

# faithhelps

Vol. 1, Issue 1

## A Teaching Companion to FAITH Magazine

### Discussion Questions: Can Science Prove Faith?

1. **Why/when do you pray?**
  - When you want something?
  - When you are afraid?
  - When times are rough?
  - Because you ought to?
  - Because you feel at peace?
  - Because it gives you strength?
  - Because you are thankful?
2. **Studies have shown that people who pray often are less likely to get sick, or when sick, recover more quickly than those who do not pray. What are possible explanations for this?**
  - Power of suggestion
  - Divine intervention
  - Purpose/aim through guidance
3. **Near Death Experience (NDE) stories are found all over the world with surprising similarities. Do you think they are a real phenomenon? Why or why not?**
  - What is the difference between a NDE and a dream?
  - How might a NDE change your outlook on life?
  - What if the experience was a frightening, hellish event?

### Activity:

#### Prayer Journal - God Experience

Moses first experienced God at the burning bush. A symbol for his experience could be a flame. Samuel experienced God in a voice that woke him from his sleep. His symbol could be an alarm clock.

Describe a time when you seemed to experience God's presence in your life. Choose a symbol that would help represent the event. Mount it on a piece of paper along with the description of your experience.

Try This: The next time you pray use TAPS.

- T = Thanksgiving
- A = Adoration
- P = Petitions
- S = Silence

An example could be:

Heavenly Father, thank you for this awesome day. Everything seemed to go right! Glory to you for you are the most perfect. Please keep me and my family safe tonight and always. (Pause - listen for His response. You won't be disappointed!!)



January 2001  
FAITH Magazine

## Faith & Science

Do They Both  
Fit in the 3rd  
Millennium?

### Background:

- A Gallup Poll revealed **8 to 12 million** people have experienced a NDE. Many of those who were not religious began an inquiry into religious practices.
- People who pray live **longer, healthier lives**. (Duke Univ. Journal of Gerontology)
- Regular prayer and Bible study are known to **reduce stress** and tension in everyday life. (www.usatoday.com)
- People who attend church regularly are both **physically healthier** and **less depressed** than those who do not. (www.secular.com)
- People who pray at least **once daily** recover more quickly from common illnesses, and have a lower rate of cancer and heart disease than those who do not include daily prayer time. (International Journal of Psychiatric Medicine Oct. 1997)

**"Prayer is an occasion to meet yourself. When one stands in prayer, one stands not only before God, but before one's own self as well. In a very real sense, prayer is a 'mirror' we look into, one that does not lie. It somehow is able to reveal an inner self that we don't always notice in daily life."** (No Atheists in a Foxhole)

## Faith & Science Live Chat on FAITHmag.com

Thursday, Jan. 25, 9 a.m. -2:30 p.m. and 7-8 p.m.  
FAITH has gathered experts to discuss issues ranging from cloning to evolution. Make sure your group participates in this interactive experience.

