

Personal Spiritual Wellness

Through Prayer, Worship, and Praise

by The Rev. (Dr.) Johnson A. Edosomwan

The complete wellness elements for human beings includes physical, emotional, social, mental, health and spiritual aspects. Personal spiritual wellness is the holistic well-being of your inner nature that ultimately drives perfect calmness, serenity, peace, and health.

Prayer can help individuals achieve spiritual wellness through the process of personal interaction with God. Prayer addresses God through acts of praise, thanksgiving, adoration, penitence, petition, confession, submission, communion, and intercession. Prayer is, at its heart, direct communication with God. Offering praise releases individual burdens to God and the answers to prayer provide results and wellness.

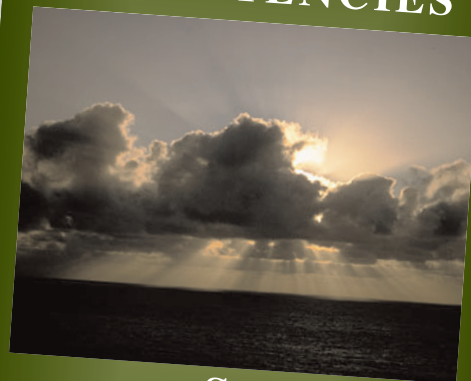
A survey of adults and teenagers by Barna Research Limited from 1991 though 2001 revealed interesting prayer habits among people. The majority of adults, teenagers, men, women, boys, and girls certainly have the widespread feeling that prayer changes situations, resolves problems, provides hope for the future, mends broken relationships, and binds people together for the greater good with love.

Effective prayer is offered on the basis of faith. Those that offer prayers to God must have the faith that God is omnipresent, which means He is everywhere and sees and knows everything about any given situation. The prayer warrior must also have faith that God is omniscient, that the almighty God has all power to do wonders, and that His understanding has no bounds. He knows what everyone needs and when to provide for these needs. God understands everyone's strengths, weaknesses, and heart's desires and how to fulfill them. The faith to offer prayer to God must also be based on the understanding that God is omnipotent and all-powerful. God made the heavens and the earth and that nothing is beyond God's reach.

Prayer is necessity for personal wellness because it offers resolution to human concerns at no monetary cost. While there might be debate on whether the quality, content, and persistence of prayer makes a difference, one thing is for sure – sincere prayer warriors that are faithful and obedient to God's word and principles testify to the receipt of abundant blessings from God through prayer.

Worship and praise contribute to individual spiritual wellness and involve expressing love, thanksgiving, gratitude, and adoration to God for His kindness, grace and mercies. Through worship and praise, we give unto the Lord the glory due His name. Worship and praise are mental, physical, and emotional acts that seek a perfect connection and reverence in the presence of God. Worship and praise are not acts of performance or show, but rather involve paying respect in holiness and reverence to God. God is the ultimate judge of the adequacy of our worship and praise. The purpose of worship and praise is to please God. In today's modern environment some have blended worship, praise, and entertainment. God is not moved by performance and drama. He watches over our souls and inspects our hearts and minds. The genuineness of our worship and praise is what pleases God, not the entertainment. The emphasis on personal spiritual wellness through the prayer, worship, and praise is important because God wants us to remember and understand that He is the main source of our daily needs, the comforter of our souls, the source of our blessings, and the author of our faith. Prayer, worship, and praise are not one-time events. Continuous actions to achieve competency in these areas include:

SPIRITUAL WELLNESS COMPETENCIES



SEVEN DAYS WITH GOD

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1. Praying without ceasing, releasing your burdens to God through sincere faith obedience and humanity.
2. Regular worship and praise in a Bible-based church.
3. Develop the habit of engaging in personal solitude and prayer.
4. Energize personal spirit through group prayer, worship and praise.
5. Establish a regular routine for prayer and group praise and worship.

This article is an excerpt from a book entitled, *Spiritual Wellness Competencies: Seven Days With God*, by the Reverend (Dr.) Johnson A. Edosomwan. Rev. Edosomwan is the Apostle and Trustee of One God Ministry. He is the author and editor of over 66 books. He also serves as the Chairman of the Spiritual Wilderness Solitude, Paradise Woods, Harmony Haven, Virginia. For additional information contact Apostle@OneGodMinistry.org, 703-591-6161.