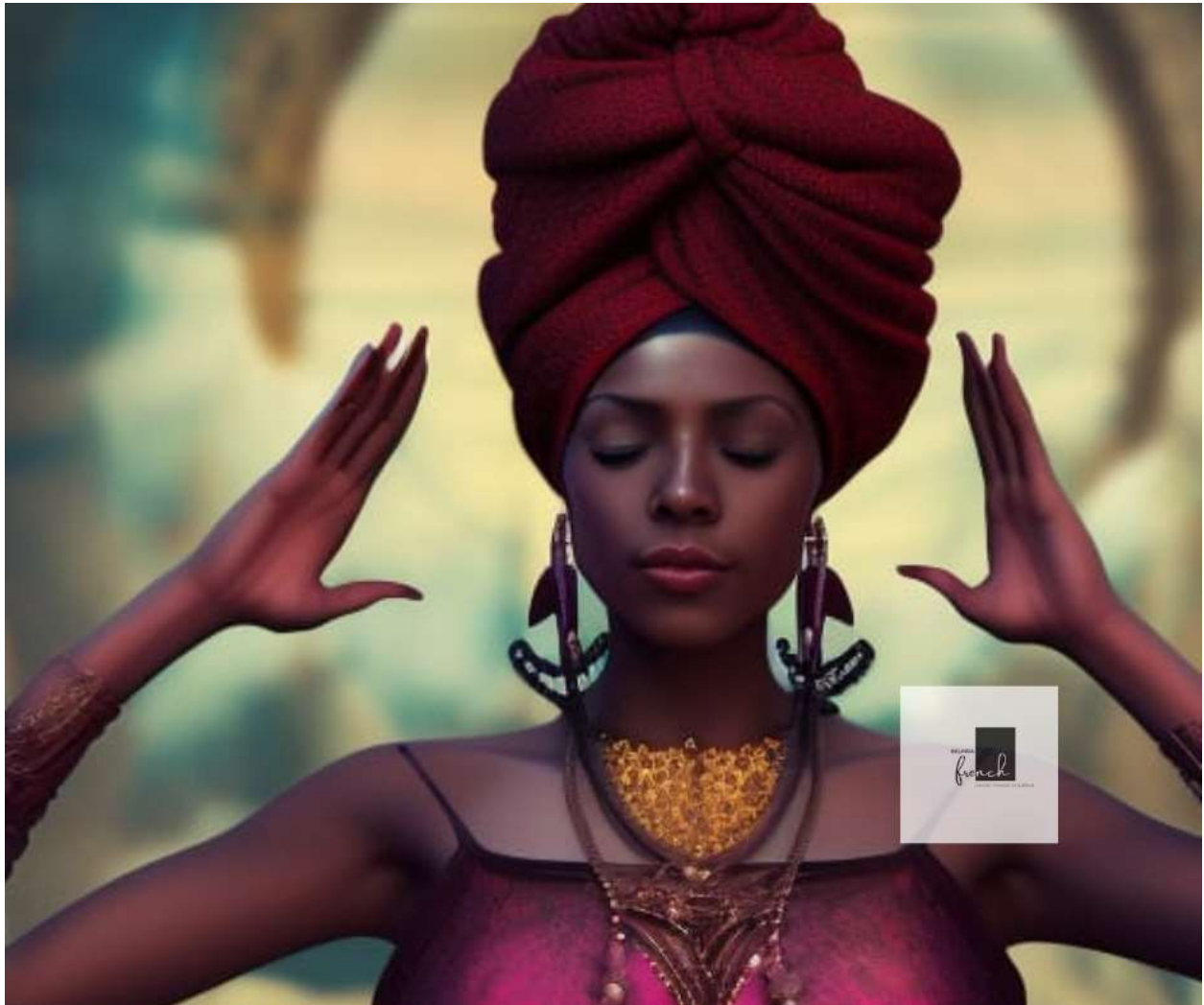




PRAYER:

HOW IT BENEFITS YOUR MENTAL HEALTH



Introduction

Many of us in this faith are aware of Bishop Nathaniel's popular acronym S.P.A (Study, Pray, and Apply). We might have a comprehensive study routine and maybe even a grade A⁺ pattern of applying what we study! But how many of us can truly say that we take the time out to pray three times a day (and then some)? How many of us truly understand the purpose of prayer and how it can benefit us mentally/spiritually? Now, there's tons of classes online where we could (and *should*) seek to gain a thorough understanding of these things. But if you're in need of a quick crash course, here's a list of 3 benefits that a healthy prayer life could add to your mental health.

1. Peace of Mind

“Casting all your care upon him; for he careth for you.” ***1 Peter 5:7*** *when* everything seems to be falling apart and it feels as though you just can't keep up with issues fast enough, God reminds us that He is *with* us and he *sees* us. He knows what we need, how we need it, and when we need it. “But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.” ***Matthew 6:7-8*** Understanding this concept allows us to focus on what we *can* control and leave what we cannot control completely within God's hands. “Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.” ***Matthew 6:31-32***

2. Strength

“The LORD is my strength and my shield; my heart trusted in him, and I am helped: Therefore my heart greatly rejoiceth; and with my song will I praise him.” *Psalms 28:7* This scripture segues into how the peace of mind that comes with trusting God in prayer gives us strength. “I can do all things through Christ which strengtheneth me.” *Philippians 4:13*, with the help of the Most High & Christ, we can be confident in the fact we will get through anything when we go to the Lord in prayer...which leads us to our final point.

3. Esteem

To possess confidence is to have high self-esteem. Many of us struggle with maintaining our esteem due to insecurities surrounding our appearance, abilities, intelligence, etc. But one thing the Lord wants us to note is that if we have another opportunity at salvation; and we continue in this faith, we will always have a reason to be confident. “These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life, and that ye may believe on the name of the Son of God. And this is the confidence that we have in him, that, if we ask any thing *according to his will*, he heareth us:” *I John 5:13-14*

Lord’s will this brief “think” piece serves as a useful tool to help you strive to achieve a sound and continent state of mind! Stay in the spirit and remember: Study, Pray, and Apply! Most High in Christ Bless (MHNCB) you all, Daughters of Sarah!