

**New Life Habits: Prayer**  
**James 5:7; 13-18**  
**Week of October 11**

*As you enter into prayer now, take a moment to settle your mind. Put aside your concerns and what needs to get done today, or what didn't get done today. Take a slow, deep breath. Center yourself in His Peace. He is the Alpha and Omega. The Beginning and End. You are found in Him.*

*Be Still.*

Lord, open my heart and mind to hear and understand Your Word. I invite your Spirit to speak to me as I meditate on your Word.

James had a couple of nicknames that have literally gone down in history. 'Camel Knees' was one of them because of his dedication to prayer. How appropriate that we close our session in James focusing on prayer!

<sup>13</sup> Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. <sup>14</sup> Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. <sup>15</sup> And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. <sup>16</sup> Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

<sup>17</sup> Elijah was a human being, even as we are. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. <sup>18</sup> Again he prayed, and the heavens gave rain, and the earth produced its crops.

**Pause and Pray.**

Jesus, I am here because I want to experience You. As I meditate on this passage, draw to mind those things that You would have me become more aware of. Center my heart and mind on Yourself. Use your Word to draw my heart to You. Amen.

**REFLECT.**

Elijah was a human being, just as we are. James goes back to this Old Testament prophet to remind his audience that God hears and God answers—even in such dramatic ways as keeping rain from the land for 3 and a half years. And then, he heard Elijah again when he asked for rain to return. He is faithful to hear, faithful to answer.

The Bible is filled with stories like Elijah's. James wants us to remember that those recorded in these pages are not much different than you or I. They are God followers. God seekers. And He is listening to us, just as He listened to them.

What could be different in my attitude or circumstance if I lived like this was truth? Do I live like someone who is heard by the Almighty? Where might I be bolder if lived from this reality? PAUSE.

James 5:7 says "Be patient, then, brothers, until the Lord's coming. See how the farmers wait for the land to yield its valuable crop and how patient he is for the autumn and spring rains. You too be patient and stand firm, because the Lord's coming is near."

When situations call for patience, I find prayer to be a way out. In the waiting, I can bring my concerns to the Lord in prayer. I might not be able to do anything, but I can tell Him my concerns, and that is something.

Today, I had such a pleasant surprise. Several months ago I had taken cuttings from a snake plant at church and planted them at home. A friend had told me they were so easy to start—just stick them in soil and away they would go! For months, those cuttings have sat in that soil and done absolutely nothing! I had no indication that anything at all was happening. Finally today I told my husband, "I'm just going to pull these out. Nothing is happening." I pulled and pulled on that cutting, but couldn't get it out! Because despite what I thought, what I couldn't see were the extensive roots that were growing down there! For months, I thought nothing was happening, but there was all kinds of growth going on beneath the soil. We might not be able to see it, but God is at work!

St Teresa of Avila lived during the 16<sup>th</sup> century and helped to revive contemplative prayer. She had this to say about the value of patience:

Let nothing disturb you. Let nothing frighten you. All things pass. God does not change. Patience achieves everything. Whoever has God lacks nothing. God alone suffices.

#### **PAUSE, PRAY AND ASK.**

God wants to be in continuous communion with me—every part of my daily life—He wants to hear about it in prayer. He wants to be my everything. As we re-cap the questions that James asks, lift before the Lord areas of your life where you need God to attend.

*Is anyone among you in trouble?* God I take this moment to lift before you areas of my life where I am troubled. **PAUSE.** Bring your peace, Lord Jesus.

*Is anyone happy?* God, I take this moment to praise You for a situation in my life that brings me joy. **PAUSE.** Thank you for your grace to me, Lord Jesus.

*Is anyone among you sick?* God, I take this moment to lift before you someone I care about who is struggling with illness. **PAUSE.** Bring your healing and comfort to them, Lord Jesus.

*Confess your sin.* God, I take this moment to confess to you areas of sin where I have struggled the past few days. **PAUSE.** Thank you for your forgiveness, Lord Jesus.

#### **YIELD.**

I return now to the text:

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#### **CLOSE IN PRAYER.**

We close in prayer today , with a portion of the “Prayer for Daybreak,” taken from *Every Moment Holy, Volume 1*.

Lord,  
Prepare our bodies for the labors of this day.  
Give us strength and health to complete them.  
Prepare our minds for the demands of this day.  
Grant us clarity, creativity, and discernment.  
Prepare our souls for those sorrows and joys  
And celebrations and disappointments  
We will encounter, that every circumstance  
Would serve only to draw us nearer to you.  
May our words, our choices,

And our actions today be offered  
As true expressions of worship,  
Now you who are loved of God,  
Step forward into this new day  
Appointed by him, that you might  
Journey through its hours  
In the peace and the grace  
And the love of your Lord.  
Lead us this day, Lord Christ,  
That we might walk its paths  
In the light of the hope of our coming redemption. Amen.