



SERIES: FEBRUARY – MARCH FAITH IN REAL LIFE

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Scripture: James 5:15-16

TITLE: Freedom from Shame

Isolated, loneliness, shame, and self-destructive thoughts. These are some of the common struggles many of you are struggling with today. The question is, why? Now, I don't know the specifics, but a piece of the puzzle is that sin done by us or done to us can drive us to these places.

But there is a way out. What is that way? James tells us in James 5:15-16 (CSB).

The prayer of faith will save the sick person, and the Lord will raise him up; if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another so that you may be healed. The prayer of a righteous person is very powerful in its effect.

In verse 15, James says, “the prayer of faith will save the sick person, and the Lord will raise him up.” Right there, we immediately begin to feel a bit uneasy. It sounds like if this is a physical illness, then whenever we pray in faith, we should experience divine healing. Well, we know that this can and does happen but not always. So, is this physical or spiritual sickness? It seems to be spiritual, but again in all things, pray in Jesus' name. We should pray for and hope for physical healing through the divine and medical help.

But James also says, “if he has committed sins, he will be forgiven.” Again, we know that sins do not lead to physical illness. Yes, they can, but not consistently or as the norm.

A number of years ago, someone told us our infant son had cancer because of past sins. However, there was no proof physically or biblically. A tragic answer in a time of great pain and discouragement.

But as we know from 1 John 1:9, “If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.” Psalm 103 says our sins, once forgiven, are as far as the east is from the west. When God sees you, if you are His child, He doesn't see sin, He sees a masterpiece.

And if we sin or if we've been seriously sinned against and we are struggling, it is healthy and helpful to confess it to a core group of godly people or persons. We all need a band of brothers or sisters in Christ who can help us carry our burdens. Also, we should be willing to confess and apologize when we've sinned against someone else. There is great freedom from shame and isolation when we confess these issues and rely on the body of faith.

So here's my challenge for you today: confess and be free. Once saved, always saved. Once forgiven, always forgiven. And unconfessed sin is a tool used by Satan to make us feel unforgiven and alone. He wants to take you out of the game. Don't you let him!

Jesus loves you. He is there for you. So confess anything you're struggling with to a close, trusted brother or sister and ask God to overwhelm you with His love. There is freedom and life in the love of God.

When we live life in the love and forgiveness of Christ, we will win the day.