



Managing Stress with Prayer

We offer you these thoughts on prayer as a resource for you in your life and in your work. Prayer is not a magic potion or pill. However if we have a healthy and growing relationship with God, He can be a powerful ally in our everyday life. I hope you find this helpful.

The Rev. Andrew Comeaux

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## WHAT IS PRAYER?

Prayer is a direct way of communicating and conversing with God. Prayer is a spiritual exercise that helps strengthen your own spirit as well your connection to God. The more you pray the more intimate your relationship with God becomes. It involves more than just asking for help. You can discuss the happenings of your day; you can give thanks to Him for all His divine blessings; you can ask Him to share His blessings with your family and the whole world; you can even use it as a way to listen to God.

The use of prayer can be a great form of stress relief. However it requires that you believe in God and that you have faith that He knows what is best for you and most importantly that He will look after you. By praying to God for help, especially during stressful periods, during your darkest hours, you can rest assured that God is listening to you and will help. No matter how hopeless your situation may be, have belief that miracles can and do happen. This ultimately gives you hope and the strength to carry on in your time of need.

Incorporate a regular prayer schedule in to your life. It does not take much time or effort to say a small prayer just after you wake up and/or before you go to sleep. It is your opportunity to thank God for His continual blessings and help, to tell Him you love Him and acknowledge that He loves you. The more you do this, the more blessings you will receive. Over time, you will find that your life will become easier, and hence less stressful. And if times get tough, your strengthened spirit will help you deal with stress better.

— David Tomasilli, Author

## FOUR WAYS TO PRAY

### 1) Pray for yourself

Pray for guidance, for help, for whatever makes you feel better. Have a conversation with God and ask for help, insight, strength, and guidance. And then, release the issue to God and have faith that all will be well.

### 2) Pray with others

You could call a friend, or pray with someone at your place of worship. Having a regular ‘prayer partner’ can be good for both of you.

### 3) Meditate

Meditation -- or just being quiet and listening to the voice within -- is another form of prayer.

Praying using a spiritual mantra such as, “*My God and my All*” or “*Maranatha*” which means “*Come Lord*” can be helpful during times of stress and has amazing calming power.

#### **4) Pray for others**

Either join your place of worship's prayer team or create a list of your own with people who you would like to pray for. Then pray for them. You may be surprised how much that helps calm your own concerns. You can also call the WK Prayer Line at 212-7729 (PRAY) and ask for prayer for them (or yourself). The name will also be added to the prayer list for the Prayer and Healing Service at the Chapel at the Oaks of Louisiana the following Friday morning.

### **A PRAYER FOR HELP**

O God, You are my Creator and Protector. I believe in You—strengthen my faith. My hopes are in you—may they live and grow. I love You—teach me to love You even more. Fill my heart with thanks for Your goodness, love of my neighbor, and charity toward my enemies. Make me wise in my undertakings today, patient in struggles, and humble in good fortune. Grant that I may be attentive to my prayers, ever mindful of Your presence and I pray this in Your name. Amen

### **THE SERENITY PRAYER**

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.

Living one day at a time; Enjoying one moment at a time; Accepting hardships as the pathway to peace;

Taking as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His will; That I may be reasonably happy in this life and supremely happy with Him forever in the next. Amen

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