

08/23/26 Message

Part of Real Religion A Journey Through the Book of James
August 22, 2026

Message: On Your Knees

Series: Real Religion

Background

This series is an exposition of the book of James, written by Jesus' brother who "found faith" after His death, burial, and resurrection. James was writing to a persecuted church, and he wanted them to understand the difference between man-made religion and true, genuine, real religion.

We see something happen in James that should be what happens to us once we grasp who Jesus really is. James became full of the Holy Spirit who lit a fire inside him that made people notice this man was changed!

—Pastor Chad

James is shouting:

- Walking with Jesus is not about RELIGION it's about RELATIONSHIP!

What to Do When You Don't Know What to Do

It's crazy, I think we spend our lives trying to be "fixers" more than we realize we're the original "fixer-uppers." In other words, when something goes wrong, we want to fix it. When there's a problem, we want to solve it. When we're struggling financially, we look for more money. When we're sick, we wear out google looking for treatment. When someone is hurting, we try to make it better. When a relationship is broken, we look for the right words. When we're worried about our kids, we do everything we can to straighten everything out. God wants you to know the truth: There are some things in life

you just can't fix standing up. Sometimes the strongest position you can take is on your knees!

—Pastor Chad

- Talking to God shouldn't be your last resort
 - Prayer should be your first choice!

When To Get on Your Knees

- When LIFE IS HARD get on your knees!

James 5:13 (NLT)

Are any of you suffering hardships? You should pray...

- kakopattheo = afflicted, troubled
- pattheo = pain, suffering

Reminds me of doing something with instant feedback. You go to the beach for spring break and walk down to the ocean, stick your foot in the water to see what the temperature is and it's crazy cold. You instinctively pull your foot out of the water, and step back. You do it and immediately react, without thinking. That's what James is talking about here. You face hardship, you're afflicted or troubled. Instinctively, without thinking about it, you should pray. Is that where you are? If not, we've got some work to do.

—Pastor Chad

- When LIFE IS GOOD get on your knees!

I bet in most churches in America, altars are full of people who are hurting, struggling, and hit rock bottom. But how many people come to the altar when things are amazing, great, smooth sailing? I'll give you the answer, not enough!

—Pastor Chad

James 5:13 (NLT)

...Are any of you happy? You should sing praises.

- When YOU'RE WEAK get on your knees!

James 5:14-15 (NLT)

14 Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord.

15 Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven.

- astheneo = weak, sick, without strength
- Example: **Romans 14:1**, **1 Corinthians 8:11**, and **Matthew 10:8**

Sometimes God's help isn't to make whatever it is go away. Sometimes God's help is to give us strength to get through it! Sometimes God's help is to give us resources because we can't do it alone. You can't do this alone. Praying alone is great but having the elders of the church pray over you, having your brothers and sisters in Christ praying over you, that kind of faith stirs God's heart and moves Him to respond. James is teaching us when we pray together, the supernatural becomes reality! Miracles become reality! God steps in and He helps us get through our time of weakness.

—Pastor Chad

Note: No one should ever come to the altar and pray alone.

If someone comes to the altar to pray, have their back, hold up your shield of faith, come pray with them. I don't want it to just be a wish or dream, but if someone humbles and surrenders enough to come to the altar, I want so many folks around them praying that you can't see them. I want them protected by your shields of faith to the point the enemy can't get to them. We're in this together, we need to live it out! This altar should be used every time we're together because we all have something to pray for.

—Pastor Chad

- When it SEEMS IMPOSSIBLE get on your knees!

James 5:16-18 (NLT)

16 Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

17 Elijah was as human as we are, and yet when he prayed earnestly that no rain would fall, none fell for three and a half years!

18 Then, when he prayed again, the sky sent down rain and the earth began to yield its crops.

Notice the first word used in this passage... confess. It would make sense to think we're talking about confessing to God, but that's not what James says. He says confess to each other. If you dig into the word James used, it means too openly declare, without reservation, wholeheartedly confess. That doesn't mean stand up in front of the church and confess your sins. It does mean find an accountability partner (not a family member, not your spouse, someone of the same gender), a Godly person you can meet with regularly. Develop a covenant with that person where you each confess and openly share your current reality, the good, the bad, and the ugly! Find someone that points you to God, not someone who pulls you away from God! Accountability! That's what James is talking about. When it seems impossible, grab your accountability partner and go to your knees with God! And when it seems impossible, keep on praying!

—Pastor Chad

- When SOMEONE RUNS get on your knees!

James 5:19-20 (NLT)

19 My dear brothers and sisters, if someone among you wanders away from the truth and is brought back, 20 you can be sure that whoever brings the sinner back from wandering will save that person from death and bring about the forgiveness of many sins.

Let there be no mistake, people don't wander, they run. Ever watched a kid standing behind their parent and they cleverly take a few steps away, behind their parent, out of view, and suddenly, they run like a cheetah! It seems they

slipped or wandered away, but in reality, they ran like a scalded dog! James says, we've been talking about you, but now we're talking about what you can do for someone else. Fall on your knees for someone else. You're kneeling for the one who isn't!

—Pastor Chad

Steps for the one who is running:

- Step 1: Pray FOR them
- Step 2: Go after them
- Step 3: Bring them back
- Step 4: Pray WITH them

James says, if you do that, you will save them from death and bring about the forgiveness of many sins. That's being the hands and feet of Jesus!

—Pastor Chad

If you'll fall on your knees in a worship service where God is the primary audience, then you'll likely fall on your knees before God when you're at home. Hopefully it will become so comfortable, you'll do it anywhere you can get alone with Him in a private place, just you and Him.

—Pastor Chad

The Strongest Position

Jesus teaches us through His brother James, the strongest position you can take is on your knees!

- When you're hurting, get on your knees.
- When you're happy, get on your knees.
- When you're sick, get on your knees.
- When you've sinned, get on your knees.
- When something seems impossible, get on your knees!
- When someone is running away, get on your knees!

Maybe you've been standing over a situation trying to fix it, analyzing it, worrying about it, talking about it, losing sleep over it, trying to control it. And God is saying, "You've stood over this long enough. Get on your knees!" Because prayer isn't what Christians do when

everything thing else fails. Prayer is what Christians do because we know where our help comes from!

The Godly victories you're after only come on your knees!