



## Evidence:

### *The Science of*

## Prayer

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**For centuries** the Bible has taught that human beings, unlike the animals, are endowed with the unique gift of an immortal soul. We are far more important to God than the animals, since God has built into us a unique ability to relate to the Creator personally. Human beings alone have the ability to look up at the night sky and express their wonder in literature, science and poetry.

Only human beings can offer back to the Creator an expression of appreciation and awe at the Universe we contemplate. Why? Theologians assert that we have deep within us a "capacity for God" not only a capacity, but a hunger to reach out to the His infinite goodness. Among all creatures, we alone are moved from wonder to philosophy, art, science, literature and prayer.

Our desire to reach toward His Infinite Goodness is encouraged by the Bible, but the prerequisite is faith. As it is with ANY relationship, trust is the most important ingredient - a non provable belief that the other person cares or is worthy of our attention. In fact, our most important decisions are all faith based.

Take marriage for example. Two people stand before hundreds of other witnesses proclaiming their undying loyalty to one another, through sickness, health, poverty or wealth. Love cannot be verified in a laboratory, no matter how real. The fruits of our mutual faith in each other will be felt and the reality of a love which no one

can see will only be evidenced in the way our love takes form in actions.

Unlike my wife, however, the God I'm invited to experience and relate to cannot be seen physically. How do I know that my faith is well placed or just an illusion?

Lets assume for a moment that there is no "God" out there. If this were true, I should not expect to reap any benefits from this relationship at all. If faith in God were nothing but a mirage in fact, we should reasonably expect *destructive* results - just as a man stuck in the desert chasing a mirage is much more likely to die, than the one who resists the mirage to stay the course toward civilization.

If there were no Creator who loved us, we would find appealing to Him in prayer to be nothing more than a useless venture - chasing a mirage that hampers our development.

Further, if human beings were not related to God, living for God would be like putting water in a combustion engine. The more that water enters the combustion engine, the greater the chance it would malfunction.

Oddly enough, modern science provides strong evidence that human beings function better as faith-based people.

Far from being a mirage, prayer to the Creator increases one's chance of living

a safer, longer and healthier human life. To use the analogy of the combustion engine, research indicates that prayer and faith is an essential additive to running a human life, providing benefits we all desire.

A Miracle Cure.....

Suppose that scientists had discovered a new health treatment which could extend your life by five years, reduce the rate of teenage suicide, help prevent substance abuse, reduce depression, reduce complications after surgery, lower divorce rates, and increase marital happiness. Wouldn't you think the media and the medical community would be advising everyone take this treatment? Is there such a miracle cure?

Yes, and it is available to everyone. It is simple... nurturing your relationship with God is one of the healthiest things you can do. Here are some of the statistics:

Persons who do not attend church are **four times** more likely to commit suicide.  
(Based on twelve studies)

Substance abuse goes down among youths as their religious commitment increased.  
(A study based on 14,000 youths, showed that religion was the single most important factor in predicting whether a young person was at risk of substance abuse)

Alcohol Abuse is highest among those who have no religious commitment.  
(Multiple Studies, According to one study, 90% of all alcoholics had lost interest in religion as youths.)

High levels of religious commitment translates to lower levels of stress, greater ability to cope with stress and lower depression rates.  
(Multiple Studies)

The more people attend church regularly are less likely to divorce .  
(Multiple Studies)

"Couples in long-lasting marriages... listed religion as the most important prescription of a happy marriage."

(1978 Study)

Very religious women reported happier satisfaction with marital intimacy than less religious women.  
(“Massive” Redbook Survey, 1970s)

People who stated that “my religious faith is the most important influence in my life” were twice as likely to describe their lives as “very happy.”  
(Gallup survey)

There is a relationship between longer life and religious commitment  
(Over 30 studies)

Lower death rates regardless of risk factors such as smoking etc...  
(Survey of 5286 Californians)

People with religious commitment had fewer problems and better health.  
(majority of cancer, blood pressure, and heart disease studies)

In short, there is a myriad of studies indicating that faith in God works. The best and healthiest walk one can take is a walk with God... as “Enoch” discovered.

Sources: Pat Glynn, “Psyche and Soul: Post Secularism in Psychology