

Impact

In every culture, we are exposed to different kinds of ways of coping with health, illness, and disability. Growing up, I was never exposed to any religious practices as my parents never imposed them on my siblings and me. It wasn't until the loss of a family friend that I was exposed to the practice of prayer to help with healing, disability and illness. My family friends would light a candle, kneel, close their eyes, and stay there until they had finished praying to God to help them through this hard time. This method helps them get through a hard time in their lives and offers a glimmer of hope to keep going. This opened my eyes to the idea that it's not only medical practices that can help us heal, but also spiritual healing. I have begun to pray to help me with any hard times I face and help me feel like everything is going to be ok.

History

Prayer is defined as “communication by humans with the sacred of holy God. ”(Hamman, 2025). Prayer is seen as away tio understand yoursel within a vibrant network of circulating healing energy (Weisenfeld, 1026). A popular part of prayer is using a candle. Prayer candles were found in the tombs of saints dating back to the 200s (Rockhold, 2022). Many of the tombs were found underground, so these candles were used to provide light and also to symbolize the faith embedded in the walls (Rockhold, 2022). In personal prayer, candles are seen as an object that allows you to reflect on “ways Jesus has brought light to your life. Then you can bring to mind people you want to pray for and ask for the light of God's love to shine on them.” (Rockhold, 2022). After the prayer has been completed, the person usually blows out the candle and says the Lord's name. These candles are also used in many church services and at shrines and other religious sites. Prayer candles have deep roots in accent religious practices and are seen as a symbol opf devine light and personal offerings.

Prayer and disease

When faced with the diagnosis of a desease there are many asp[ects outside of our control that dwell on a persons physical and well being. Many patients often experience detress and later can develope psychiatric disordres such as depression and anxiety (Turner & Kelly, 2000). Prayer often is used a positivise coping mechanism that enhances mental health and provides comfort to pacients during chronic illness (Jors et al., 2015).The use of prayer is perceived to show that god is present and a trusted confidant during life-threatning illnesses (Hamilton et al.,1689). Many of the impacts that following diagnosis of illness and disability cause a spiral of not knowing what to do with youre life and a fear of the unknown. When we lost my family friend the use of candles and prayer helped provide a sense of hope for the future and a sense of comfort.

Health

The definition of health is a concept that is very subjectives to ones personal definition of what it means to be healthy. A persons lifestyle has a significant impact on health but the most important part is social well-being (Governemnt of Canada). Prayer has been associated with many improved health endpoints such as living longer, improved quality of lif, coping with ilnes better and improved mental health. (Olver,

11). When going through traumatic experiences like the loss of our family friend prayer helped improve her families spiritual, emotional and physical well-being through their grief and as they continued on with their lives (Olver & Dutney, 2012). Healing prayers are very common conversations with god that many partake in to as god to assist them to get back to a state of wellness, but they also use healing prayer to pray for the recovery and guidance through difficult times for those around them (Hamilton et al., 1692).

Healing

Healing from illness, or tragic experiences is something that many people struggle with facing, while they try and adjust from the physical, emotional and mental damage the traumatic experiences hold. It has been shown that prayer is one of the most frequently used contemporary and alternative medicine (Jors et al., 1). Most people who take part in prayer report their healing as an effect of that prayer, the relationship between divine healing and secular medicine and the ability of God is the belief that many have to miraculous healing (Dein & Brown, 27). For many who endure pain and suffering chronically they pray for some sort of relief temporarily to help keep going (Jors et al., 1). Moving forward and healing while carrying the grief of the loss of my friend was something that dwelled on my friends and family and myself for years but prayer has helped us see that there is still give us hope for peace and happiness in the future.

CITE

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