’ burdens, and in this way you will fulfill the law of Christ.

Galatians 6:1-2 (NIV)

Four keys to confronting in love:

1. Prerequisite - Spiritual maturity

2. Aim - Restoration

3. Attitude - Gentleness

4. Action - Don’t give up!

The Result = Life and healing
Conclusion: A word to the "wandering"

Three lies you must refuse to believe:

1. I'll come home later.  
   Luke 15

2. I'm too far gone.  
   John 21

3. God could never accept me now.  
   Isaiah 1:18-20

Discussion Questions:

1. To whom is this passage addressed?

2. Why are most of us tentative or even unwilling to confront fellow believers who have wandered from the truth?

3. What specific steps are we to take?

4. What is essential in our attitudes and motives?

5. Why is this so crucial?

6. Who do you know and love who has wandered from the truth?

7. What step would God have you take to promote spiritual healing?