

## EFFECTUAL PRAYER OF A GODLY MAN

JAMES 5:14

14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

JAMES 5:15

15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

JAMES 5:16

16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

JAMES 5:17

17 Elias was a man subject to like passions as we are, and he prayed earnestly that it might not rain: and it rained not on the earth by the space of three years and six months.

JAMES 5:18

18 And he prayed again, and the heaven gave rain, and the earth brought forth her fruit.

THOU. KNOWEST. ALL. THINGS\_ HAMMOND. IN WEDNESDAY\_ 52-0716

E-14 prayer is the most vital force that God ever put into the hand of mankind. The most effective force that's known to man, is prayer. Do you believe that? It is. It's prayer that changes things.

THOU. KNOWEST. ALL. THINGS\_ HAMMOND. IN WEDNESDAY\_ 52-0716

E-17 Now, see what prayer does? Prayer is not exactly bringing God down to man. It's bringing man up to God. See? As you pray, you lose--you lose sight of these earthly things.

You sway out into somewhere else, way beyond, and on and on and on, till you be come into His Presence. And then a--a faith that you have laid it out before God, said, "Now here, God, here it is.

And I--I want to get well for, this cause. " Or, "I want You to do this for me, for this cause. I want You to heal me from--from--from this cancer, or this TB or--or this anemia condition," or whatever it is. "I will walk before You, I will--I will do everything I can.

I will give this testimony everywhere I go. I will be happy to do that, Lord. And I will use my life, not for myself. I will--I will use it for Your glory, to help others to see You. "

THE. SUPERNATURAL\_ OWENSBORO. KY SUNDAY\_ 56-0129

E-34 Prayer is a sincere thing. Prayer is talking to God. Prayer is not get down, shut your eyes, and thinking about your washing or your work you're doing, say, "Lord, help me and John, and heal Miss Jones and so forth. " That's not prayer. That's repeating some words.

But prayer is to come into an atmosphere where you realize that you're in the Presence of God and you're moving to then in the deepest of sincerity. First you say a little worship, "O Jehovah, how I love You. " You see it? Then after the worship of prayer, then you come with a sincere heart asking.

"If ye abide in Me," not go out from behind the curtains in the world today and run around and try to get back in the curtains tonight. "If ye abide in Me, My words abide in you. . . " Otherwise,

if you're like Aaron's rod that's pulled up to the Shekinah Glory by the golden pot of manna where you can eat it any time. . . And your soul is refreshed and blooming and yielding. Abiding. "If ye abide in Me, My words abide in you, then ask what you will, it'll be given to you. "

JAMES 5:16

16 Confess your faults one to another, and pray one for another, that ye may be healed. The \*EFFECTUAL fervent prayer of a righteous man availeth much.

EFFECTUAL: energeo {en-erg-eh'-o}

Put forth power, to work for one, to effect, to display one's activity, show one's self operative

The word signifies, "wrought by the energy of the Spirit. " The word properly refers to that which has power; which in its own nature is fitted to produce an effect.

It's signifies energetic supplication, or such a prayer as is suggested to the soul and wrought in it by a Divine energy.

WHY. ARE. PEOPLE. SO. TOSSED. ABOUT\_ JEFF. IN V-2 N-14 SUNDAY\_ 56-0101  
35-7 The Bible says, "The effectual fervent prayer of a righteous man availeth much. The effectual fervent prayer of a righteous man avails much. "

See, Elijah was a man subject to like passions as we are. He prayed earnestly that it wouldn't rain; and it didn't rain for three years and six months. Then he went and prayed earnestly again; and the heavens give rain. Prayer changes things. I can't change it. You can't change it.

It's prayer that changes it. God told a man one time he was going to die, set his house in order, sent the prophet up to tell him. And the man turned his face to the wall, and begin to cry, and asked God for fifteen years longer to live.

And God changed the course, give him fifteen years longer. What is it? Prayer.

BE. CERTAIN. OF. GOD\_ CLEVELAND. TN WEDNESDAY\_ 59-0708E

E-59 Man's not measured by how big a muscle he's got; he's measured by the bag in his knees of his pants where he prays.

Man is not measured by muscle; that's beast. He's measured by character.

POWER. OF. TRANSFORMATION\_ PRESCOTT. AZ V-17 N-1 SUNDAY\_ 65-1031M

31 I think, character, it's measured by. . . man, not by the muscles on his arm or by the callouses in his hands, but the bag in the knees of his trousers where he has prayed. I think that's what makes man.

BELIEVING. GOD\_ JEFF. IN V-19 N-7 SUNDAY\_ 52-0224

107 The effectual fervent prayer of a righteous man availeth much. " Oh, if you only knew, that in your hand Christ gave us the authority with His Name by being Christians,

the most powerful weapon the world has ever known: Prayer, it even changes everything.

MY. ANGEL. SHALL. GO. BEFORE. THEE\_ TALLAHASSEE. FL MONDAY\_ 53-0216

E-7 He gave us the strongest weapon that there is in all the world, and that's prayer. Prayer is what changes things.

The Christian doesn't realize what a force he has when he kneels on his knees before Almighty God in the Name of Jesus Christ. He doesn't realize what--what power that is.

DO. YOU. NOW. BELIEVE\_ OWENSBORO. KY FRIDAY\_ 53-1106

E-12 Now, many times it turns dark around the patient. I know death's laying there. And I just say, "The Lord bless you. " Or, "I pray that God will heal you. " And--and send them on off the platform. For I don't know what it will be.

'Cause sometimes God could pronounce death on a person, and then their prayer could change the thing. Do you believe that? It did for Hezekiah, didn't it? When God told the prophet, "Go tell him he's going to die, and not come off his bed. " He turned his face to the wall and wept bitterly.

And God spared his life fifteen years after death had been pronounced by God. Prayer is the most powerful weapon was ever put in the hand of mankind. "The prayer faith shall save the sick. "

THE. COUNTDOWN\_ SHREVEPORT. LA SUNDAY\_ 62-1125E

E-33 The natural astronaut is controlled by a unit of radar on the ground. This radar controls it. You've watched this perhaps on television.

When they go up, how miles and miles and miles away you couldn't see nothing or anything, and yet this radar's pointing right to it. It's controlled by radar, the natural astronaut.

And the spiritual astronaut is controlled by a unit also, a unit of prayer. That controls the spiritual astronaut, keeps him lined up, is prayer. Oh, it's good, I tell you.

God had a little unit setting on earth one time when His first Astronaut was here. And you know, one little touch of faith stopped Him, and that answered him back. Prayer changes things.

It changes positions by prayer that can control. See, we see what can be done in the natural, and it's a type of the spiritual, the spiritual happenings. It can be controlled that way.

## THE BRAIN AND PRAYER CONNECTION

Dr. Newberg a neuroscientist has been scanning the brains of religious people to discover the connection between prayer and brain activity. In one particular study it was shown that the frontal lobes lit up on the screen, when the subject was in meditational prayer.

What was even more fascinating was that the parietal (pe-ri'-e-tal) lobes went dark. "This is an area that normally takes our

sensory information, tries to create for us a sense of ourselves and orient that self in the world," Newberg explains.

"When people lose their sense of self, a blurring of the boundary between self and others, we have found decreases in activity in that area. "

It also means "The more you focus on something — whether that's math or auto racing or football or God — the more that becomes your reality, the more it becomes written into the neural connections of your brain. "

Prayer releases do-pa-mine, a chemical in the brain that is responsible for relaxation and feelings of elation. Do-pa-mine is a big stress fighter and not only can help students get through the stress of exam week but people who pray were shown to have less illnesses caused by prolonged stress.

So, those who themselves do the praying are less likely to suffer from depression, high blood pressure, ulcers and migraines. Another interesting effect prayer has on an individual's brain is that the parietal (pe-ri'-e-tal) lobes,

near the right back of the brain, which deal with the sense of self become dim and slightly inactive. This means the person in prayer can easily lose track of time itself and over time develop "selflessness" due to the continual reshaping of the brain through concentrated prayer.

Dr. Newberg in further study found that those who made prayer a daily activity had faster reactions in the frontal and parietal (pe-ri'-e-tal) lobes than those who prayed less or not at all.

Prayer warriors had sharpened those lobes of their brains and were more likely to use those areas of the brain unconsciously than others.

Clinical studies have demonstrated that people who pray are:

Less likely to get sick

Better able to cope mentally and emotionally with their illness

More likely to recover from surgery

More likely to recover from illness

Also, evidence exists for the power of prayer to maintain and improve the function of the immune system. Chemical connections have been identified between molecules produced by the central nervous system and cells of the immune system.

Astrocytes, a type of cell in the brain, can produce interleukin-1 (IL-1), a cytokine that affects immune reactions. Furthermore, lymphocytes, a type of white blood cell, contain receptors for many chemicals synthesized by the central nervous system.

Prayer and the psychological factors involved, including suggestion, expectation, anxiety reduction, conditioning, and the hope and will to live may have a positive placebo effect in nourishing the function of the immune system.

Moreover, the relaxing, altered consciousness, and spiritual effects of meditation and prayer and the resulting inward sense of peace can strengthen the immune system and the body in general.

According to Harold Koenig, Director of the Center for the Study of Religion/Spirituality, Duke University, when prayer uplifts or calms the spirit of people, fewer stress-induced (sometimes termed "fight-or-flight") hormones are produced by the adrenal glands.

Meditation and prayer can:

Decrease stress-induced hormones  
Reduce pre-surgery anxiety  
Lower the risk of development of various serious diseases  
Help the immune system to function

In addition, many recent studies have shown that patients with serious diseases who are prayed for by others actually heal better and faster than do those who are not prayed for by others. Praying for the healing of others is a form of an alternative medicine method known as "distance healing. "

In prayer by others (termed intercessory prayer), attitudes of prayerfulness and holiness and feelings of empathy, caring, and compassion encourage healing.

Some doctors feel that better recovery of the patients could occur if the doctors prayed with their patients prior to and following operations or the administration of powerful medications.

Because of the positive research on the effects of prayer and these beliefs about the value of prayer in the healing process, certain medical schools in the U. S. are offering classes in faith and medicine.

The relationship between prayer and health has been the subject of scores of double-blind studies over the past four decades. Dr. Herbert Benson, a cardiovascular specialist at Harvard Medical School and a pioneer in the field of mind/ body medicine discovered what he calls "the relaxation response,"

which occurs during periods of prayer and meditation. At such times, the body's metabolism decreases, the heart rate slows, blood pressure goes down, and our breath becomes calmer and more regular.

This physiological state is correlated with slower brain waves, and feelings of control, tranquil alertness and peace of mind. This is



significant because Benson estimates that over half of all doctor visits in the U. S. today are prompted by illnesses,

like depression, high blood pressure, ulcers and migraine headaches, that are caused at least in part by elevated levels of stress and anxiety.

In one National Institutes of Health funded study, individuals who prayed daily were shown to be 40 percent less likely to have high blood pressure than those without a regular prayer practice.

Research at Dartmouth Medical School found that patients with strong religious beliefs who underwent elective heart surgery were three times more likely to recover than those who were less religious.

A 2011 study of inner city youth with asthma by researchers at the University of Cincinnati indicates that those who practiced prayer and meditation experienced fewer and less severe symptoms than those who had not.

Other studies show that prayer boosts the immune system and helps to lessen the severity and frequency of a wide range of illnesses.

A recent survey reported in the Journal of Gerontology of 4,000 senior citizens in Durham, NC, found that people who prayed or meditated coped better with illness and lived longer than those who did not.

But the question remains: By what physiological mechanisms does prayer impact our health? Herbert Benson's most recent research suggests that long term daily spiritual practices help to deactivate genes that trigger inflammation and prompt cell death.

That the mind can affect the expression of our genes is exciting evidence for how prayer may influence the functioning of the body at the most fundamental level.

FROM WEBMD

Prayer is more than just repetition and physiological responses, says Harold Koenig, MD, associate professor of medicine and psychiatry at Duke University. Traditional religious beliefs have a variety of effects on personal health, says Koenig,

senior author of the Handbook of Religion and Health, a new release that documents nearly 1,200 studies done on the effects of prayer on health.

These studies show that religious people tend to live healthier lives. "They're less likely to smoke, to drink, to drink and drive," he says. In fact, people who pray tend to get sick less often, as separate studies conducted at Duke, Dartmouth, and Yale universities show.

Some statistics from these studies show:

Hospitalized people who never attended church have an average stay of three times longer than people who attended regularly. Heart patients were 14 times more likely to die following surgery if they did not participate in a religion.

Elderly people who never or rarely attended church had a stroke rate double that of people who attended regularly.

In Israel, religious people had a 40% lower death rate from cardiovascular disease and cancer.

Also, says Koenig, "people who are more religious tend to become depressed less often. And when they do become depressed, they recover more quickly from depression. That has consequences for their physical health and the quality of their lives. "

"Nobody's prescribing religion as a treatment," Koenig tells WebMD. "That's unethical. You can't tell patients to go to church twice week.

We're advocating that the doctor should learn what the spiritual needs of the patient are and get the pastor to come in to give spiritually encouraging reading materials. It's very sensible. "