

# THE PHYSICAL, MENTAL AND EMOTIONAL BENEFITS OF PRAYER

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Theme Scripture: "For I know the plans I have for you declares the Lord, A Plan to prosper you & not harm you. Plans to give you hope and a future!" Jeremiah 29:11

# Agenda Overview

Slides 3-6) Introduction (Ice-Breaker)

Slides 7-9) What is Prayer/ Why Pray?

Slide 10) Types of Prayer

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Slides 14-15) Summary/Wrap-up

Slide 16) Closing/Discussion

# Intro:

Life can be hard at times .You sometimes struggle to get up in the morning and face the trouble that lies ahead for that day. You go to work dealing with jobs you don't like and even bosses you can't stand. You then rush home and turn on the TV only to hear about more calamity and disasters in the world .You go to the kitchen to grab something to drink then lash out at your loved one because the dishes aren't clean only to find out you just stepped on their last nerve and she snaps at you with an attitude and says..

..If you have a problem with it then do them yourself

I've had enough .I don't want to hear it



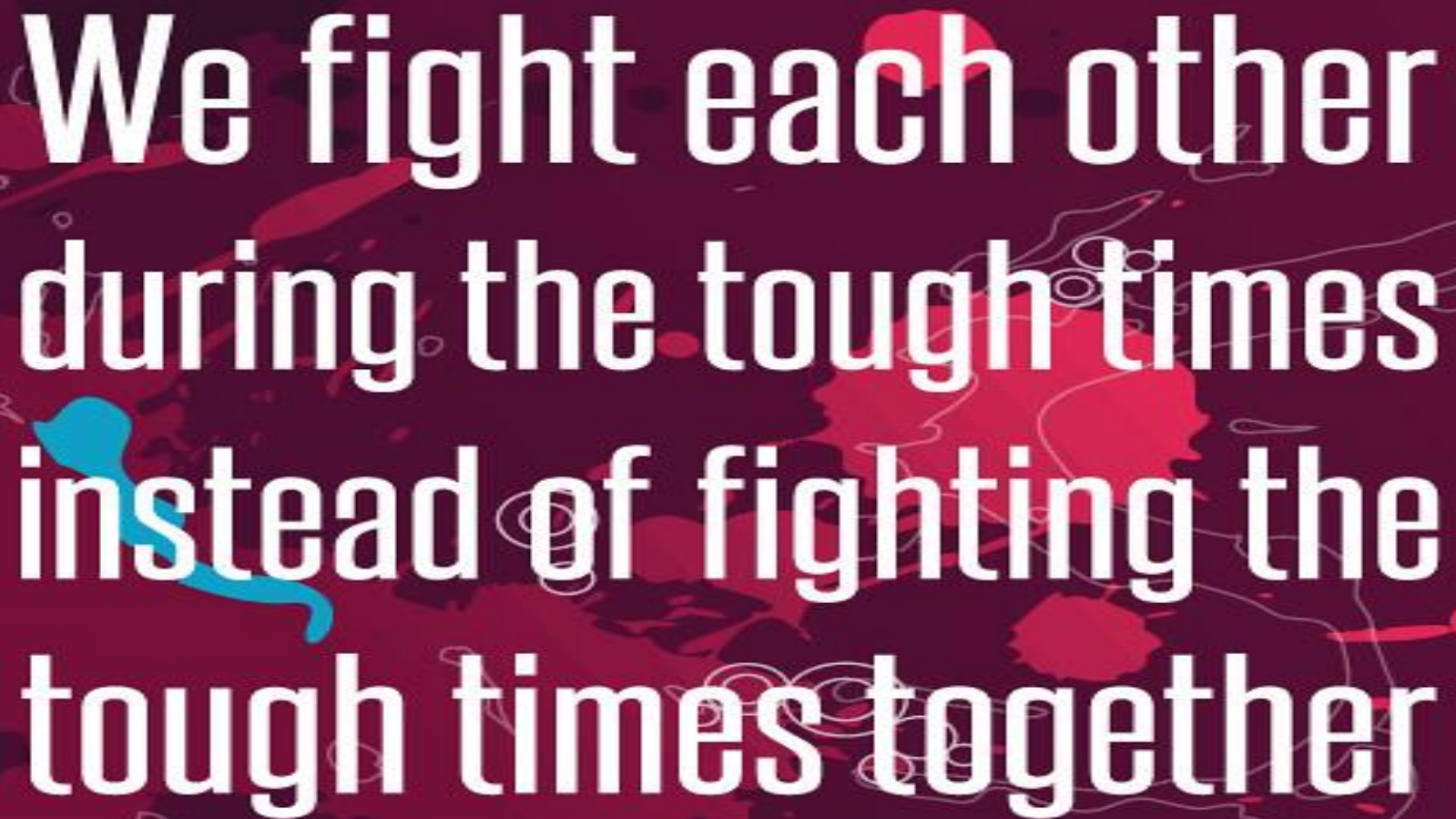
Does this look familiar? Finally you throw up your hands and say..

Why do we fight in the midst of trouble not realizing who's in the **middle** of it all?

Baby,I'm  
sorry. I love  
you.Why are  
we arguing  
like this?

I don't know. I'm  
sorry,I love you  
too. This isn't  
like us. I think  
we need to pray.





We fight each other  
during the tough times  
instead of fighting the  
tough times together

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It's in times like these we  
need Prayer. So, what is  
Prayer?

# What is Prayer?

- ▣ Prayer is an expressed and sincere act of communication with God. It literally is our line of communication and means by which we receive provision and direction from God. Just like a baby is provided food in the womb by the umbilical cord so does prayer open up blessings from God. Through prayer we grow closer to learn the heartbeat and mind of God. Quite simply put.....

# Prayer is Communication with God and.....





# Why do we Pray?

- ▣ We pray to have a closer relationship with God, to have his protection, direction, and provision for our needs as we travel through this journey called life. With it we learn the language and the voice of God so that we are not so easily led astray by the Devil who seeks to destroy God's purpose in our lives.

# Types of Prayer

- ▣ 1) Thanksgiving-Philippians 4:6
- ▣ 2) Worship- Acts 13:2-3
- ▣ 3) Intercession-John 17
- ▣ 4) Faith- James 5:15
- ▣ 5) Corporate-Acts 1:14;2:42
- ▣ 6) Consecration- Matt 26:39
- ▣ 7) The Lord's Prayer-Matt 6:9-13

# Physical Benefits of prayer

- ▣ **1) Good for your heart-** Studies show that as you pray your heart rate decreases and your heart beat becomes stronger.
- ▣ **2) Renewed strength/recovery-** e.g
  - ▣ Samson/David
- ▣ **3) Increase Lifespan-** helps body heal more readily and age less rapidly.

# Mental Benefits of prayer

- ▣ **1) Better Sense of self**-it reduces ego and promotes humility(Columbia Univ.)
- ▣ **2) Positive outlook on life**-helps you to appreciate the little things in life.
- ▣ **3) Stronger Mindset**-keeps you centered and gives you the strength to overcome adversities.

# Emotional Benefits of prayer

- ▣ **1) Improves Attitude**-Keep you humble and give you an increased concern of others.
- ▣ **2)Decreases fear**-increases your awareness of Gods presence and trust in him
- ▣ **3) Relieves Stress**-For his yoke is easy and his burdens light
- ▣ **4)Increase level of Forgiveness**-become more like Christ
- ▣ **5)Increased level of hope**-closer relationship leads to better confidence.

We Should all be thankful for prayer  
and the one that died on the cross for  
our sins. For it was through Jesus We  
have access to God.



# When We pray, things change..

- ▣ 1) Finances are blessed
- ▣ 2) Fears Are alleviated
- ▣ 3) Faith Increased
- ▣ 4) Sickness healed
- ▣ 5) Power to overcome the enemy/temptation
- ▣ 6) Deliverance from trouble/Adversity
- ▣ 7) Increased love/Concern for fellow man
- ▣ 8) Increased Strength
- ▣ 9) Mental Wellness/Stability
- ▣ 10) Access to A KING!!!

# CLOSING



DISCUSSION/REMARKS