

# Default Response

James 5:13-16

# Transformed by the Truth

Questions for reflection and discussion

1. What is one of the most significant emotional highs or lows you have experienced in your life? Who was the first person you talked to about it and why?
2. Describe your current circumstances using one of the following words:  
Suffering  
Happy  
Sick  
Guilt  
Concerned (for a friend)
3. Take a few moments to explain why you feel that way.
4. James 5:16 describes prayer as powerful and effective. In what ways might prayer be beneficial to your circumstances?
5. Who is one righteous friend that you could ask to pray for you at any given moment?
6. What can you do to remember to pray in whatever circumstance you are facing? Practice it now by praying about (or asking a friend to pray about) your current circumstances, whatever they may be.