

## Bible Study 16 – Prayer – James 5:13-18

The familydoctor.org lists what you can do to maintain your physical health. This includes: eat healthy, get regular exercise, lose weight if you are overweight, protect your skin, don't smoke or use tobacco, and limit how much alcohol you drink. And wikihow.com lists how to maintain your mental health. This includes: exercise your mind regularly, strengthen your relationships, pursue your passions, learn to understand your emotions, help others, & be aware of stressful factors in your life. In this study we see what James says about maintaining and restoring healthy lives.

<b>The context</b>	This letter was written to persecuted Jewish Christians. The theme is that Christian faith expresses itself in a life of godliness. It addresses: persevering through trials & temptations, obeying God's Word, discriminating against others, putting faith into action, controlling our language, the relationship between wisdom & behaviour, being in conflict with God & others, steps of repentance, boasting about tomorrow, the sins of the rich, patience in suffering, and prayer.
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### **PART 1 Read & summarise each section – James 5:13-18**

Trouble & joy (v.13)	
Sin & sickness (v.14-15)	
Staying healthy (v.16a)	
Prayer is powerful (v.16b-18)	

### **PART 2 Things I discovered in this passage**

**1. What I learnt about God, Jesus or the Holy Spirit.**

**2. What I learnt about people like us.**

**3. Summarise a key verse in your own words.**

**4. In your opinion, what are the most important biblical principles being taught?**

**5. Which other parts of the passage caught your attention?**

**6. How can we be encouraged to confess our sins to each other and pray for each other (v.16)?**

**7. Which parts of the passage were difficult to understand? What questions come to your mind?**

Let's keep healthy by confessing our sins and praying for each other.



