

The Role of Prayer as Spiritual-Religious Coping in the Healing Process in the Perspective of Christian Psychology

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Abstrak – Prayer as a form of relationship that is built between a person and God is not only to express respect and express hatred but also as a medium used to raise supplications to God. Including asking for healing both when suffering from physical and psychological illness. So prayer becomes a spiritual coping mechanism that is spontaneously carried out when experiencing suffering, with the hope of getting relief and the hope of healing. Some psychologists fight spiritual coping mechanisms that are considered to make a person mentally weak because they depend on God and religion. Others recognize spiritual behavior including prayer as a part of the emotional coping mechanism. With reference to literature studies, researchers are looking for evidence of the significant role of prayer in the healing process. Prayer as a coping coupled with a consistent spiritual life is not only more effective but also an absolute thing to be able to feel the benefits. No prayer is effective without a good relationship with God.

Keywords: prayer, religious-spiritual coping, healing, christian psychology.

I. INTRODUCTION

The process of healing a person from an illness that he suffers either due to physical or psychological disorders sometimes takes a long time. Drugs do not always necessarily cure the sick. So that sometimes the long healing process makes sufferers experience depression, mental fatigue, and loss of hope. This can then exacerbate and hinder the healing process of the disease. The success of this long healing process is highly dependent on various supporting factors. One of the supporting factors is spiritual health. In a study that examined several RPA pilots, Joyce found that there was a beneficial relationship between spiritual well-being and depression levels, where religious life or spiritual beliefs were a very significant coping mechanism (Konigsburg, 2022). Coping mechanisms help someone overcome their psychological problems. Coping skills are very necessary for every individual in managing and dealing with psychological stress. Various coping mechanisms can be done. For a believer, prayer is a spiritual-religious coping that is very possible to do while struggling in the healing process. Faith teaches us to rely on God in all things, including when dealing with illness. One way that is commonly done by a person to establish a relationship with His creator is through prayer. As a good relationship is built based on communication, someone will communicate with God if he wants a good relationship. Simon Chan wrote that the closeness of a person's relationship with God can be seen from his prayer life (Chan, 2021:17). So that it can be said that people who have a good relationship with God must also have a good prayer life. Meanwhile, according to Donald G. Bloesch in Mudak, 2017 that the ultimate goal of prayer is not contemplation of God's existence but only self-obedience to God's will and he rejects teaching which says that prayer is one's communion with God. (Mudak, 2017) So it can be said that prayer must be built based on obedience, not just mere needs so that every believer will have a true prayer life and not

solely with personal goals. That's why people get frustrated, feel like failures, and feel rejected because of prayers that seem unanswered.

On the other hand, there are views from psychology that oppose the involvement of religious elements in the healing process. Prayers that Christians believe can bring relief, bring healing is contradictory to the field of psychology. Sigmund Freud, Richard Yao, Donald Slot, Book, and many other psychologists think that religion hinders a person's psychological processes.

In this study, researchers conduct research to answer the role of prayer as a spiritual religious coping in a healing process according to the perspective of Christian psychology. It is hoped that this will help the church answer the question of how effective prayer is in the relationship between psychology and religion.

II. LITERATURE REVIEW

2.1. Psychology

The meaning of the word psychology itself comes from two syllables from Greek, namely psyche which means soul (Eng: soul, mind, spirit), and logos which means reason, logic, and science (Sarlito W. Sarwono, 1991). So literally, psychology is defined as the science of psychology or the science that studies the soul, or the science that studies behavior (Irwanto et al., 1991). Psychological studies seek to explain, predict, and control observable behavior and mental processes (Simanjuntak, 2019: 40). The science of psychology in its journey experienced many developments. There are many figures with various schools of psychology. Psychology is also interpreted as a science that studies the symptoms of a normal, mature, and civilized human soul. According to Robert H. Thouless (1992:13), psychology is now generally used for the science of human behavior and experience. Religion is also related to the problem of one's inner life (Jalaluddin, 2019: 8-10). So both religion and psychology provide an understanding of the satisfaction of the inner life and all its problems.

But according to Sigmund Freud, religion can cause adverse effects on psychological development. Meanwhile, Richard Yao built an anonymous fundamentalist group intending to help people overcome the emotional pressure they get from religion. Donald Slot also writes about the dangers of growing up in a Christian home. In addition, Book, who is a pastor in California, warned the public of the bad effects of religious addiction in his television shows. What's more, Albert Elis spoke out vocally about the negative impact of religion on mental health, and in his booklet, he wrote that religion makes people feel guilty and have to repent when they should accept their situation and move on. Religion also makes people dependent on God and makes people unable to be independent. Because religion ultimately cannot dare to live in ambiguity and vulnerability, and religion makes people think that change occurs through magical rituals rather than logical reasoning and hard work (Baqutayan, 2015). It is this opinion of psychological experts that creates a gap between religion and psychology. It is undeniable that the faith of these psychologists will shape their worldview.

2.1.1. Christian Psychology

Psychology in the view of the two church figures has a different opinion. St. Augustine (354-430) said that humans, who come from nature, have two natural impulses,

namely evil impulses and good impulses. The evil impulses must be suppressed, while the good impulses must be stimulated to continue to grow until they are perfect. So a feeling of fear must be generated in humans not to sin so that humans are clean from sin. Augustine asks his clients to always do self-introspection. Unlike St. Thomas Aquinas (1224-1274) he rejected the opinion of many people who mixed the meanings of the soul (mind) and spirit (soul), because the word psyche has many meanings, each of which has a different connotation. This mixture creates conflict in the science of religion and psychology. According to Aquinas, humans always have choices and humans are responsible for the choices they make, what underlies the choices made by humans is their reason (Sarlito W. Sarwono, 1991:24-26). From this explanation, we can see that humans have aspects of mind (mind), feelings (emotions), and also will (will) where the condition of one's feelings and thoughts can affect behavior (behavior) (Simanjuntak, 2020: 1).

Then what about the concept of man according to the Bible? According to the Bible, man has a heart, conscience (conscience), and spirit. Genesis 1:26-27 writes that humans as God's creation have the likeness and image of God. This visual similarity gives humans the potential to be able to think, feel, act, and communicate. Genesis 2:7 states that the man who was formed from the dust of the ground breathed the breath of life. So apart from having natural components, humans also have spiritual aspects that make humans have an attachment to God and need God. In Matthew 22:37 it says that man must love God with all his heart, soul, strength, and mind. Here the human component is not only physical (strength) but there is also a heart where all considerations of feelings and attitudes, as well as will. The soul can be interpreted as the mind and reason that makes humans able to understand and understand. In 1 Thessalonians 5:23 Paul writes that humans have a body, soul, and spirit, where the spirit here pneuma (Greek) causes us to be able to respond and communicate with God who is spirit. Julianto writes that Psychology is considered by some theologians to be mere speculation. Some think a priest does not need this knowledge in his ministry and some even say that this knowledge has no relevance to Christianity. Through the wisdom given by God to man, God enables man to develop knowledge, including psychology. This is part of the common grace which although it cannot save humans, this common grace is closely related to the special grace which brings humans to salvation. So that through psychology as common grace, we can learn about God's "world" including understanding the human beings He created (Simanjuntak, 2019:39-43). It can be concluded that a person's will that drives his behavior is the result of his thoughts and considerations of his feelings. So it is true what Aquinas said that humans are responsible for the choice of action they take because there is a thought process that precedes action.

Indeed, in reality, not all Psychology is in line with God's Word. But to be better at living life, we also need to learn from other fields of science, such as mathematics, natural sciences, medicine, and others including psychology. Of course, when integrating the science of psychology with the Bible we have to stick to Biblical truths. The integration of psychology with the Bible is very useful in counseling services. Where Biblical principles are applied with psychological science methods. According to Junihot, humans who are God's creations are psychological creatures, who have aspects of mind (mind), emotions (feelings), and will (will), where a person's behavior (behavior) is influenced by the atmosphere of his thoughts and feelings (Simanjuntak, 2020). So the science of psychology can be applied and integrated into God's Word to help people be able to live life better.

2.1.2. *Coping Mechanism*

In facing the pressure of problems or illness, naturally, a person will take coping actions that will help him from the pressure. Each person's coping mechanism strategy can be different, depending on the stressor and personality of each person (Yusuf et al., 2015), namely the first is emotion focused coping, this coping mechanism focuses on emotional conditions by overcoming pressure by adjusting yourself and diverting attention from the source of the problem. To reduce the negative effects of stressors such as shame, anxiety, fear, grief, or frustration which are usually difficult to control alone, this coping mechanism can be used. Examples of emotion focused coping include venting, writing, meditating, or praying. Careful attention must be paid to choosing a coping mechanism so that it does not have a negative impact, such as playing excessive games. The second is problem focused coping, in this mechanism, coping is done by overcoming stress and the root of the problem at once. Efforts are made to protect oneself from threats, either by negotiation, confrontation or by seeking advice from other parties. This mechanism can be done when facing a source of stress that comes from pressure due to work. The third is cognitively focused coping where through this mechanism, someone tries to control the problem and neutralize it.

According to Lazarus and Folkman, they emphasize only problem focused coping and emotion focused coping only. Where in problem focused coping efforts are made to change stressful situations through problem-solving. While emotion focused coping is carried out by referring to efforts to change difficult emotions, which is sometimes done by changing the difficult situation cognitively without changing the actual situation (Baqutayan, 2015). Meanwhile, according to Carver, problem focused coping includes active coping, making plans, restraint coping, seeking social support for instrumental reasons, and emphasizing competitive reasons. Besides that, emotion focused coping according to Carver can be done by re-interpreting the causes of stress, growing positively, returning to religion, humor, acceptance, and seeking social support for emotional reasons. Carter added that dysfunctional coping focuses on content, emotional outlet, denial, and mental release from drug or alcohol use (Baqutayan, 2015). Referring to the explanations of several experts about coping, it can be seen that religion is part of emotion focused coping. Because prayer is one of the activities carried out by religious people, it can be ascertained that prayer is a coping mechanism as well.

Donahue (1995) through his research found that there is a positive relationship between religion and mental and physical health. In his research, it was found that regular religious practices such as church attendance, prayer, and reading the Bible are associated with mental health and physical health. It was also found that people who obediently come to worship have a stronger mentality under pressure than people who are not churched (Baqutayan, 2015). This shows that religious activities including prayer can be a coping in one's healing process.

2.2. Prayer

The meaning of the word prayer according to the Oxford Dictionary is an earnest petition to God, giving thanks to God (Oxford, 1984: 534). So praying can mean an activity to raise a request to God. According to the Bible-sabda.org dictionary prayer is a service that includes all the attitudes of the human spirit in its approach to God. This means that a Christian can be said to be devoted to God if he worships God, acknowledges God, praises God, and makes requests to God in prayer (Word Bible, n.d.).

While prayer in Greek uses several words, *aiteo* means to ask, *deomai* for concrete needs, and there is also *erotao* which means to appeal freely to the giver (Leon & Xavier, 1990:209-210). Prayer in Greek is *προσεύχομαι* (*proseuchomai*) which means to beg, to

worship God (BLB, n.d.). Whereas in Hebrew, prayer is תְּפִלָּה (*tefillah*) which means intercession, supplication, a hymn, or praise (BLB, n.d.). So prayer apart from being a means of praising and worshiping God, through prayer we can raise our wishes and requests to God.

So what does the Bible itself say about prayer? 1 Thessalonians 5:17-18 “Keep on praying. In everything give thanks, for this is God's will for you in Christ Jesus” (Word Bible, n.d.). Prayer should be done continuously and in it there is thanksgiving. In Luke 11:8 I say to you: "Even if he does not want to get up and give it to him because the man is his friend, because of his attitude that is not ashamed, he will also get up and give him what he needs" (Bible Word, n.d.). The nature of the prayer in this verse is urgent and earnest. Luke 18:1-8 tells about an unjust judge, and in verse 18 the Lord Jesus said, “Will not God give justice to His chosen ones who cry out to Him day and night? And is He stalling before helping them?” In that verse, it is written that God helps people who pray day and night, and God doesn't even linger to help His people.

Many miracles of healing in the Bible are preceded by prayer. James 5:14-16 “If anyone of you is sick, let him call the elders of the church, so that they may pray for him and anoint him with oil in the name of the Lord. And the prayer born of faith will save the sick man and God will raise him; and if he has sinned, his sins will be forgiven him. Therefore confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person, if he is confidently prayed for, has great power” (Bible Sabda, n.d.). Prayer is also used as a means for believers to ask God for healing.

2.3. Illness

The meaning of the word disease in the Oxford dictionary is bad health (Oxford, 1984: 345). So many types of disease and its causes. According to the WHO website, 10 diseases cause the highest mortality, namely ischemic heart disease, stroke, chronic obstructive pulmonary disease, lower respiratory infections, neonatal conditions, trachea bronchus lung cancer, Alzheimer's disease and other dementias, diarrhoeal disease, diabetes mellitus, kidney disease (World Health Organization, 2020). Not to mention diseases caused by pandemics such as Covid-19. In addition to physical illness, psychological illness has also become a matter of great concern lately. According to the Ministry of Health, mental illness or mental disorder is also called a mental or mental disorder, which is a health condition that affects thoughts, feelings, behavior, moods, or a combination of them. This condition can occur only occasionally or last for a long time (chronic) (Health, 2022). Some psychiatric disorders include organic mental disorders such as dementia senilis, dementia Alzheimer's, vascular dementia, dementia delirium, schizophrenia, amnesia, mania, etc. In addition, there are also neurotic disorders such as anxiety, phobias, panic reactions, free-floating anxiety, obsessive-compulsive, and stress. There are also personality disorders such as psychopathy, paranoia, schizoid, dissociative, hysterical, anankastic, etc. (Simanjuntak, 2019). Poor economic conditions, layoffs, poor relationships with partners and families, as well as various external and internal causes for sufferers can trigger mental illness. And many physical ailments are caused by poor mental health.

Many people do not realize that a toxic mind has an impact on the health of the body. Dr. Caroline Leaf in her book entitled "Cleaning Up Your Mental Mess", explains that toxic or toxic thoughts can disrupt the stress response and ultimately harm the body (Leaf, 2021). Many researchers believe that about 90 percent of disease, including heart disease, cancer, and diabetes, is caused by stress from toxic thoughts. Only about 5-10 percent of diseases are associated with genetic factors alone (Rappaport, 2016). This means that mental health greatly affects a person's physical health. According to Caroline, when someone has toxic

thoughts, the release of stress hormones such as cortisol and homocysteine can have a significant effect on the immune system, cardiovascular system, and nervous system. Excessive stress hormones can damage the immune system, so in some cases, doctors provide organ transplant therapy using stress hormones to prevent the body from rejecting foreign implants (Leaf, 2021). There is a significant relationship between a person's body and soul that cannot be separated which has an impact on his health.

III.METHOD

The method or approach used in this study is a qualitative method, which focuses more on literature research. This approach was chosen because it was considered the most suitable and the most able to help researchers obtain valid data related to the topic of this research. To be able to answer questions about the role of prayer as spiritual-religious coping from the perspective of Christian psychology. This qualitative approach prioritizes data and information taken from the results of research journals that have been carried out previously, as well as through books that have the same research scope. In this qualitative data collection, there is also the collection of Biblical studies using the hermeneutic method. The hermeneutic method according to Mulyono is a way to interpret meaning (Edi, 2013).

Thus, through this method, it is hoped that it can help researchers to obtain a qualitative research results related to this topic. In addition, the description method is also used to explain the ideas found in this study.

IV. RESULT AND DISCUSSION

4.1 Result

From the literature study above, it can be seen how important the role of prayer is in the healing process. Prayer is the breath of life, a source of strength, and even an answer for everyone who believes in Him (Ariesanita et al., 2023). In Christianity, prayer has an important role in the process of healing both physically, physically, and spiritually. Prayer is considered a personal positive relationship about faith, supplication, and surrender in totality that there is still a God who can help and heal (Mudak, 2017). That is why James 5:16 says that prayer has unlimited divine supernatural powers, so there must be concrete action, namely prayer, and faith. Without praying all will be in vain. We will easily get stressed and depressed so over time it can exacerbate the healing process (Mudak, 2017).

In the New Testament, James also says that prayer is closely related to God, so there is a belief that He is the one who heals through His will (Ariesanita et al., 2023). Prayer functions to reflect on the mind and body of a person who believes in the leading of the Holy Spirit. There was a supernatural result, including a prayer for healing. One of the secrets of all spiritual life is the need to pray with perseverance. This is because, "And the prayer of faith will save the sick man and God will raise him; and if he has sinned, his sins will be forgiven" James 5:15. Prayer is a guide to receiving God's blessings and power and the fulfillment of His promises (Ariesanita et al., 2023).

Dr. Robert C. Peale said that the benefits of religion for medical science are enormous. Thanks to the patient's faith (faith), he, as a surgeon, always sees healing occur from things that were thought to be impossible (Jalaluddin, 2019:136). Meanwhile, according to K.H.S.S. Djam'an if both (religion and medicine) are used together as a weapon against

disease, then the possibilities for good results will be limitless (Jalaluddin, 2019:137). The opinion above does not represent ecclesiastical circles, it is purely a secular opinion.

God's Word itself is the basis for declaring prayer to be the answer to all forms of illness, both physical and psychological. Matthew 11:28 "Come to me all who are weary and heavy laden, and I will give you rest." The weight of life's struggles and the many rules that have been mixed up in the life of modern society, especially in meeting the demands of life's necessities can make humans experience stress (Lubis, 2016). The redemptive work carried out by Jesus Christ on the cross also includes the healing of human diseases that believe. Isaiah 53:4-5; 1 Peter 2:24-25 "and because of his stripes we were healed". The Word of God is a guarantee of healing for everyone who believes in the redemption work of Jesus Christ on the cross. Prayer based on faith, and faith based on the word of God will bring physical and psychological healing.

Prayer is generally done by humans to get answers to their life problems. Prayer is the moment a person connects, communicates, and experiences an encounter with God. Through prayer, the believer enters into the experience of the joy of faith and love found in the person of God. Prayer can change the life of a believer, leading him to a transformation to become more like Christ in every aspect of his life (Olyvia et al., 2022). Psychologically, one way to manage stress when facing the pressures of life is with mind management. Everything humans do and say begins with a thought. The need to manage incoming thoughts, through mind management which if done properly and correctly will be able to help facilitate "talk" between the conscious, subconscious, and unconscious minds (Leaf, 2021). So prayer can help us psychologically to do good mind management because basically, prayer is something that is positive and gives hope.

When people of faith pray earnestly, they expect God's mercy to be manifested. True prayer can only be offered by someone who acknowledges their limitations and trusts God's ability to bless them. Through prayer, believers build a relationship of communication with God, which allows them to know God more deeply, rely on Him, and depend completely on Him. It is important to understand the Bible's truth in the process of knowing God because prayer cannot be separated from Bible's truth. As in effective communication, God speaks through His Word, while believers speak to God through prayer (Mudak, 2017). Prayer is a medium for humans to communicate with God. But Bible truth is an absolute thing that must be understood to understand the answer to prayer. Prayer is the gateway to communicating with God. When a person prays, he no longer lives only for himself and relies on his strength, but he builds a close relationship with God. Prayer can provide growth and calm for believers. Prayer plays an important role in maintaining the spiritual stability of believers, even amid anxiety (Costa, 2021). However, the purpose of prayer is not to ensure that every request according to human wishes is granted, or even to change God's will, but to show that we completely surrender ourselves to Him and receive every answer to prayer according to His time, way, and will. It is important to remember that God keeps His promises according to His plan, not solely because of the prayers offered (Yaperson et al., 2021). God's promises are according to God's plan, not man's desires. This understanding can only be obtained when there is an introduction to God's Word that accompanies the prayer that is raised.

Prayer brings believers into a new relationship in God's kingdom. Some people may feel sad or doubt God when their prayers are not answered according to their requests. However, it is important to realize that when we have faith and rely on God in our lives, He will work mightily through the prayers we offer, even when His answers may be different from what we expect. It is important to understand that prayer has power (Alferdi & Rindi, 2022). Faith and correct understanding of the Bible are important factors of success in being

able to see answers to prayers. Expecting miracles from prayers that are raised without building true and healthy relationships is a waste.

4.2. *Discussion*

From the results of the research above, we can see a strong correlation between prayer (belief) and healing. Because 90 percent of the causes of diseases like cancer are from toxic thoughts and toxic thoughts will release stress hormones such as cortisol and homocysteine which affect a person's immune system, cardiovascular system, and nervous system. Meanwhile, according to Russ, mental health has a real effect on the brain and body because thoughts move through the nervous system and affect physiology and neurophysiology, even reaching the DNA level. The mind and brain are interrelated and inseparable. Depression and anxiety are serious debilitating problems, and require attention in the form of proper support, understanding, and thought management. These warning signals have an impact on 99 percent of our mind and spirit, and 1 percent of our physique, brain, and body, so that the overall impact is 100 percent, and thus does not need to be confirmed with a specific disease diagnosis. It already has enough validity. There is a significant and strong relationship between high levels of psychological distress and the risk of premature death from diseases such as cancer and cardiovascular disease. This connection between mind and body is supported by the latest clinical research. Even mild depression and anxiety, if left untreated, can increase the risk of death by 20 percent from all causes except cancer (which is often associated with high psychological distress) (Russ et al., 2012).

Traumatic experiences then bring people closer to God, give hope, and then increase spiritual well-being in RPA pilots who experience post-traumatic stress disorder (PTSD) due to battle trauma in Joyce's research. This fact cannot be ignored, that spirituality is more personal which can then assimilate morality, meaning and purpose in life, despair, and loss of hope, anger, sadness, and other negative emotions so that life can go on (Konigsburg, 2022). Spiritual experience brings a person connected to the creator. Just as a baby has an emotional connection with its mother, so does a human being have an emotional relationship with his creator. Whether the emotional relationship that is built is close or not depends on how much the quality and quantity of the relationship itself is.

From the literature study above, the results of this study obtain sufficient empirical confidence to support the hypothesis that prayer as a spiritual coping mechanism has a large role in the healing process. So it is fitting that the science of psychology provides a broad space for spiritual behavior in helping patients to their recovery. This is where Christian Psychology takes the right place to bridge the differences in the views of psychology and religion. Crapps in Julianto stated that the psychology of religion must be continuously aware to see humans as a unified whole. The path to personal health is a path that unites the elements that exist in the human person, including the element of religion (belief) itself. Collins also argues for the possibility of integrating the sciences of psychology and theology because these two sciences study humans and their behavior, including studying values, attitudes, beliefs, and so on. The nature of the science of psychology is a natural science that also contains truths that are said to be God's law. So that humans will be whole according to the biblical perspective which consists of body, mental, social, and spiritual. (Simanjuntak, 2019: 240-243). Once again there is a belief that religion and personal healing are intertwined.

In a study using the theory of ETAS Evolutionary Threat Assessment Systems by linking prayer, attachment to God, and psychiatric outcomes such as social anxiety, phobias, obsessiveness, and compulsiveness, it was found that there was no significant relationship

between prayer frequency and mental health. But consistent results are showing that the nature of one's relationship with God has an important role in a person's mental health outcomes. Attachment to God creates a sense of security that hinders the judgment that this world is dangerous, thereby increasing individual anxiety which leads to psychiatric disorders. The results of this study, on the other hand, also show that an inconsistent relationship with God increases the threat of nerves that the world is not safe, thereby increasing anxiety disorders (Ellison et al., 2014). This means that the role of prayer as spiritual-religious coping in the healing process gets significant results if it is carried out in a close relationship with God. It is necessary to build strong trust and a consistent relationship with God to be able to use prayer as an effective coping.

V. CONCLUSION

Physical illness that does not go away can cause psychological illness, such as depression. Vice versa, physical illnesses such as cancer, heart disease, and others can be caused by psychological disorders experienced by a person. Advances in medical technology and medical science cannot always be the answer to healing because the body, soul, and mind are one unit. That's why when the soul and mind are healthy, the body will also be healthy. The fast dynamics of life must be accompanied by mental health so that humans can follow the rhythm and reduce the pressures of life that can interfere with their health.

The results of this study found that the role of prayer as coping can be more effective and beneficial in the healing process if it is done not only as a normal human reaction when anxious but is done in a relationship that is built consistently with God. Because when there is consistency and close connection, then a strong sense of trust in God will grow solidly. It is this feeling of trust or faith in God that will create a sense of security and dispels the emergence of anxiety and other psychological problems that can lead to physical health problems. Christian psychology can encourage religious behavior such as prayer to help patients in the healing process.

There is no specific method or procedure for praying to get effective prayer. Prayer is not a spell reading and prayer is not just a mere cry for help. Prayer requires a bond of relationship because to be able to see and experience the answer to prayer requires belief in God's love and omnipotence. Which unfortunately can only be owned by people who know their God. Without a deep knowledge of God, it will be difficult to have strong faith. For this reason, building a relationship with God is an absolute thing. And like an endless circle, starting a relationship with God begins with having intimate times with Him through prayer and worship. Keep praying until an intimate relationship has been built through prayers and eventually the unshakable belief in His omnipotence. Once faith is established, the answers to achieve mental and spiritual healing will be provided by God.

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