



Prayer: Theory and Praxis

An Introductory Presentation

Topic and Learning Outcomes

1

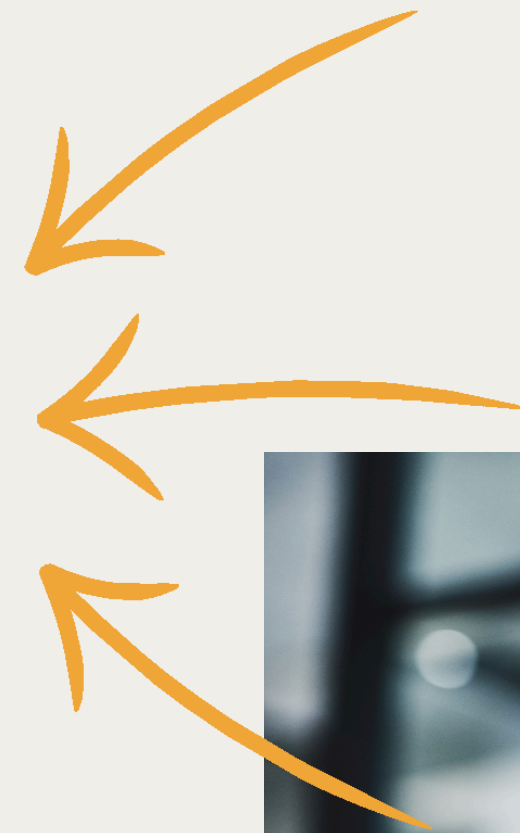
Distinguish between the theory and praxis of prayer

2

Discuss some of the ways in which prayer promotes better health.

3

Understand the need to include prayers in your daily routine.



While theory refers to a well-substantiated explanation of an aspect of the world, incorporated in law, hypotheses and facts, praxis derives its meaning from the ancient Greek word _____ which means action. Funny enough, today, there is no conclusive definition of either word. Each is defined based on discipline and context.

There are more explanations of kinds of theories than there is an explanation of what it means.

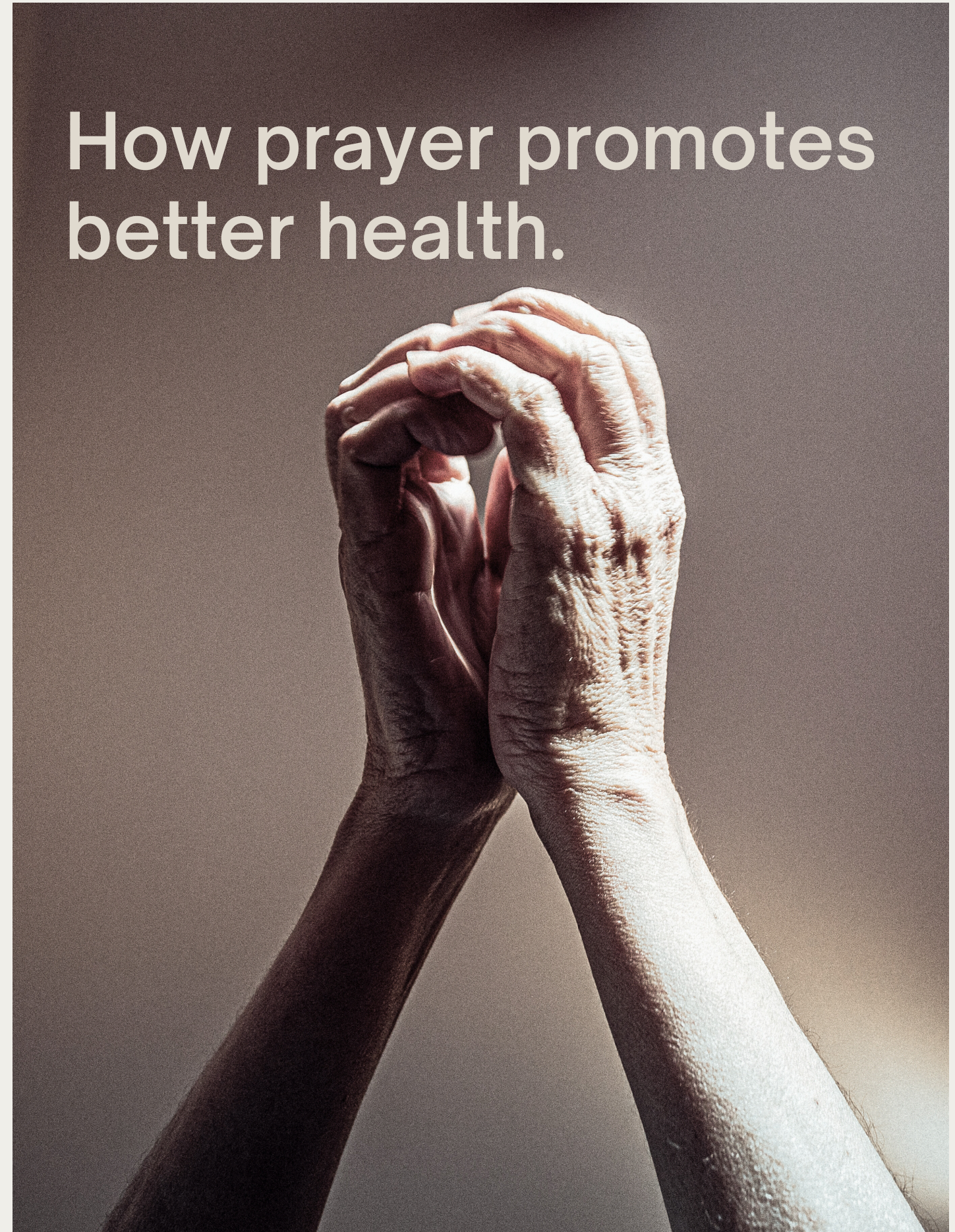
John G. Wacker (1998) however argues that a theory must meet 4 basic criteria: conceptual definitions, domain limitations, relationship-building, and predictions. Similarly, the word *praxis* has undergone a complex evolution since Greek Philosopher, Aristotle, formulated it with a triad of concepts. There is always a need however, in fields like Philosophy, to mark the shift 'from theory to praxis' suggesting a need to distinguish the two.

Distinguish between the theory and praxis of prayer



Speaking on the theoretical models of the ways in which prayer promotes better health, Breslin and Lewis (2008) show the correlation between the two. They present prayer as a transformational act practiced in religion and culture (praxis) that have been tested and proven (theory) to affect the health of an individual in a variety of ways. To begin with, prayer can improve health because of the placebo effect. Additionally, it can help someone engage in health-related behavior. Added to this, prayer promotes health through supernatural intervention by God and results in a unity of consciousness which facilitates the transmission of healing between individuals. Prayer, I add, must be woven into our daily lives and we should be deliberate about including it the way we make time to eat and feed our bodies, we must pray and feed our souls (the seat of all human emotions).

How prayer promotes better health.



What does the Scripture say on the matter?



I Thessalonians 5:17-18



Pray continually, Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Luke 18:1



Jesus told His disciples a parable to show them that they should always pray and not give up.

Certainly, Paul was not being impractical suggesting we spend every waking moment in prayer. He was suggesting we pray frequently and endeavor to remain in a prayerful state.

Since no one has to tell you to eat daily to live, no one should have to remind you to pray every day. How many times per day do you feed the body with food – even if you have poor eating habits...? At least once, right? How about we pray at least once daily, then?

I Thes.
5:17





**Where would you
schedule your prayer?**





**PLEASE USE THE LINK BELOW TO COMPLETE
THE ACTIVITY ON LESSON 1.**

<https://forms.gle/GxGYAQcbZQfqMXP77>