

The Christ-Likeness of God

Science is validating what people have faith have always known about prayer. Recent studies conducted by Dr. Andrew Newberg, Professor and Director of Research at Thomas Jefferson University and Hospital, have given us new insight into how prayer effects our lives.

While neuroscience cannot answer the question of the existence of God, it can show us the physical effect that belief and prayer have on our mind and our body.

Newberg's studies have shown us that people that practice daily prayer and meditation on a good and loving God experience lower blood pressure, lower heart rates, decreased anxiety, and decreased levels of depression.

People that practice daily prayer and meditation on a good and loving God are more likely to respond to difficult and stressful situations with anger, fear, and you are more likely to respond to situations with compassion.