

**1.9.2021**

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## **PRAYING BOLD PRAYERS**

### **Prayer is Precursor for Better Health**

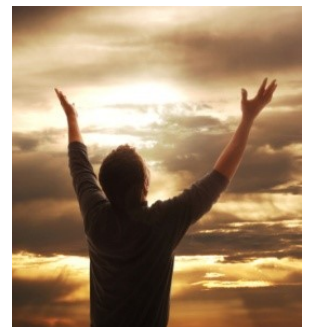
It has been known for centuries that Good Health consists of equally balanced strong Physical, Mental and Spiritual Health. Part of this concept is the notion that if one of these main areas of personal health is frail, weak, or neglected that an individual is unbalanced and suffers in unrelated capacities. In fact, Science has proven that the most successful individuals have strong and healthy Physical, Mental and Spiritual precursors.



It is also well-known that most people spend the vast majority of their willful attention on getting physically healthy, to a less extent mentally fit and a distant third place is spiritually healthy. Yet, it is a well known secret for highly successful people that getting Spiritually Fit is the most important aspect in the journey of Good Health.

As a Christian, one of the most important subjects to learn about, is the mystery of prayer. It's critical for us to learn how to pray—how to articulate those things that are in our hearts to God. We need to learn to talk to God about everything—things like our hurts, our needs, our joys, and those things we are grateful for. Only then will we start to see some real change in our lives, and we can help others begin to see positive changes in their lives as well.

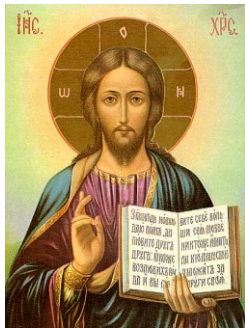
And when we pray for ourselves or others boldly, we make a great power available. We open up a door through prayer for God to work in our lives or in the life of the one we are praying for.



Studies consistently show that 90% of people believe in the power of prayer. We all know intuitively that prayer changes people and has unexpected benefits that pay tremendous dividends. Today we will learn about the Science behind better Health through Prayer. In this foundational discussion, we will cover how praying makes a positive impact upon your overall healthiness, strength, vigor, and wellbeing.



What happens to our lives when we make a shift in our attitude and admit that Jesus is our Savior and invite Him into our heart of hearts? Let us listen attentively to the wisdom found in Holy Scripture, our Catechism and in Modern Comment.



## **Romans 8:26-27 – The Holy Spirit is with us**

In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings.

And the one who searches hearts knows what is the intention of the Spirit, because it intercedes for the holy ones according to God's will.

## **Ephesians 6:18 – Constant Prayer**

With all prayer and supplication, pray at every opportunity in the Spirit. To that end, be watchful with all perseverance and supplication for all the holy ones.

The Word of the Lord

## **Catechism**

### **CCC 2629 - Prayer of Appeal**

The vocabulary of supplication in the New Testament is rich in shades of meaning: ask, beseech, plead, invoke, entreat, cry out, even "struggle in prayer." Its most usual form, because the most spontaneous, is petition: by prayer of petition we express awareness of our relationship with God. We are creatures who are not our own beginning, not the masters of adversity, not our own last end. We are sinners who as Christians know that we have turned away from our Father. Our petition is already a turning back to Him.



### **CCC 2631 - Acknowledge Sin**

The first movement of the prayer of petition is asking forgiveness, like the tax collector in the parable: "God, be merciful to me a sinner!" It is a prerequisite for righteous and pure prayer. A trusting humility brings us back into the light of communion between the Father and his Son Jesus Christ and with one another, so that "we receive from him whatever we ask." Asking forgiveness is the prerequisite for both the Eucharistic liturgy and personal prayer.



## **Modern Comment**

### **PRAYING BOLD PRAYERS – Why Pray**

Many men who profess to being Roman Catholic often lose the habit of prayer or even worse, fail to appreciate the great value of prayer.

Some men only find time to pray when they need something or feel in need of forgiveness for a wrong they committed. Others with a stronger prayer life may also offer prayers of thanksgiving for life's gifts, whether big or small, or just to tell to tell God and/or our brother Jesus how much they love them. This morning, I would like to talk about how the act of praying is not a burdensome church obligation BUT, a great opportunity to ensure we live a happy, healthy life to the fullest.

It is especially my hope that you will spread the news you will receive about the value of prayer to your family and friends.



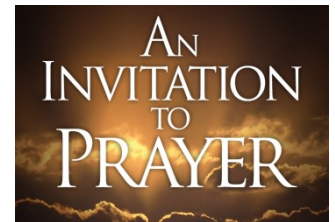
It is a true but little publicized fact in our secular society that scientists have conducted many studies that show how health and well-being have resulted from having spiritual beliefs, praying and attending religious services.

This morning I will be describing ten important benefits from among 47 that are noted in *The Mind Health Report* that will be distributed at the end of my talk.

### **Benefit 1: Becoming More Forgiving**

*Psychological Science* periodical reported that two studies at Florida State University found that praying for a person increases your ability to forgive that person. In one study, people who prayed for a romantic partner harbored fewer vengeful thoughts and emotions and were more ready to forgive and move on after a conflict.

In another study, men and women prayed for the well-being of a close friend daily for 4 weeks while others merely thought positively about their friend. Those who prayed were more willing to forgive, not only the friend but other people in general. Forgiveness is associated with better overall health and satisfaction with life.



### **Benefit 2: Achieving Goals More Effectively**

*Psychological Bulletin* reported that researchers at the University of Miami analyzed more than 8 decades of research and found that prayer and other religious practices improve the ability to pursue and achieve long term goals. Prayer affects regions of the brain that improve self-control. People who view their goals as sacred put more effort and energy into obtaining them.

### **Benefit 3: Living a Longer life**

*Health Psychology* reports that numerous studies have found that people who are religious are likely to live a longer life. For example, an analysis of 42 studies with a total of more than 125,000 people found that in addition to private prayer, attending religious services and being involved in other church services resulted in a longer and healthier lifespan.



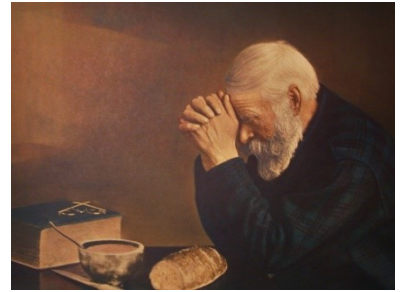
### **Benefit 4: Enhancing Satisfaction with Life**

*Psychosomatic Medicine* reports that helping others through one's religious activities increases satisfaction and improves one's outlook on life, according to a study of more than 2,000 church members located in various parts of the United States. Giving help brought about greater benefits than receiving help.



### **Benefit 5: Increasing Happiness and Financial Satisfaction**

*Journal of Religion and Health* reports that a University of Florida study of 1,413 adults found that those who are the most religious in terms of prayer with a positive focus, attendance at church services and using their faith to deal with day-to-day problems in a positive way are happier and more satisfied with their financial situation.



### **Benefit 6: Protecting Against Age-Related Mental Decline**

*The Journal Of Gerontology* reports that researchers at Yale University School of Medicine studied more than 2,000 people over the age of 65 and found that those who attended religious services were less likely to lose their mental faculties in the following few years. Religious people were also less likely to become physically disabled.

### **Benefit 7: Improving Mood and Outlook**

*The Journal of Nervous and Mental Disease* reports that numerous studies have found a strong connection between deeply held religious beliefs and less likelihood and incidence of depression. For example, a study of more than 600 middle-aged and older adults, by the U.S. Department of Human Services examined how both men and women experienced the influence of religious beliefs that protected them against symptoms of depression.

Researchers found that these were some of the protective experiences: "I feel God's presence" and "I feel comfort in my religion or spirituality". Benefits were comparable for both men and women.

### **Benefit 8: Calming Anger**

*Personality and Social Psychology Bulletin* reports that anger not only detracts from human relationships but is also associated with increased health risks because it puts our stress reaction into overdrive, can raise blood pressure and if frequent or chronic, can damage the brain. Studies at The Ohio State University have found that praying for the well-being of the person with whom one is angry, or praying for someone else, calms anger and fosters positive emotions and attitudes, such as compassion, that improve overall health.



### **Benefit 9: Reducing Hostility**

*Journal of Religion and Health* reports researchers in New York surveyed more than 1,600 people to gain a better understanding of how religion protects health. They found that religious beliefs and practices increase forgiveness and forgiveness leads to reduced hostility which, in turn, leads to better health.

Other research has established that hostility increases wear and tear on a body and contributes to unhealthy cholesterol, elevated blood pressure and blood sugar, and hormonal changes that impair optimum function. As a result, reactions triggered by hostility increase risk for all the major diseases, such as heart disease, stroke and diabetes, and shorten life.

### Benefit 10: Reducing Genetic Risk for Depression

*American Journal of Psychiatry* reports that adults with the highest risk for depression, due to a family history of the condition, are one-tenth as likely to suffer from depression if religion is important in their lives and they frequently attend religious services, according to a study at Columbia University. Those who are religious and at a lower risk of depression are at least one-fourth as likely to develop depression as their non-religious peers.

Numerous other studies show that prayer and other religious practices reduce or alleviate depression, with or without genetic risk.

In our widely unhappy, secular society, many people think only physical health is important. Little or no attention is given to cultivating spiritual health. How fortunate we are to have our Catholic Faith that offers us so many opportunities to develop our spiritual life and as a result enjoy good physical and mental health.

At this time we would encourage comments on your reaction to my comments and examples of good experiences you have encountered as a result of your attempts to lead a prayerful, Christian life.



### Discussion:

#### 1. Jim leading Open Format Discussion

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### Men's Group Calendar

**A Man who never quits is Never Defeated.**

1/22/2021	Leadership Meeting	9:30 AM Meet Rooms 1 & 2
<b>2/13/2021</b>	<b>Men's Group</b>	<b>7 AM Mass</b>
2/26/2020	Leadership Meeting	9:30 AM Meet Rooms 1 & 2
<b>3/13/2021</b>	<b>CMFNEO Conf</b>	<b>Holiday Inn Independence</b>
<b>3/20/2021</b>	<b>Men's Group</b>	<b>7 AM Mass</b>
3/26/2020	Leadership Meeting	9:30 AM Meet Rooms 1 & 2



### **ACTION PLAN**

This month I will do my best to listen for God's will in my life by:

- Creating a daily prayer practice.
- Seeking God in prayer and being quiet in His presence.
- Paying more attention to God's Blessings in my life.
- Asking Jesus for help in becoming a better servant.
- Practice a Healthy Prayer Life.

### **A Prayer for Today**

Father God, today I open my mind and heart to You. I receive Your Word which directs my steps and builds my faith. Help me to hear Your Voice clearly so that I can pray bold prayers in line with Your will in Jesus' Holy Name. Amen. And AMEN.



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**Lord Jesus, Be merciful to me, the sinner that I am. Amen.**

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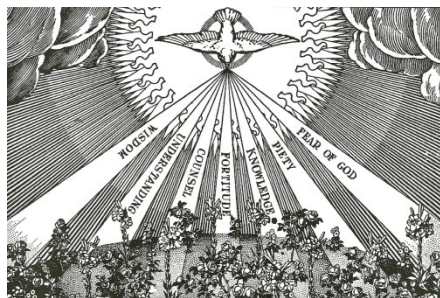
**Lord, God and Savior, by your love you draw me to yourself. Forgive me – the sinner that I am, and fill me with every good thing, not withholding even the gift of your most beloved son. Come dwell in my heart.**

**Send forth your Holy Spirit to guide me in your path. Make me worthy of your love, and teach me how to forgive as you forgave.**

**Thank you for your tender mercies. I ask you to bless my family, friends and those who I meet in my comings and goings.**

**Where there is joy, give them continued joy. Where there is pain or sorrow, give them your peace and mercy. Where there is self-doubt, release in them a renewed confidence. Fill their every need with your Holy Grace.**

**You are indeed my Lord, God and Savior. Amen**



### **Prayer to the Holy Spirit**

We stand before you, Holy Spirit, conscious of our sinfulness, but aware that we gather in your name. Come to us, remain with us, and enlighten our hearts. Give us light and strength to know your will, to make it our own, and to live it in our lives.

Guide us by your wisdom, support us by your power, for you are God, sharing the glory of Father and Son. You desire justice for all; enable us to uphold the rights of others; do not allow us to be misled by ignorance or corrupted by fear or favor. Unite us to yourself in the bond of love and keep us faithful to all that is true.

As we gather in your name, may we temper justice with love, so that all our discussions and reflections may be pleasing to you, and earn the reward promised to good and faithful servants.

We ask this of You who live and reign with the Father and the Son, one God, for ever and ever.

Amen. Opening Prayer by Saint John XXIII at the Second Vatican Council October 11, 1962



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*Dearest Father who is everywhere at all moments in time,*

*Your name is Most Holy, Most Sacred.*

*Your kingdom is come in our Hearts and Minds.*

*Your will is throughout the Earth even as it is throughout the universe.*

*You fill our needs from day to day,*

*And you forgive us our offenses without reservation.*

*We must likewise forgive our offenders.*

*Let us not be lured by things of this Earth.*

*Have Mercy on us always, keeping us separate us from evil, error and sin.*

*Because yours are the kingdom, the power and the song of praise.*

*From all ages, throughout all ages.*

*Sealed in Faith, Trust, Truth and Love.  
Amen.*

*Amended from Expanded translation by Dr. RA Errico - RJ Bradner*

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**Let the Light of God shine on everything. Learn from  
your mistakes so that you can work God's plan  
... and NOT your plan!**