

Health and Well-Being

Our focus for May is Prayer.

The definition of prayer is: A solemn request for help or expression of thanks addressed to God or an object of worship.

While Jesus was praying, he was asked, "Lord, teach us to pray, just as John (known as John the Baptist) also taught his disciples" (Luke 11:1). They could have asked him anything. They could have asked, "Lord, teach us how to turn water into wine", or "Lord, teach us to raise the dead". Instead, they asked Him how to pray, and what He did was teach them how to build a personal relationship with God.

For Christians, prayer is talking to God and listening to him and enjoying the presence of God. Each one of us must find our way in this journey of prayer as it is deeply personal for many of us. It can take many forms and isn't always

about attending a church service or bowing our heads. We can all benefit from taking the time to quiet our minds and connect with God.

Prayer based healing has been scientifically proven in hundreds of experiments to be a balanced part of health care that can significantly decrease health problems and significantly improve our quality and quantity of life. Prayer can help with many physical ailments such as high blood pressure, asthma, headaches and anxiety; also it can alter enzyme activity, blood pressure, cell growth and the germination of seeds!

Book recommendation: Healing Words: The Power of Prayer and the Practice of Medicine. Larry Dossey M.D.

Blessings in good health,
Ava Taylor, Ginia Finch, Linda Dove