



Raquette Lake Chapel Sunday Blast

March 10, 2024

"Living on Prayer"

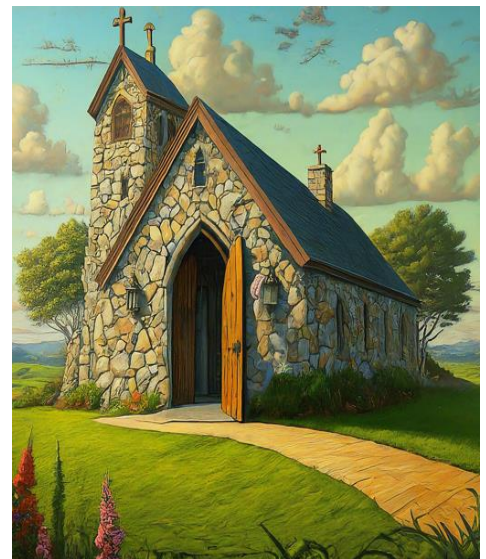
"God is our refuge and strength, an ever-present help in trouble." (Psalm 46:1 NIV)

Religion, Attending Worship, and Health

My news feeds every day, it seems, are filled with secular written articles about the decline of church attendance. I also see articles about mental and physical health, written by health care professionals about the benefits of religion and faith...but also the negatives in the absence of attendance in worship services and lack of faith. The people reading this Sunday Blast could probably preach their own sermons on this topic! This week I want to simply touch on one of the articles that caught my attention.

Here are some benefits of worship and prayer from that article:

- **Social Support and Community**: Being part of a religious community provides a sense of belonging, social connection, and emotional support. Hebrews 10:24-25: *"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another..."*
- **Hope and Purpose**: Religion provides a sense of purpose and hope. Romans 15:13: *"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."*
- **Forgiveness and Grace**: Recognizing our imperfections and receiving forgiveness is essential for mental health. 1 John 1:9: *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."*



One Reader's Comment on That Article: "I know for sure that regular attendance in my church has positively affected my outlook and my mood. The world today seems to be in a lot of trouble and I could get really down about it, but I try to focus on the blessings rather than the negative things in my life. ... I wish I had joined the church I'm at right now a lot sooner." (source: <https://www.aarp.org/health/healthy-living/info-2019/religion-and-mental-health.html>, accessed 3-5-2024)

A Final Comment: Friends of the Chapel, let us embrace the wisdom that faith offers. As we go through life, let us lean on the support of our religious communities, draw strength and hope from scripture and prayer, and remember that our spiritual, mental, and physical health are not just about the absence of disease, but the presence of hope and gratitude. So, let us walk together, uplifted by our faith, and may our hearts be filled with peace and joy. – Peace, Vance

Prayer Box: pray for healing for Elizabeth, Joe, Rich, Debbie, Joycelyn; pray for Michael's soul and his grieving family; all struggling couples; those displaced by war and natural disasters; comfort those affected by the wildfires in Texas; peace in Ukraine and the Middle East.

Lord, hear our prayers!