10-03-2026 Teach Us To Pray 2

1 Chronicles 29:11-13

FUN FACTS:

- In Matthew, Mark and John, Jesus is the _____ person seen praying.
- Luke acknowledges the prayers of _____ people:
  - _____ & a whole crowd (1:8 & 13)
  - The _____ at the temple (2:37)
  - _____ of John the Baptist (5:33)
  - The _____ and the tax collector (18:11)
  - _____ (multiple occasions)

Neal K. Shah - _____ is the single most important function for the brain. Prayer is _____ for the brain and helps with cognition.

- S-P-E-C-T scan showed _____ of blood flow in the pre-frontal cortex (PFC).
  - PFC is the last to fully _____ when young.
  - PFC is the first to _____ blood flow as we start to age.
- S-P-E-C-T scan showed a blood _____ in the superior parietal lobe (SPL).
  - SPL keeps track of where your body _____ and the world begins.
  - When the SPL quiets, the _____ between you and everything else totally softens.
  - Neurologically this is _____ switching threat risk.
  - This protects the _____ holding together who you are.

Prayer gives a sense of _____ – even if physically alone!

Prayer in _____ helps even more.

- 17k woman followed for 16 years - the ones that attended a religious service more than once a week had a _____ lower risk of dying versus the ones who never attended.

- Other studies showed:
  - a 5-fold lower risk of _____
  - And deaths of _____