



To Pray God: Integrating Theology, Psychology, and Wellness for a Joyful Christian Life

Many Christians earnestly desire a **joyful life and a deep relationship with Jesus Christ**, yet find themselves struggling with anxiety, depression, or a sense of spiritual dryness. In these difficult seasons, it's common to wonder if praying harder is the answer, or if one should seek practical help. Indeed, learning to *pray God* – that is, to genuinely pour out our hearts to God in prayer – is a central part of Christian life. But prayer was never meant to operate in isolation from the rest of our God-given means for growth and healing. This article explores how **prayer**, informed by biblical wisdom, can be powerfully integrated with insights from psychology, neuroscience, and even modern medicine to foster true joy and wholeness. We will see that a holistic approach – combining spiritual disciplines like prayer with healthy lifestyle changes and appropriate therapeutic or medical interventions – can lead to transformation in both soul and mind.

Short on hope? Take heart: Even faithful biblical figures like *Elijah* and *King David* experienced deep despair and cried out to God (see 1 Kings 19:3–4, Psalm 6:3). Suffering does not make you a “bad Christian.” It makes you human, living in a fallen world – a world in which God has graciously provided both **spiritual comfort** and **practical aids** for our well-being. Let's dive into how prayer and other tools can work together in your journey toward joy.

The Biblical Call to Pray and Rejoice

Scripture leaves no doubt that **prayer is essential** for a thriving Christian life. The Apostle Paul exhorts believers to “*Rejoice always, pray continually, give thanks in all circumstances, for this is God's will for you in Christ Jesus*” (1 Thessalonians 5:16–18, NIV). Prayer is our lifeline to God – a two-way conversation and a means of casting our burdens on Him. As one Christian leader famously noted, “*To be a Christian without prayer is no more possible than to be alive without breathing.*” In other words, prayer is spiritual oxygen. It's through prayer that we abide in Christ, and Jesus promised that “*if you remain in me...you will bear much fruit*” (John 15:5 NIV) – including the **fruit of joy** (Galatians 5:22). He even stated, “*I have told you this so that my joy may be in you and that your joy may be complete*” (John 15:11 NIV), linking our joy to an intimate, abiding relationship with Him.

Importantly, the Bible portrays prayer not as a mere religious duty, but as a source of peace and strength. Philippians 4:6–7 (NIV) urges: “*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*” And what is the result? “*The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*” Note the emphasis on *thanksgiving* alongside prayer. Gratitude is a powerful antidote to worry – a truth both Scripture and psychology affirm. In fact, Jesus Himself modeled thankfulness in prayer and taught us to trust our Father for provision (Matthew 6:25–34). When we choose to pray with a thankful heart, we are obeying Christ's command “*do not worry about tomorrow*” (Matthew 6:34) and opening ourselves to God's calming presence.

Prayer is also relational and honest. The Bible is full of raw, heartfelt prayers: Jeremiah lamenting his woes, Hannah weeping before the Lord, David pouring out anxieties in the Psalms. God invites us to come



as we are – with praise, yes, but also with confessions, fears, and requests. As theologian Søren Kierkegaard observed, *“The function of prayer is not to influence God, but rather to change the nature of the one who prays.”* In praying, we are **formed** and guided by God. We see this in Jesus’ own prayers – for example, in Gethsemane, where He honestly expressed anguish yet submitted to the Father’s will. Through prayer, our perspective shifts from our problems to God’s power, and our hearts align more with His. Over time, this inward transformation through prayer can produce the steady joy and strength that elude us when we try to manage life on our own.

Finally, prayer in community should not be overlooked. Jesus taught *“where two or three gather in my name, there am I with them”* (Matthew 18:20 NIV). Praying with fellow believers – whether in a church setting, a small group, or simply with a friend – can greatly encourage us. It reminds us we are not alone and allows others to “bear one another’s burdens” (Galatians 6:2 NIV) as God works through the love of His people. In summary, the Bible calls us to pray continually and promises that prayer, coupled with trust in God, leads to peace and joy. But how exactly does prayer impact our mental and emotional state? For that, we turn to some remarkable findings from psychology and neuroscience.

How Prayer Transforms the Mind and Brain

Does prayer actually affect our brain and body? Research says yes. Far from being only a spiritual exercise, prayer engages the brain in ways that can bring tangible mental health benefits. For instance, a recent National Institutes of Health study on prayer and anxiety found that *“just the very act of prayer”* triggers a relaxation response – **lowering heart rate, reducing muscle tension, and slowing the breathing rate** ¹. In other words, praying can shift our nervous system from the stressed “fight-or-flight” mode into a calmer state. It’s as if God designed prayer to be a built-in mechanism for anxiety relief, which aligns beautifully with Scripture’s promise of peace when we pray. God’s command *“Cast all your anxiety on Him, because He cares for you”* (1 Peter 5:7 NIV) not only has spiritual significance but also a measurable physical effect as we release stress to Him.

Modern neuroscience has also begun to map what happens in the brain during prayer and meditation. **Neurotheology**, an emerging field exploring the brain–faith connection, reveals some fascinating insights. Brain imaging studies by experts like Dr. Andrew Newberg have shown that **prayer activates the frontal lobes**, the regions responsible for focus, empathy, and emotional regulation ² ³. Regular spiritual practices, such as daily prayer or meditating on Scripture, can even strengthen neural pathways and may increase the thickness of the prefrontal cortex (the brain’s center for higher reasoning and self-control) ⁴. This is evidence of **neuroplasticity** – the brain’s ability to reorganize and heal – at work. Remarkably, one study by Dr. Caroline Leaf noted that as little as **12 minutes of focused prayer a day** over eight weeks led to observable changes in the brain, particularly in areas related to social interaction, compassion, and sensory processing ⁵. In plain terms, **prayer can rewire our brains** in positive ways. It’s a “renewing of the mind” (Romans 12:2) on a literal, biological level!

Moreover, people who pray regularly often report greater emotional resilience. This isn’t just subjective – physiological measurements back it up. Individuals who engage in consistent prayer or worship have been found to exhibit lower levels of stress hormones like cortisol and to report greater feelings of peace ³. Prayer’s similarity to meditation or mindfulness practices means it can induce relaxation and improve emotional regulation. One psychology article observed that *“prayer is modestly but positively correlated with a range of mental health outcomes.”* In large-scale studies, those who prayed daily had **fewer depressive symptoms and higher life satisfaction** compared to those who never prayed ⁶ ⁷. Another study of

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people with serious mental illness found over 70% said prayer was helpful to their mental health ⁸. These benefits likely stem from multiple factors: prayer provides hope, a sense of meaning, social support (when others pray with us), and techniques similar to therapy (like reframing thoughts or practicing gratitude).

It's important to note that **how we pray** may influence these benefits. Prayers that center on trust, gratitude, and surrender to God's love tend to bring peace, whereas using prayer solely as an outlet for rage or fear without also recalling God's grace might not be as therapeutic. Thankfully, biblical prayer often follows a pattern that modern therapists recommend for emotional health: acknowledging painful feelings to God (catharsis), affirming trust in His care, and praising or thanking Him (which shifts focus toward the positive). For example, many of David's psalms begin with anguish and end in renewed confidence in God's faithfulness. This process is inherently healing. As one recovering patient described, prayer can be like reciting a calming mantra, *"bringing a certain level of calm... it's like two different aspects that help you"* – both the meditative aspect and the sense of connection ⁹. Prayer indeed engages both **mind and spirit** to foster resilience.

Scientific findings on prayer's benefits do **not** mean we view prayer as a magical cure-all. Instead, they highlight that **faith and science concur** on this point: a healthy spiritual life is good for your mind. Yet, for those struggling with serious depression or anxiety, prayer is often just one piece of the puzzle. Next, we'll discuss how **prayer interconnects with medical and psychological care**, and why using therapy or medication is not a sign of weak faith but of wisdom.

Embracing a Holistic Approach to Healing

If you broke your leg, you would likely pray for healing *and* go see a doctor for a cast. In the same way, when we face psychological or emotional troubles, we can pray and seek professional help – the two are not in conflict. Unfortunately, some Christians feel they must choose either **faith** or **medicine**. But this is a false dichotomy. The truth is that **God works through multiple avenues** to heal and help us. The Bible itself acknowledges the value of medical remedies: *"Isaiah said, 'Prepare a poultice of figs and apply it to the boil so that he may recover'"* (Isaiah 38:21 NIV) – an ancient medicinal treatment. The Apostle Paul told Timothy to *"use a little wine because of your stomach and your frequent ailments"* (1 Timothy 5:23 NIV), essentially advising a practical remedy for health. Christians in Scripture freely used available treatments for physical illness, **"trusting that God can work through natural means."** ¹⁰ We are likewise free to take advantage of today's treatments for mental health. **Trust in God does not exclude using modern medicine; rather, we can thank Him for providing such resources even as we pray for His ultimate healing and comfort** ¹¹.

Therapy and Counseling. Seeking counsel from trained professionals, such as a Christian counselor or therapist, is a wise step that the Bible encourages in principle. Proverbs 11:14 notes that *"in an abundance of counselors there is safety."* Mental health professionals can offer tools like cognitive-behavioral therapy (CBT), which helps individuals identify and challenge negative thought patterns. Interestingly, CBT aligns with scriptural principles of renewing one's mind and **"taking every thought captive"** (2 Corinthians 10:5). A skilled therapist can provide a compassionate ear and evidence-based techniques to manage conditions like depression or anxiety, while incorporating the client's faith if the client so desires. In fact, **faith-based therapy** is on the rise – approaches that integrate prayer, scripture meditation, and spiritual discussion with traditional therapy. Research supports their effectiveness: a recent pilot study in 2023 reported that a *six-week Christian spiritual intervention significantly reduced depression scores* (as measured by the PHQ-9 questionnaire) in participants and improved their coping skills and sense of hope ¹². In this study, elements like reconnecting with God, practicing forgiveness, and finding purpose in suffering were central,

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alongside standard therapeutic support. The takeaway? **Combining prayer with therapy** can be a powerful duo. Prayer invites God's grace into the healing process, while therapy provides practical skills and an objective perspective – together addressing both spiritual and psychological facets of well-being.

The Role of Medication. For some, medication can be a crucial part of recovery. Antidepressants or anti-anxiety medications address biological factors in mental health – for example, correcting neurotransmitter imbalances or calming an overactive nervous system. There should be no shame in utilizing these treatments under proper medical guidance. We readily take insulin for diabetes or blood pressure medication for hypertension; treating a clinical depression or severe anxiety disorder is no different. As the Christian medical community points out, *“using antidepressants under the guidance of competent professionals and in conjunction with prayer, community support, and biblical wisdom can be a valid and helpful option for believers.”* ¹³ Taking medication is not an act of unfaithfulness; rather, it can be an act of stewardship over one's health. It's simply another way of caring for the “temple of the Holy Spirit” that is our body and mind (1 Corinthians 6:19). Certainly, medications are not a cure-all and are usually most effective when combined with therapy and lifestyle changes. They also require wisdom – deciding to start or stop medication should involve prayer, medical advice, and possibly pastoral or counselor input. But when used appropriately, psychiatric medicines can **alleviate symptoms enough that a person can pray, think, and engage with life more effectively**. One Catholic writer put it this way: *“You can't pray away mental illness”* – meaning serious conditions often need medical support – *“antidepressants do not make you artificially happy...They do not take away suffering...but they can give the grace of stability in order to heal.”* In other words, medicine can provide a stabilizing effect that makes space for spiritual and emotional healing to progress.

The key is to **avoid extremes**. It would be unwise to dismiss the spiritual dimension entirely and rely *only* on pills and secular thinking; as Jesus said, *“Man shall not live on bread alone, but on every word that comes from the mouth of God”* (Matthew 4:4 NIV). Our souls need nurture. On the other hand, it's equally unwise (and unbiblical) to reject all medical or psychological help, insisting one must *only* pray and have faith. This latter extreme can lead to needless suffering and is not the model we see in Scripture. A balanced approach recognizes that **God is the ultimate healer** but He often uses **means** – doctors, counselors, medicines, the support of the church – as instruments of His healing. In fact, the Bible's perspective encourages *“both dependence on God and the use of God-given resources in the pursuit of healing.”* ¹⁴ We pray as though everything depends on God, and we take wise action as though He's given us a part to play – because both are true. When you pray for daily bread, you still go out and work or shop for groceries; when you pray for mental wellness, you can likewise seek out the help God has made available. Far from showing a lack of faith, using these resources with gratitude **demonstrates humility and trust** – humility to accept help, and trust that God can work through many channels.

Caring for Body and Mind as Worship. Another aspect of holistic healing is recognizing that our **lifestyle** choices impact our mood and our spiritual life. We are whole beings – body, mind, and spirit intertwined. Thus, caring for your physical health is actually a form of spiritual stewardship. Regular exercise, for example, has been shown to significantly improve mood and reduce anxiety. A comprehensive 2023 research analysis found that **physical activity can reduce symptoms of depression and distress by 42-60% on average – making it 1.5 times more effective than medication or psychotherapy alone for mild-to-moderate depression** ¹⁵ ¹⁶ . That is a stunning statistic! Exercise releases endorphins, improves sleep, and can even spur the growth of new brain cells, all of which contribute to a brighter mental outlook. In fact, some researchers suggested exercise should be considered a **first-line treatment** (alongside other interventions) for certain mental health conditions ¹⁷ . Of course, severe cases may still require medication or intensive therapy, but incorporating movement – even simple activities like walking 20 minutes a day –



can greatly enhance one's mental and spiritual resilience. It's no wonder the Bible uses so many physical metaphors for spiritual truths (running the race, training the body, etc.). When you exercise or simply care for your body with good nutrition and adequate rest, you are better equipped to pray with clarity and serve God with energy. **Diet** also affects mood: brain-healthy foods (like fruits, vegetables, omega-3 rich fish, whole grains) support better emotional stability than a junk-food diet. Staying disciplined with rest and observing a Sabbath rhythm can prevent burnout, a principle God built into creation (Exodus 20:9-10).

In short, attending to **basic self-care** – sleep, diet, exercise – is part of loving God with all your strength. It aligns with seeing your body as God's temple and can be offered to Him as worship. When coupled with prayer, these healthy habits position you to receive God's grace more fully. As one expert said, *"A treatment plan may include a combination of lifestyle approaches, such as exercising regularly, eating a balanced diet, and socializing, alongside treatments such as psychotherapy and medication."*¹⁸ This holistic view reflects the reality that God created us as integrated beings. We shouldn't compartmentalize the spiritual from the physical or emotional. Attending a Bible study might uplift your spirit, while taking an evening walk calms your nerves – both are gifts from God contributing to your wellness.

Real-Life Example: Hope through Prayer *and* Help

To see how these principles can play out, consider a real-life inspired example. **Jane**, a 35-year-old wife and mother, had been battling persistent depression and anxiety. She felt guilty that as a Christian she wasn't "joyful" and could barely muster the energy to pray some days. Her journey to healing began when she finally opened up to a trusted church friend about her struggles. Encouraged by her friend and a pastor, Jane decided to pursue a multi-faceted plan: she met with a Christian counselor for therapy, visited her doctor who prescribed an antidepressant, and renewed her commitment to daily prayer – even if her prayers were at first only "God, help me get through today." In counseling, Jane learned to identify destructive thought patterns and replace them with truths from Scripture (for example, trading "I'm worthless" for *"I am God's beloved child"*). She also started walking outdoors for 30 minutes each morning, using that time to listen to worship music and pray.

The changes didn't happen overnight, but after a few months Jane noticed improvement. She journaled that she felt closer to God than she had in a long time, as the fog of depression began to lift. After six months, her PHQ-9 depression score dropped from a debilitating 18 to a mild 5 – a dramatic improvement. *"It's like I can feel joy creeping back into my heart,"* she said. *"I still have tough days, but now I know I'm not alone and there are things I can do – and God is with me through it all."* Jane's story illustrates that **relying on God and accepting help from others are not opposing paths, but complementary ones**. Prayer invited the Lord into her pain; therapy and medicine provided practical support; exercise and worship helped re-engage her in life. In the end, it was God who did the healing – but He did it through a tapestry of means.

Practical Steps to Deepen Joy and Connection

Having looked at the why and the what of integrating prayer with other strategies, let's consider some **practical steps** you can take. These are actionable ways to pursue a more joyful life in Christ, especially if you're struggling right now:

- **Commit to Daily Prayer Time:** Set aside a dedicated time each day (even just 10–15 minutes to start) for honest prayer and listening to God. Find a quiet place if possible. You can pray out loud or write your prayers in a journal. Consistency is more important than length. Over time, this daily

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“appointment” with God can become a wellspring of peace. Remember, prayer is a **dialogue** – include moments of silence to sense God’s response through scripture or the Holy Spirit’s gentle promptings. (*Luke 5:16 notes that Jesus often withdrew to lonely places to pray – a habit we can emulate.*)

- **Meditate on Scripture and God’s Promises:** Integrate Bible reading or scripture meditation into your prayer time. Meditating on encouraging verses (such as *“The Lord is near to the brokenhearted”* – Psalm 34:18, or *“Never will I leave you; never will I forsake you”* – Hebrews 13:5) can reshape your thinking patterns. Some people find it helpful to **memorize** a comforting verse and recite it when negative thoughts flood in. This practice works much like cognitive therapy – replacing lies or bleak outlooks with truth. It fulfills the biblical call to *“be transformed by the renewing of your mind”* (Romans 12:2 NIV).
- **Practice Gratitude:** Deliberately thank God for specific blessings each day. Gratitude is a powerful mood lifter and faith booster. You might keep a gratitude journal, listing 3 things daily that you’re thankful for, however small. As mentioned earlier, prayer “with thanksgiving” (Philippians 4:6) yields peace. Psychologically, gratitude shifts focus away from what’s wrong to what’s good, breaking the cycle of worry. It’s practically hard to remain anxious while earnestly giving thanks – *“Anxiety cannot exist where there is gratitude,”* as one pastor put it ¹⁹. In moments of stress, pause for a “thankfulness break” and notice how your body and mind calm down.
- **Take Care of Your Temple:** Make lifestyle choices that support your mental health as an act of honoring God. Try to get adequate sleep (most adults need ~7–8 hours). Engage in physical activity that you enjoy – it could be walking, cycling, dancing, or even doing chores to music. The goal is to get your body moving daily, since movement reduces tension and releases feel-good chemicals in the brain. Pair this with prayer or worship to make it a spiritual exercise as well. Additionally, be mindful of your diet: eating balanced, nutritious meals will give you steadier energy and mood. **Avoid over-relying on substances** (like excessive caffeine, alcohol, etc.) which can destabilize your mood and hinder spiritual sensitivity. Caring for your physical well-being will amplify the positive effects of prayer and vice-versa.
- **Stay Connected in Community:** Don’t isolate yourself. Make an effort to reach out to supportive friends, join a small group or Bible study, or simply ask someone to pray with you. Sharing your burdens with a trusted confidant or a mentor in the faith can lighten the load (Galatians 6:2). Sometimes the act of voicing your struggles in prayer with another believer can bring breakthroughs. Community activities like attending worship services, volunteering, or just socializing with positive people can fight the loneliness that often accompanies depression or anxiety. God often speaks and comforts us through *His people*, so being connected is key to joy.
- **Consider Professional Help as Needed:** If you find that despite prayer and best efforts, you are stuck in a deep depression, crippling anxiety, or trauma that you can’t handle alone, **seek help**. This is not a failure of faith. God works through skilled helpers. A Christian counselor or therapist can provide tools and interventions in line with your values. Don’t hesitate to see a doctor if you have symptoms of clinical depression or anxiety that won’t relent; getting an evaluation is wise. If medication is recommended, you can prayerfully consider it, perhaps as a short-term aid to stabilize your mood while you also pursue spiritual growth and therapy. Remember, using such help can be an “appropriate step of faith,” akin to the friends in Mark 2 who lowered a paralyzed man through



the roof to Jesus – they took action **and** had faith ²⁰ . Likewise, you can take action by getting help, while trusting Jesus for healing.

By implementing these steps, you position yourself to receive God's healing through **multiple channels**. Be patient with yourself in this journey. Healing and growth are usually gradual. There may be setbacks – a bad day or week doesn't mean failure. Like any discipline, prayer and new habits take time to yield fruit. But God honors perseverance. Jesus taught us *"always to pray and not give up"* (Luke 18:1 NIV). So keep at it, even when you feel nothing. God hears every sigh and sees every tear (Psalm 56:8). He is working in ways you cannot yet see.

Conclusion: Prayer as a Pathway to Joy

In closing, a life of joy and deep relationship with Christ is not attained by prayer *or* therapy *or* healthy living alone, but often by a **grace-filled combination** of all these. We have seen that **prayer to God is powerful** – it anchors us in God's love, renews our minds with truth, and even produces calming and healing effects in our bodies. It is our lifeline to hope. At the same time, embracing the gifts of knowledge God has allowed humanity to develop – in psychology, medicine, and lifestyle understanding – is an expression of faithful stewardship. When done in tandem, devotion and discipline work together for our good. The result can be a more resilient, joyful life that brings glory to God.

If you are struggling today, remember that you are *not* alone and not without help. God invites you to come to Him in prayer, **"because He cares for you"** (1 Peter 5:7). He also lovingly provides friends, counselors, doctors – a whole community and an array of tools – to assist you. By reaching out in prayer upward and in support outward, you are positioning yourself for healing. The journey may have ups and downs, but God's promise stands: *"The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."* And His ultimate intent is to fill you with *"all joy and peace as you trust in Him"* (Romans 15:13 NIV).

No matter how dark things seem, there is hope. Through prayer, you can encounter the living God who loves you. Through wise action, you can cooperate with His healing process. In this integration of faith and practice, you will find that **joy can return**, slowly but surely – a joy not dependent on circumstances, but rooted in the unchanging goodness of God. Keep praying, keep seeking help as needed, and keep believing that *"weeping may stay for the night, but rejoicing comes in the morning"* (Psalm 30:5 NIV). The God who calls you to pray is faithful to answer, and He will lead you into a deeper, more abundant life as you trust in Him.

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