

James: A Letter from Jesus' Brother **Suffering and Cheerfulness — James 5:13**

What kind of suffering does James have in mind?

Since James contrasts suffering with being cheerful, he is specially thinking about emotional suffering — when our heart is the opposite of cheerful. He's thinking about heart-sufferings like fear, worry, discouragement, hopelessness.

What do we do when our hearts are the opposite of cheerful?

We usually do something other than praying.

Why don't we pray?

We don't believe there is a God.

We believe there is a God, but don't believe God will do anything.

We think we are too sinful to have God do anything for us.

We are feeling too unspiritual to pray.

What will God do when we pray?

Psalm 50:15 — He will deliver us.

Sometimes God will deliver us from our external troubles.

Always God will deliver us from our heart troubles.

Philippians 4:6-7 — from worry	2 Corinthians 1 — from being broken-hearted
Philippians 4:13 — from weakness	Matthew 11:28 — from weariness
Psalm 34:4 — from fears	Romans 15:13 — from hopelessness

What should we do when we are cheerful?

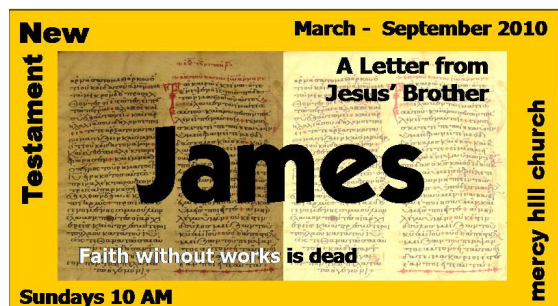
We should sing praises to God, because anything good that happens to us is a gift from God, purchased at the price of Jesus' blood, freely given to people who are completely undeserving.

If you are struggling emotionally, pray over:

Psalm 42:5	2 Corinthians 1:8-11
Romans 8:28-32	Psalm 40:1-3
Isaiah 41:10	2 Corinthians 4:16-18

If you are cheerful, praise with:

Psalm 103	Psalm 145
Psalm 100	1 Thessalonians 5:18
1 Corinthians 4:7	



HOME GROUP DISCUSSION OF SUNDAY'S TEACHING

(Sometimes in our home groups we talk about Sunday's teaching, so we can work together on responding to God's Word — asking questions, sharing insights, talking together.)

What was the Holy Spirit saying to you Sunday through this passage?

What questions, ideas, objections, encouragements did you come away with?

What do you usually do when your heart is less than cheerful?

Why, when your heart is low, are you not more quick to pray?

Does it make sense that when we pray, God sometimes delivers us from our external troubles, and always delivers us from our heart troubles? Why or why not?

What heart troubles do you have right now? Have you prayed about them? What did God do? Maybe have the group pray with and for you.

Why is it so important to sing praises to God when we are cheerful? What dangers do we face if we receive good things but don't sing praises to Him?

What's your take-away from this message? What are you going to do differently? When? How?

Share prayer requests that come up in the discussion, jot them down below, and pray for each other.

