

The Power of Prayer and Affirmation

Dorothy Johnson

Prayer, Devotion, Meditation

When I first wake up in the morning, I set aside 10 to 15 minutes to give devotion to God and to clear my mind of any distractions. I read the Bible and pray, and then I sit in silent meditation for a few minutes. Meditation gives me a sense of calm and a feeling of connection between my spirit and the universe. I feel that I have had an encounter with God, and He has given me peace and encouragement for the day.

Speaking Positive Words to Myself

I also read positive affirmations that I have posted throughout my home. These affirmations give me aspiration as well as inspiration for my day. Here are a few examples: The serenity prayer that says, "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." Another quote that I like to recite is, "You are braver than you believe, stronger than you seem, and smarter

than you think."

When I speak these words to myself, it makes me feel confident that I can do anything I put my mind to.

Everyone Benefits

Our mental health is important! For me, prayer and affirmations help me feel mentally healthy. If you are experiencing problems with your mental health, you may need to seek help from a mental health professional. If everyone takes care of their mental health, it would be a great benefit to society as a whole.



Meditation Heals?

Yes! According to the National Institutes of Health, a regular meditation practice reduces stress, relieves depression, and improves sleep. It may also help reduce age-related memory loss and help you fight addiction. There are many styles of meditation, and there are many books, websites, and apps to help you get started. Best of all, you can meditate almost anywhere at any time!

Source: <https://www.healthline.com/nutrition/12-benefits-of-meditation>

AFTER YOU READ:

1. What strategies does Dorothy use to feel peace, encouragement, and confidence?
2. What is the difference between *aspiration* and *inspiration*?
3. What words of affirmation do you use? Look up quotes you might like to print out or copy down and hang up in your home.

Dorothy Johnson is a student at Bronx Adult Learning in the Bronx, New York. She is the mother of two grown sons. Her passions are cooking, decorating, spending time with family and friends, traveling to different parts of the world, and enjoying life as a whole!