



Daily Reflections

May 26, 2018

James 5: 13-20

Beloved:

Is anyone among you suffering?

He should pray.

Is anyone in good spirits?

He should sing a song of praise.

Is anyone among you sick?

He should summon the presbyters of the Church,
and they should pray over him

and anoint him with oil in the name of the Lord.

The prayer of faith will save the sick person,
and the Lord will raise him up.

If he has committed any sins, he will be forgiven.

Therefore, confess your sins to one another
and pray for one another, that you may be healed.

The fervent prayer of a righteous person is very powerful.

Elijah was a man like us;

yet he prayed earnestly that it might not rain,
and for three years and six months it did not rain upon the land.

Then Elijah prayed again, and the sky gave rain
and the earth produced its fruit.

My brothers and sisters,

if anyone among you should stray from the truth
and someone bring him back,

he should know that whoever brings back a sinner
from the error of his way will save his soul from death

and will cover a multitude of sins.

Our Scripture Reflection

Today's Scripture from James covers two points:

1. The importance and power of prayer uttered by the person with a selfless and humble heart.
 2. Our duty as Christians is to speak up and reach out IN LOVE to the person who is causing harm to themselves by their sins. As people of faith we have no choice but to intervene in the hope of saving their immortal soul.
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Food for your Journey

One way that prayer directly affects health through the brain is by reducing stress. Stress kicks off the body's fight-or-flight response, which is helpful if you're being chased by a bear. But even low levels of chronic stress, which is common in modern life, are detrimental to the immune system. However, prayer activates the half of the nervous system that is the opposite of the fight-or-flight reflex. Harvard doctor Herbert Benson calls it the body's relaxation response. By stimulating the relaxation response, we reduce stress and allow the immune system to recover.

--Rob Moll, "This is your brain on God," onfaith, faithstreet.com, November 3, 2014.

A Prayer from the Heart

Dear Jesus, You always reached out with compassion to the people who were bringing condemnation upon themselves by their sins. You called them to repentance so that they might change. Help me, Lord, to strive to live a holy life and to reach out with love to those who are hurting. Amen