

Trust in Divine Power

Studies suggest that **spiritual practices** may improve memory and **slow** the **aging process**.

Prayer and **meditation** play a role in strengthening important circuits in our **brains** that make us more socially aware and alert (*watchful*), while **decreasing** anxiety, depression, and neurological distress.

People that attend **1** or more religious activities per **week** have a **50% lower mortality rate** compared to people that attend **less than 1** religious activity per week. = Non-religious people die twice as fast.

Attending **weekly** religious activities is associated with a longer lifespan by **7 years**.

The **health benefit** of attending weekly religious activities is comparable to **not smoking!**

Q: Does faith in God change our brains and our bodies for living a happier, healthier, and longer life?

A1: Yes, studies have shown a connection between a **lack** of regular religious attendance and **risk** for:

- **Type 2 Diabetes** Respiratory Disease (COPD)
- **High Blood Pressure** Infectious Disease
- **Depression / Suicide** Hospital Admissions
- **Lung Cancer** Physical Disabilities
- **Coronary Heart Disease** Weaker Immune Systems

A2: Yes, other studies have shown a connection between regular religious attendance and the **likelihood** of:

- **Stopping Smoking** **Becoming More Social**
- **Increasing Physical Activity** **Staying Married**

How? Organized religion usually provides a **social support system** that tends to improve overall health.

One study showed that cardiac surgery patients with low social support had a mortality rate **12 times** higher than those with a religious network to rely on.

Q: Are the health benefits from the human social support? Or from faith/trust in God?

A: Faith/Trust in God: A study comparing **secular** to **religious** kipputzims (small Jewish farming communities) with otherwise **identical** social support systems showed the secular kipputzims had a mortality rate **2 times** higher than the religious kipputzims.

The Power of Prayer: Studies have shown that prayer has beneficial **health effects**, especially for petitionary prayer in which the person **prays for their own health or peace of mind** (especially depression).

Conclusion: In achieving our goal of living to 120, trusting in God is by far the most important habit – the foundation and central pillar – for developing a healthy Christian lifestyle.

Although the Faith Hypothesis is not truly testable, the OptiHealth Program: **Healthy Faith** explains “How Faith Healing Really Works” and supports the conclusion that **Trust** in Divine Power is the most important Health Law.

Reflection

- What has happened to your **faith** in God over the years?
- What is the condition of your current **belief** in, and **relationship** with, God?
- What could you do to **start** or **strengthen** your faith in God?

Are you **willing** to keep searching for that **spiritual connection** to the God of **Life**?

Jeremiah 29:13 - “Ye shall seek me, and find me, when ye shall search for me with **all** your heart.”

John 17:3 - “This is **life eternal**, that they might **know** thee the only true God, and Jesus Christ, whom thou hast sent.”