

Researcher Reveals Stunning Data on Power of Prayer, Faith

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A researcher who studies young people has found something stunning: those who pray and have a connection with God are more likely to flourish regarding happiness and mental health.

Dr. Josh Packard, executive director of Springtide Research Institute, told CBN's Faithwire about his extensive research into 13-to-25-year-olds, noting studies have long found "religion is good for you."

"Faith and spirituality are good for you," Packard said. "If you're a person who believes in some kind of higher power and has a connection to that higher power, you're generally flourishing more than your peers."

He continued, "Those who pray more tend to be flourishing more in all areas, including their mental health."

Packard's comments are particularly stunning when America faces an "epidemic of mental health [crises] among young people." Meanwhile, there's also a massive rise in the proportion of "none's" who no longer affiliate with a specific faith or religion.

Data pointing to increased wellness among the faithful is particularly pertinent in the midst of these dynamics, pointing to a potential solution to cultural conundrums.

Packard said there are lessons in Springtide Research Institute's findings that can inform the culture and churches alike, especially in an era in which faith is being downplayed or diminished.

“Young people would be ... better off if more of them had a connection to something bigger than themselves,” he said. “But also, I think a lot of religious institutions and leaders would do well to take mental health into account, so that like faith and belief could be appropriately part of somebody’s overall approach to health.”

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