

## Total Wellness Through Prayer

James 5:13-20

<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.

<sup>19</sup> My brothers and sisters, if one of you should wander from the truth and someone should bring that person back, <sup>20</sup> remember this: Whoever turns a sinner from the error of their way will save them from death and cover over a multitude of sins.

1. Prayer is wise speech.
2. Prayer aligns human with divine activity.
3. Prayer changes the pray-er as well as pray-ee.
4. Prayer promotes body-mind-spirit wellness.