

Healing Prayers

For

Spiritual Nourishment

In

Everyday Life

Therapeutic Meditative Prayers

Diagnostically the Overweight State is a disorder of thought that arises gradually as the body weight increases in response to mindless eating. Through habituation your thoughts become habit patterns that drive errors of judgment into a vicious cycle. Thus you think and eat and judge: God, your family, your friends, the world, the culture, nature, yourself, your body, your mind.

These errors of judgment give rise to emotional states that erode your sense of joy. Those emotional states are: blame, anger, fear, anxiety, depression, apathy, grief. Thus, Inner Peace escapes you.

Thought processes that you play over and over, like tapes, create neural pathways in the brain, as well as a particular mix of neurotransmitters. Thus, you are compelled to think and act the way you do until something changes the way your brain works.

The new science of neurogenesis offers us hope of restoring your sense of joy and of Inner Peace by changing the brain's surface – the neural pathways – through the practice of quiet contemplation – meditative prayer. Several studies have shown that this is a practice worth trying.

Meditative methods are usually described in general terms – the entering of a quiet state in a quiet place and practicing mindlessness while repeating a mantra.

Christian contemplative prayer is different.

It is worship.

A quiet place? Of course. Wherever.

A quiet time? Of course. Whenever.

Worship is returning to God the best that He has given you. The best you have is the right to yourself, your body.

Your body is a gracious gift given from God. Through your body you express your character, your personality, your skills, your talents, your love of others, your love of God.

Thus, your body is the mainspring of your life. Through your body you work out all that God has worked in and will work in, hour by hour, day by day, year by year.

The Bible, instead of ignoring the body or of focusing on our appetites, exalts the body as the work of God. The amazing thing is this. Throughout life, we get through problems and overcome all that the world throws at us, not because we're made in the image of God – and are thus spiritual – but that we're made from the earth. We're earthy. The earth is the source of tough stuff, of toughness. It also is the source of the stuff of temptation: sex, food, money, etc.

So, into your earthy body and mine, with all our appetites and dispositions, God has poured His hope that we will overcome temptations and manifest the life of Jesus, because we have received His grace and His Spirit as the Holy Spirit. It is through the power of the Holy Spirit that we are able to turn around false judgments of others that result in a life of illusion, not reality. And, through the process of contemplative prayer – the quietening of our spirits – we undergo a regeneration of brain cells, resulting in a renewing of the mind.

Now, back to the body and what the Bible says about it. What the Bible says is not at all vague. It doesn't say, "present your all." It says, "present your body."

There is nothing ambiguous or indefinite here. It is crystal clear. We are to present these fleshy, earthy bodies – in worship. This attitude about the body is, of course, a choice, a choice that can make a world of difference in how our story plays out as we bump against other bodies in our worlds – at work, at school, at home, in church, wherever. Simply put, all the hells and heavens, the joys and miseries of life are based on bodies.

The secrets of Inner Peace and a sense of joy are centered in discovering the grace of God throughout every day and being grateful for its power to bring our bodies into the light and keep them there when we're circulating among the amazing things and people that surround us.

Master that and you have mastered everything. Master that and you will have written a beautiful story of your life.

And that is the focus of the **Healing Prayers**.

Healing Prayers

Morning Prayer (Monday - Friday)

The morning prayer is an Intercessory Prayer – to focus your heart on the circumstances of others and distance your mind from your own circumstances. Thus, you will experience Regeneration. You should spend several minutes each morning in prayer asking for God's Healing Power to intervene in 5 areas:

Monday – Your family
Tuesday – Your work community
Wednesday – Your local community
Thursday – The Country
Friday – The World

Evening Prayer (Monday - Friday)

The evening prayer is for strengthening your hold on reality through the work of the Holy Spirit. Each weekday evening spend at least 15 minutes reviewing the lesson of the night, wrapping up the day, and praying for the guidance of the Holy Spirit in all aspects of your life.

Regeneration

The New Testament teaching about Regeneration is that when you sense your own need of help, God will put the Holy Spirit into your spirit, thereby energizing your personal spirit by the Spirit of Jesus. The payoff of that gift is that God puts into you a new nature through which you can live a totally new life.

So, to begin the process of Regeneration we must enter into a state of oneness and fellowship with Jesus through prayerful contemplation. Thus rushing into that time and out again won't work. There's always plenty of time to worship God. So, pay attention to the noisy world in which you've pitched your tent and find some time every morning and every evening to spend with God. Regeneration won't happen overnight but by three weeks you should be sensing a calmness of your spirit and a new spring in your step. Contemplative prayer is not daydreaming without action. It is daydreaming with God with an endpoint in mind – severing all prior patterns of thought and action that led you into the Overweight State. It is prayerful inner-searching that will redefine the answer to one question – “What do you want to be remembered for?”

The basis for all this discussion about your body and mind is to dispel any naiveté about the battle we're engaged in. Once you receive the Holy Spirit and are energized by God, you will find that your body is the first line of attack for the enemy. Through the power of the Holy Spirit the soul will be the source of a new set of spiritual standards which are the utmost standards of Responsible Intelligence, new standards to live by. The body is the vulnerable point through which Satan can divide the soul through human nature and create confusion – loss of laughter. Consider this well – the body is the margin of the battle of life for you and me. The best we can do is to get the Last Laugh.

The Last Laugh

It is not, of course, a sin to have natural appetites. They are the way life is maintained and the way the race of mankind continues. To have The Last Laugh we must master our appetites and through our will tell God that we are ready to be poured out as an offering for Him.

The Overweight State is a crisis of the will, a crisis where no other person can help you. The decision you must make is one of the will – not one of what will I have to quit eating. When you don't deal with God on the level of your will, the devil always gets the last laugh.

Simply put, you must be willing to be placed on the altar and go through the fire, willing to experience what the altar represents – the elimination of every desire, affection, and false judgment not grounded in God. But, you don't eliminate your cravings, God does. What you must do is to accept the new reality without self-pity once the fire begins.

After you've gone through the fire, you'll have the last laugh every time a circumstance arises that has the potential to worry or depress you.

Thus, when a new crisis arises, you will realize that you don't have to fall back on mindless eating to face it. You will find that God will prove Himself to be all you ever dreamed He would be.