

The Book of James Lesson 12 4th Q 2014

We continue to receive emails from around the world expressing thanks for our materials and this message. Here is a one received yesterday:

I would greatly appreciate if you could please send me 3 copies of each of the seminars:

I wanted to let you know that I have greatly enjoyed your latest project, "The Journal of the Watcher", it is a great resource that I will be sharing with my family and friends.

I am also planning to visit family over the holiday season and would like to gift away some of these video seminars, since I have been so personally blessed by them already.

Please receive my most sincere THANKS, and please extend our best wishes to your staff and supporters of your Bible study class, which we never miss out.

May God continue to bless your ministry, and that His Truth be continually shared through all your efforts.

Prayer, Healing, and Restoration

Any questions about this?

SABBATH

Read memory text: "Therefore, confess your sins to one another, and pray for one another so that you may be healed: The effective prayer of a righteous man can accomplish much." James 5:16

What is the connection between confessing sins to one another and healing?

When we sin, by definition, this is deviation from God's design. It is violation of the law of love, and within our brain it results in disruption of the salience network. This activate fear circuitry, disrupt healthy thinking, activate guilt and rumination cycles. We begin having fear, guilt and shame based thinking. This causes to take self protective actions like:

- avoidance
- lying
- covering up
- rationalization
- blaming
- denying
- appeasements
- penances
- disengagement
- anger
- resentment
- attempts to sooth self with alcohol, drugs, work, games, relationships, shopping, gambling, adventure, movies, fantasy books
- escapism
- false theologies to avoid the guilt and shame of a selfish character through penal substationary constructs



All of this contributes to inflammatory cascades that increase illness of various kinds. Diseases associated with alteration in immune system and inflammation include (but are not limited to)

- Alzheimer's dementia
- Depression
- Schizophrenia
- bipolar d/o
- cancer
- obesity
- DM I and II
- arthrosclerosis
- Heart attacks
- Strokes
- fibromyalgia
- chronic fatigue syndrome
- inflammatory bowel diseases
- sjogren's diseas
- rheumatoid arthritis

Where does confession come into the healing process?

Confessing to others, others who are mature in Christian love, grace, character and who understand the struggles of the heart and mind and God's plan to heal – results in experiencing love and acceptance, which drives out the fear and shame. We experience we are still loved, but not the destructive behavior.

Consider an addict at a 12 step meeting, who says “Hello I'm John and I'm an addict” he is met with acceptance and support, there is no condemnation of him, which works to reduce his fear and shame, prevent isolation and draw him back to community where he can find the support to overcome. But, in the 12 step meeting there is never a message that it is okay to continue in the addiction cycle.

The first two steps read:

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. We came to believe that a power greater than could restore us to sanity.

Why does it read “We admit...” Rather than “I admit?” Because we cannot overcome in isolation. We cannot gain victory alone. One of Satan's traps is to get people to sin, in sin experience fear and shame, and then as a result of fear and shame isolate, hide, disconnect from those who love them and would be there to help them.

This leads them to find others who are also living in fear and shame and who rather than longing to see them overcome instead feed the destructive cycles of behavior.

Christianity is to be like the 12 step program, sending messages to others that we are all loved and accepted, but never that destructive lifestyle patterns are health and acceptable.



Thus, when we confess and experience love, we connect with God and others and we can more easily stop the dysfunctional coping of lying, escapism etc. We reconnect the salience network; we “get real” meaning we begin to be truthful; we calm the fear circuitry; we reduce inflammatory cascades; we sleep better, eat better, have healthier immune systems and many illnesses improve.

Listen to this commentary about Joseph’s brothers:

After the burial of Jacob **fear again filled the hearts of Joseph's brothers.** Notwithstanding his kindness toward them, **conscious guilt made them distrustful and suspicious.** It might be that he had but delayed his revenge, out of regard to their father, and that he would now visit upon them the long-deferred punishment for their crime. They dared not appear before him in person, but sent a message: "Thy father did command before he died, saying, So shall ye say unto Joseph, Forgive, I pray thee now, the trespass of thy brethren, and their sin; for they did unto thee evil: and now, we pray thee, forgive the trespass of the servants of the God of thy father." This message affected Joseph to tears, and, encouraged by this, his brothers came and fell down before him, with the words, "Behold, we be thy servants." **Joseph's love for his brothers was deep and unselfish, and he was pained at the thought that they could regard him as cherishing a spirit of revenge toward them.** "Fear not," he said; "for am I in the place of God? But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive. Now therefore fear ye not: I will nourish you, and your little ones." {PP 239.1}

When we live in guilt, what does it do to our ability to relate to others?

- Unresolved guilt makes us fearful, suspicious, distrustful
- We, rather than looking inward and being truthful, and seeking healing for our souls, instead project outward and find fault in others
- This causes further alienation, our own fear and self condemnation, causing us to believe no one could love us if they really knew, and then projecting our own defect onto others and seeing them as untrustworthy

This gives us some insight into why the unrepentant, the unhealed, are not in heaven – they can’t tolerate it, they hate being there. Listen to this commentary about the children of Israel:

During that long time spent in communion with God, **the face of Moses had reflected the glory of the divine Presence; unknown to himself his face shonen with a dazzling light when he descended from the mountain...** Aaron as well as the people shrank away from Moses, and "they were afraid to come nigh him." Seeing their confusion and terror, but ignorant of the cause, he urged them to come near. He held out to them **the pledge of God's reconciliation, and assured them of His restored favor. They perceived in his voice nothing but love and entreaty,** and at last one ventured to approach him. Too awed to speak, he silently pointed to the countenance of Moses, and then toward heaven. The great leader understood his meaning. **In their conscious guilt, feeling themselves still under the**



divine displeasure, they could not endure the heavenly light, which, had they been obedient to God, would have filled them with joy. There is fear in guilt. The soul that is free from sin will not wish to hide from the light of heaven. {PP 329.5}

One of the reasons we are to confess our sins to each other, is to free us from the fear of condemnation, which happens internal to us when we are out of harmony with God's design.

Read first paragraph, "People are fascinated..." Thoughts about miracles? Is it wise and reasonable to trust when miracles happen? Do miracles prove the working of God?

When the serpent spoke in Eden, was that a miracle? Did it make what the serpent said true?

Deuteronomy 13:1-3. "If a prophet arises among you, or a dreamer of dreams, and gives you a sign or a wonder, and the sign or wonder which he tells you comes to pass, and if he says, 'Let us go after other gods,' which you have not known, 'and let us serve them,' you shall not listen to the word of that prophet or to that dreamer of dreams." (RSV)

How did Christ use miracles? When they asked Him to perform a miracle to prove who He was, whether it was the devil in the wilderness, or the religious leaders, what did He do?

When miracles happen, who are they generally for – the strong in faith or the weak in faith?

- 10 plagues of Egypt who were the miracles for?
- Gideon – why did he need the miracle of fleeces?
- 3.5 years of no rain and Mt. Carmel – who was it for?
- When Jesus and the Apostles healed people who was the miracle for?
- When Peter and Paul were miraculously delivered from prison and death (viper, shipwreck), who were the miracles for? In the end were they miraculously delivered?
- All those who Christ healed of sickness – what happened to them?
- Thus the lesson points out God has a desire for a more substantial healing – what is that healing?

Listen to this from the book *Desire of Ages*:

When the message of truth is presented in our day, there are many who, like the Jews, cry, Show us a sign. Work us a miracle. **Christ wrought no miracle at the demand of the Pharisees. He wrought no miracle in the wilderness in answer to Satan's insinuations.** He does not impart to us power to vindicate ourselves or to satisfy the demands of unbelief and pride. **But the gospel is not without a sign of its divine origin. Is it not a miracle that we can break from the bondage of Satan? Enmity against Satan is not natural to the human heart;** it is implanted by the grace of God. When one who has been controlled by a stubborn, wayward will is set free, and yields himself wholeheartedly to the drawing of God's heavenly agencies, **a miracle is wrought;** so also when a man who has been under strong

delusion comes to understand moral truth. **Every time a soul is converted, and learns to love God and keep His commandments, the promise of God is fulfilled,** "A new heart also will I give you, and a new spirit will I put within you." Ezekiel 36:26. **The change in human hearts, the transformation of human characters, is a miracle that reveals an ever-living Saviour,** working to rescue souls. A consistent life in Christ is a great miracle. In the preaching of the word of God, the sign that should be manifest now and always is the presence of the Holy Spirit, to make the word a regenerating power to those that hear. This is God's witness before the world to the divine mission of His Son. {DA 407.1}

What is the miracle we are to look for? Hearts and minds being set free from lies about God and character changing to love God and others – people becoming mature, kinder, gentler, more patient, honest, trustworthy. Such a change is evidence of God's regenerating power!

This miracle, of people who love God and stay that way in the face of adversity is of greater value and reveals more clearly God's truth power to regenerate the inner man, than healing of physical sickness.

Think about it – for God to heal a physical malady is as easy as snapping His fingers – but what about healing someone's heart/character? It is much more difficult – why? Because it requires the cooperation of the person and the working out of patterns of thinking, feeling, relating, believing, while maintaining the autonomy of the individual.

SUNDAY

Read first paragraph, "Though dealing..." Why is it joy to fall into trials? What is your goal for yourself and your children?

- Graduate college?
- Financial security?
- Happy marriage?
- Children or grandchildren?
- Win Olympic medals or some other awards?

What about character development? What about overcoming fear and selfishness in the heart? What about becoming like Christ? Which is most important – success of what the world says or being like Christ in character?

- What helps us overcome our weaknesses of character?
- Trials and struggles
- Thus we rejoice because each trial is an opportunity to either overcome or to grow in godliness
- Why do we rejoice in going to PT? I know when I had to go I was very happy and eager to go and did rejoice in it – why?



- In the same way, when we participate with Christ in His plan there will be difficulties but these can be useful in helping strengthen us.

That doesn't mean every difficulty or trial is brought upon us by God – as Joseph's experience demonstrates, the brothers brought the trial on Joseph because of evil in their hearts. The trial did not come from God – but God permitted it and overruled the evil bringing about greater good. But God was only able to overrule because Joseph trusted God with his life and how it would eventually turn out.

One of Satan's tools to defeat us is to get us to take responsibility upon ourselves for how things turn out. Thus we try to force events, or worry about events or outcomes we have no control over. Or, we get discouraged, feel abandoned by God and walk away from Him and don't allow Him opportunity to overrule for good.

Consider Joseph – sold at 17 into slavery and it wasn't until 13 years later that he was finally set free. For 13 years he lived as a slave, God did bless him within the confines of being a slave, yet he still had further trials of false allegation, being sent to prison etc. But God was working through it all for a larger and greater good. Do we allow for this in our trials.

In our own experience as a ministry we went through a trial, in which things were said falsely about us, (and still are) in which we were misrepresented, and mistreated. And yet, out of this what has happened? We now have a worldwide ministry that is producing enduring materials and reaching tens of thousands if not hundreds of thousands and more. None of which would have happened had we not gone through the difficulties.

MONDAY

Read James 5:14,15:

Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. ¹⁵ And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. NIV

Here is my paraphrase:

If anyone is sick, be sure to call the spiritual leaders to both ask God to intervene and treat you with appropriate medicinals such as applying soothing oil, working in harmony with God's design, methods and principles. ¹⁵ Ask God to intervene, then trust him enough to follow his methods and principles. This will heal the character, and if it is in harmony with the Lord's plan, result in making the sick physically well; and the Lord will raise them up. If illness is due to willful deviation from God's design, it won't matter once trust in God is restored and the ill are well again.

Read first paragraph, “The fact that the sick...” Why is it we can’t get well if we refuse to repent from sin? What is sin? It is deviation from God’s design – and thus one cannot heal outside the design.

We are tripartite beings – body (soma), mind (soul/psyche), and energy (spirit/pneuma).

Health requires all aspects be healthy – if we are out of harmony with God’s design physically, it alters brain function and thus our mind doesn’t work as well.

If we are out of harmony with God’s design spiritually, i.e. living in sin, exploiting others, stealing, lying, cheating, etc. we cause disruption in our minds, which increase guilt, refusing to repent caused disrupted salience network, increased activation of inflammatory cascades, rumination, distorted thinking. To avoid the guilt we deny, distort, deflect, create false thinking patterns, which cause further negative changes in our brains and bodies.

Only, by returning to God’s design for mind and body is there peace and health.

TUESDAY

Read first paragraph, “More important...” What is the soul? It is the character, the individuality, the personhood.

What do you think of the connection between sickness and sin?

If there were no sin would there be any sickness? Why not?

How is it sin is the cause of sickness?

Is every sickness a direct result of a specific act of sin in the life of the sick person?

What does the story of Job tell us about this?

Read second paragraph, “Faith in Jesus...” What do you think of the sentence, “In a sense, every healing Jesus performed was a parable meant to draw people’s attention to their deeper need of salvation.” ?

This is absolutely true – and what does salvation mean? It means healing!

The plan of salvation is the plan of healing, the healing of the entire being, not just the body!



Read last paragraph, “Healing includes...” This paragraph needs discussion – should one confess to the wrong party in all occasion? Thoughts? Should one?

The twelve steps of AA are the steps in spiritual conversion and renewal:

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a power greater than could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. **Made direct amends to such people wherever possible, except when to do so would injure them or others.**
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Notice in the 12 steps the confession is to one other person, the amends are only if doing so won't cause further harm. I have had patients, who early in their marriage, had a one night stand. It occurred more than 20 years ago, but recently were told by a counselor, pastor, marriage seminar that old wrongs need to be confessed to the spouse – thoughts?

Should this be confessed to the innocent spouse who has no knowledge of it, and it is not an ongoing problem? Why or why not?

WEDNESDAY

The first paragraph talks about Elijah's prayer that it would not rain – why did Elijah pray for this intervention?

Baal was worshipped as the god who brought the rain, so praying it would not rain was not designed to punish the people, but to demonstrate to them that Baal is not God.

Are there any types of prayers like this we could be praying today?



The lesson points out that the work of Elijah was a type of the work of John the Baptist being the forerunner of Christ and a revival movement on earth before the second coming to prepare the world to meet Christ.

What is the essence of this final message, this final Elijah message?

What was it that made Baal worship wrong? It was the idea that Baal was a god who needed appeasement, propitiation, payment. It was the legal aspects of atonement of an offended god that made Baal worship pagan.

Thus, today, Baal worship has infected Christianity in the guise of legal/penal models of atonement that teach Jesus died to appease or propitiate God's wrath.

The Elijah message is to call people back to worship the truth about God as revealed in Jesus, that:

- God so loved the world...
- God was in Christ reconciling the world...
- If God is for us...
- That God is Designer not dictator – choose who will you worship!

The final message of mercy is the truth about God's character of love!

THURSDAY

Read first paragraph, "God's Spirit..." Certainly God's Spirit wanted to restore the relationship between God and Israel – but did that actually happen after Carmel?

Were the people after Carmel more loving, kind, gentle, faithful, loyal and Christlike? Or did they persist in idol worship until they eventually went off into captivity?

Read James 5:19, 20:

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

What does this mean?

my paraphrase:

JAM 5:19 My brothers and sisters, if a person walks away from God's treatment plan, you should do all you can to bring them back. ²⁰ For whoever turns a selfish person from the terminal path of self-indulgence will deliver them from death and make irrelevant a multitude of self-destructive acts.



Last paragraph states, “Saving souls from death is possible only through the ‘covering’ of sins, by apply the gospel to our lives, and become instruments of mercy.”

What does this mean?

This quote is one of the clearest in addressing the metaphor of “covering” sin:

Only the covering which Christ Himself has provided can make us meet to appear in God's presence. This covering, the robe of His own righteousness, Christ will put upon every repenting, believing soul... This robe, woven in the loom of heaven, has in it not one thread of human devising. **Christ in His humanity wrought out a perfect character**, and this character He offers to impart to us... When we submit ourselves to Christ, **the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life. This is what it means to be clothed with the garment of His righteousness.** Then as the Lord looks upon us He sees, not the fig-leaf garment, not the nakedness and deformity of sin, but His own robe of righteousness, which is perfect obedience to the law of Jehovah. {COL 311.4}

Note the covering isn't a covering over, but more along the lines of a computer hard drive, a writing over the old code, operating system and writing a new one in its place?

ANNOUNCEMENTS:

New Mailing Address: PLEASE UPDATE YOUR ADDRESS BOOK:

**PO Box 28266
Chattanooga, TN 37424**

The Journal of the Watcher:

The Journal of the Watcher is an illustrated ebook available

For ANDROID in the APP
For APPLE in the iBooks store

We have reduced the size of the ibooks so download should only take about 5 minutes on wifi.

Please Help Us Share This e-Book:

- Get the announcement from our Facebook page and post it on your social media page
- Email it to your contact list
- Put a link on your website
- Give the app a 5 star rating in your app store
- Get a copy on your tablet or smart phone and show friends
- Gift a copy to a grandchild
- Tell friends at church
- Hand out the *The Journal of the Watcher* postcards (email us a mailing address and we will ship them to you at cost, they come in packs of 100)

We are very excited about this new ebook and hope you will be too!

Come and Reason Ministries FREE APP is now available for ios and android. The app allows access to our materials on your smart phones and tablets. Please download the app! **Be sure and type in Come and Reason Ministries** and search in your app store as another unofficial app with our logo is out there.

Distribution: Our materials now are available in South Africa. To request materials in South Africa email comeandreason.sa@gmail.com Thanks to Samuel Jacobs who manages distribution for us.

And in Australia or New Zealand email australia@comeandreason.com and Thanks to Simon Harrison who manages our ministry down under. Dr. Jennings will be going back to Australia/New Zealand spring 2015. If you are interested in Dr. Jennings speaking at your group please contact Simon at this email address.

Jan 10, 2015: Dr. Jennings will be speaking at The Haven, formerly Elmshaven, SDA church.

Jan 24, 2015: Dr. Jennings will be speaking at Monterey Peninsula SDA Church

February 21, 2015: Dr. Jennings will be presenting the God and Your Brain Seminar at Shilo Inn. 3223 Bret Clodfelter Way, The Dalles, Oregon. For more info and to register for this free conference contact Joyce Browne at 541-300-0111.

March 13-14, 2015: Dr. Jennings will be speaking in NYC at the Advent Hope Outreach Health Event.

March 27-28, 2015: Dr. Jennings will be speaking at the University of Tennessee Health Science, Psychiatry and Family Medicine Conference in Memphis, TN.



April 10-11, 2015: Dr. Jennings will be speaking at the Yuba City, SDA Church, Yuba City, CA.

April 13, 2015: Dr. Jennings will be speaking at the meeting of Adventist Health Systems West, Sacramento, CA.

April 13, 2015 (7 p.m.): Dr. Jennings will be speaking at the Carmichael SDA church in Sacramento, CA.

May 1-2 2015: Dr. Jennings will be speaking at Springwood SDA Church Brisbane, Australia.

May 3, 2015: Dr. Jennings will be speaking at St Andrews Anglican Church Lutwyche, Australia.

May 5-9, 2015: Dr. Jennings will speak in Australia specific venues pending for these dates

May 11-12, 2015: Dr. Jennings will be speaking at Peer Psychology Group Seminar, Melbourne, Australia, For info contact Tamara Auora-McCulloch at ladytamara.amcc@gmail.com

May 15, 2015: Dr. Jennings will be speaking at Avondale College, Cooranbong, NSW, Australia.

May 16, 2015: Dr. Jennings will be doing an all day seminar at Maitland SDA Church, Australia

May 17-20, 2015: Dr. Jennings will be speaking to the Adventist Education Department, Auckland, New Zealand.

AMAZON Smile: Amazon now has a program that a percent of all your purchases will be donated to support a charity. Come and Reason Ministries is a registered Charity. So, you can select us, and whenever you shop in their [smile.amazon.com](https://www.amazon.com) site a portion of your purchase will benefit this ministry.

NOTE: WARNING: There is another ministry with a similar name called "Come Reason Ministries" and they are located in California. Please be sure and select **Come AND Reason Ministries Located in Collegedale TN.**