

BENEFITS OF PRAYER - WHAT THE RESEARCH SHOWS

Summation of physical- and mental-health studies: Harold Koenig, M.D., associate professor of psychiatry,
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Studies relating to physical health

Greater religious involvement has been associated with lower blood pressure, fewer strokes, lower rates of death from heart disease, lower mortality after heart surgery, and longer survival in general. A strong religious faith and active involvement in a religious community appear to be the combination most consistently associated with better health.

Studies relating to mental health

People who are more religious experience greater well-being and life satisfaction, less depression, less anxiety, and are much less likely to commit suicide. Therapies for depression and anxiety that incorporate religious beliefs in treatment result in faster recovery from illness than do traditional therapies.

Cost-benefit studies

Heart-surgery patients who are religious have 20 percent shorter post-operative hospital stays than nonreligious patients (1987). Hospital stays are nearly 2-1/2 times longer for older patients who don't have a religious affiliation (1997). Heart-surgery patients assigned chaplain intervention showed an average two days shorter length of stay, or about \$4,200 cost savings per patient (1995).

Helpful Prayer Acronyms

Prayer is always answered, though not always according to our agenda.

P ray	A sk	A doration	T hanksgiving
U ntil	S eek	C onfession	R epentance
S omething	K nock	T hanksgiving	I ntercession
H appens		S upplication	P urpose

God may answer:



No -The request is not in God's will.

Examples: OT: II Samuel 12: 15 - 23 - David prays for God to save Uriah's son.
NT: Matthew 26:36 - 39 - Jesus prays in the Garden of Gethsemane.

Slow -The request is not God's will at this time.

Examples: OT: Genesis 15 :2 - 21 :2 - Abraham prays for an heir.
NT: John 11 :3 - 44 - Jesus responds to the news of Lazarus' death.

Grow -Your motives are wrong.

Examples: OT: Numbers 14:26 - 45 - God expresses His anger toward the Jews.
NT: James 4:3 - God does not respond to our prayers because of impure motives.

Go -Your request, timing and spiritual condition are okay -yes!

Examples: OT: I Kings 18:36 - 39 - Elijah defeats the worshippers of Baal.
NT: Acts 12:5 -17- Peter is released from prison.