

Sunday August 18, 2019
"Love@Work" week 1 - "Prayer and Fasting"

Physiological effects of prayer...

40 percent less likely to have high blood pressure than those without a regular prayer practice.

A 2011 study of inner-city youth with asthma by researchers at the University of Cincinnati indicates that those who practiced prayer experienced fewer and less severe symptoms than those who had not.

Psychological effects of prayer?

A survey reported in the Journal of Gerontology of 4,000 senior citizens in Durham, NC, found that people who prayed coped better with illness, had a more positive outlook and lived longer than those who did not.

Other studies show that prayer boosts the immune system and helps to lessen the severity and frequency of a wide range of physical and psychological illnesses.

Tons of others of these too.... Google Them Too!!

How do we pray?

1. Our Father in heaven, *(Acknowledge)*
2. Hallowed be Your name. *(Worship/Praise)*
3. *Your kingdom come. Your will be done On earth as it is in heaven. (Surrender)*
4. Give us this day our daily bread. *(Supplication/Requests)*
5. And forgive us our debts, As we forgive our debtors. *(Forgiveness)*
6. And do not lead us into temptation, But deliver us from the evil one. *(Protection)*

Tips for a successful prayer life

- Choose a specific place to pray away from distractions
- Pray at the same time every day, if at all possible.
- Pray out loud.
- Keep a note pad handy so you can jot down different things that come to mind while you're before the Lord.
- Make a list to keep track of your prayer needs.

- Redeem time for praying out of unused corners of your schedule.
- Combine prayer with “chores or exercise”, especially if the task doesn’t require a lot of concentration.
- Pray with someone else
- Pray one-sentence prayers.

Physiological Effects of Fasting:

- Promotes Blood Sugar Control by Reducing Insulin Resistance
- Promotes Better Health by Fighting Inflammation
- Improves Blood Pressure, Triglycerides and Cholesterol Levels
- Increases Growth Hormone Secretion, Which Is Vital for Growth, Metabolism, Weight Loss and Muscle Strength

Psychological Effects of Fasting:

- Improved mood
- Lowers stress and anxiety
- Increased alertness
- Improved attention
- Improved memory
- Improved sleep quality

Tips to Prepare for a Successful Fast:

- Educate yourself as much as you can about the fasting technique you are going to use.
- Write down all the instructions for your fast and organize a plan and schedule on paper before you begin.
- Taper off your addictions in the days prior to your fast.
- Begin eating smaller meals prior to your fast.
- Gather everything you need for your fast before you begin.
- Eat as much plant-based diet as you can
- Eat as much fresh uncooked food as you can
- Drink the highest quality of fluids that you can find.
- Drink all the fresh fruit and vegetable juices you can.
- Reduce dairy products, eggs, refined flour products, and sweets.
- Use olive oil and coconut oil for cooking instead of butter or “unhealthy oil”
- Reduce the use of salt. Use spices and tamari in small amounts.