


Mark 6:27-32


²⁷ And immediately the king sent an executioner, and commanded his head to be brought: and he went and beheaded him in the prison,

²⁸ And brought his head in a charger, and gave it to the damsel: and the damsel gave it to her mother.



29 And when his disciples heard of it, they came and took up his corpse, and laid it in a tomb.

30 And the apostles gathered themselves together unto Jesus, and told him all things, both what they had done, and what they had taught.



**3¹ And he said unto them,
Come ye yourselves apart into
a desert place, and rest a
while: for there were many
coming and going, and they
had no leisure so much as to
eat.**

**3² And they departed into a
desert place by ship privately.**



General Adaptation Syndrome

Alarm

Resistance

Exhaustion



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"Research shows that people who are more religious or spiritual use their spirituality to cope with life.




They're better able to cope with stress, they heal faster from illness, and they experience increased benefits to their health and wellbeing.



Among the research she cites is one study of approximately 126,000 people that found that the people who frequently attended services increased their odds of living by 29 percent.




Another study conducted by the National Institute for Health Care Research illustrated that students who had strong religious correlations also had higher positive feelings, lower levels of depression, and were better equipped at handling stress.



Harold Koenig, M.D


"Handbook of Religion and Health."

Hospitalized people who never attended church have an average stay of three times longer than people who attend regularly.




3 John 1:2

**Beloved, I wish above all things that
thou mayest prosper and BE IN GOOD
HEALTH, even as THY SOUL
PROSPERETH.**




Proverbs 3: 1-2


**“My son, forget not thy law; but
let thine heart keep my
commandments: for length of
days, and peace shall they add to
thee.**




Heart patients were 14 times more likely to die following surgery if they did not practice a religion.




Elderly people who never or rarely attended church had a stroke rate double that of people who attended regularly.



People who are more religious tend to become depressed less often. When they do become depressed, they recover more quickly.



1. Prayer causes us to relax and relaxing lowers blood pressure and other factors caused by stress.



1 Peter 5:7

**⁷ Casting all your care upon
him; for he careth for you.**



2. Prayer helps us to release control of situations.



1 Peter 5:7

**⁷ Casting all your care upon
him; for he careth for you.**



**3. Prayer causes us to have
the right perspective.**



Philippians 4:6-7

⁶ Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

